

# Well-being



Change your mind. Change your life.™

## Emotional Well-being Resource

Offers help when needed

Take control of your health and well-being. We offer all health. With Emotional Well-being Resource, advice is available. Learn how to live, take care of yourself, and help others. You'll live a healthier, happier life.

Build the resilience of Cognitive Behavioral Therapy (CBT), a digital tool available anytime, anywhere. The course helps you understand how your thoughts affect your emotional well-being and how you can change them. You'll learn effective ways to manage stress, depression, anxiety, substance use, and loneliness.

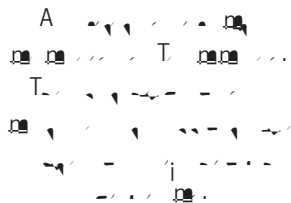
## A health resource available for you



Personalized, one-on-one coaching



Build a support team



Practice mindfulness on the go



Live and on-demand webinars

