

# Mind Companion Self-care



## Resources *for Living*<sup>®</sup>

### Build resilience in a few minutes a day with Mind Companion Self-care

Looking for a way to make a positive impact on your emotional well-being with just a few minutes a day? You have access to Mind Companion Self-care, a free and secure self-guided digital program to help you with:

- Stress and anxiety
- Sadness or depression
- Relationships
- Sleep issues
- Work/life balance
- Substance misuse and more

Mind Companion Self-Care leads you through learning sessions with videos, interactive questions and breathing exercises to help you build resilience and healthy behaviors.

#### Get started today

Simply log in to your member website and go to the Mind Companion page. Create a personal account and you're on your way. Work at your own pace. Your progress will be saved and you can repeat topics and exercises as often as you like.

#### Learn more

Watch a short video of the Mind Companion Self-care program

[Watch the video](#)

#### Get started

This information was brought to you by Resources For Living, LLC.