

Yo remotional health is an important part of o ro erall health. With Emotional Well-being Resorces, administered by Learn to Lie, o can receive support to help o and or ho sehold lie or happiest, healthiest lives.

B ilt on the pro en principles of Cogniti e Beha ioral Therap (CBT), o r digital tools are a ailable an here, an time. The can help o identif tho ghts and beha ior patterns that affect o r emotional ell-being and ork through them. Yo 'll learn effecti e a s to manage stress, depression, an iet s bstance se, and sleep iss es.

A ealth of reso rces at o r fingertips



Personalized, one-on-one coaching

Team p ^th an e perienced coach ho can pro ide ppor^t and enco ragemen^t b email, ^t e ^t, or phone.



Build a support team

Add friend or famil member a Teamma[†] e ;
The can help o [†] a mo[†] i a ed and acco n able hile o ork hro gh program .



Practice mindfulness on the go

Recei e eekl tet me age filled th po tit, q ick ip, and e erci e o impro e o r mood.

Live and on-demand webinars

Learn ho to impro e mental ell-being the ef It ip and ad ice from e pertal.



