

COVID-19 Mental Wellness Resources Center Now Available



Learn to Live has compiled resources that include tools and information to help you navigate the emotional uncertainty of our world during COVID-19. These resources are designed to help you deal with the increased anxiety, stress, worry, and grief you may be experiencing during COVID-19. The tools and information draw from Learn to Live's programs that are available to all members at learntolive.com/partners.

On-Demand Webinars: Our Chief Psychology Officer, Dr. Russ Morfitt, has recorded short videos that apply tools from our programs to the issues we are seeing with COVID-19: modified sleep habits, increased stress, overwhelming worry, and several others. We will continue to offer new material as they are developed.

Wellness Articles: We focus on the COVID-19 situation as well as everyday concerns: stress, parenting, balancing work and family, employment uncertainty, social distancing, and other topics you may be facing during quarantine.

Comprehensive Assessment: Get a personal program recommendation immediately after you complete a brief online assessment.

Learn to Live Programs (Stress, Anxiety and Worry, Substance Use, Insomnia, Social Anxiety, or Depression): Our five programs apply the proven principles of Cognitive Behavioral Therapy to help you understand how your emotions are connected to your thoughts. In each program, Dr. Russ explains tools to help identify unhelpful thoughts that can produce negative emotions, and then shows how to reshape your thinking to help manage issues related to stress, anxiety, worry, substance use, insomnia, social anxiety, and depression.



Teammates: Teammates are an important part of our program. Members have the option to invite a family member, friend, or someone else into your journey. In a time of limited connections, it is a great way to build relationships and let someone share your burden. You choose your Teammates level of participation.

Unlimited Coaching: Personalize your experience even more by signing up to work with a coach. Our coaches are here to support you while you work through a program. They are available via text, email, or pre-scheduled phone calls.

Mindfulness Moment: Receive a weekly text reminder to take a 2-minute break from your routine and focus on your mental wellbeing. The weekly messages offer encouragement, helpful tips, and positive reminders.

To explore these resources, all employees and family ages 13+ can visit learntolive.com/partners and use the code **INTACT1**. If you are already a Learn to Live member, simply sign-in with your username and password.