

# Emotional Well-being Resources

Support for your well-being goals



## Digital tools available anywhere, anytime

Your emotional well-being is an important part of your overall health. With Emotional Well-being Resources, administered by Learn to Live, you can learn effective ways to manage:

- Stress
- Worry
- Depression
- Sleep issues
- Anxiety
- Panic
- Drug and alcohol use
- Social anxiety

Complete an assessment and enroll in a program to get started. Work toward your goals with someone who can guide and support you along the way.

## Extra motivation starts with a coach and teammates



### Adding a coach can lead to more program success:<sup>1</sup>

Our experienced coaches keep all your information confidential. They are trained to guide you through your program and offer personalized suggestions to help you reach your emotional well-being goals. A coach can:

- Offer education, practical and personal support, and tips to make lessons easier to follow.<sup>2</sup>
- Provide ways to overcome obstacles and help ease stress.<sup>3</sup>



### Another great option: select teammates

You can also add one or two friends and family — or even your therapist — as your teammates. They can cheer you on as you move through the programs and keep you motivated. Your teammates don't see all your program details, just the progress you're making.

## Start building your support team

To access Emotional Well-being Resources:

Visit [anthemEAP.com](https://anthemEAP.com) and enter your company code to log in: **TCSIG**.

Call **800-999-7222** to learn more.

<sup>1</sup> Learn to Live internal data.

<sup>2</sup> U.S. National Library of Medicine: *A Qualitative Study of How Health Coaches Support Patients in Making Health-Related Decisions and Behavioral Changes* (accessed March 2023): [ncbi.nlm.nih.gov](https://ncbi.nlm.nih.gov).

<sup>3</sup> U.S. National Library of Medicine: *Social support moderates stress effects on depression* (accessed March 2023): [ncbi.nlm.nih.gov](https://ncbi.nlm.nih.gov).

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