

# Emotional Well-being Resources

Self-help digital tools to support you anytime, anywhere



With **Emotional Well-being Resources**, you have access to help you and your household live your happiest, healthiest lives.

You'll learn effective ways to identify thoughts and behavior patterns and how to manage:

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

## Proven principles with you every step of the way

Built on Cognitive Behavioral Therapy (CBT)



### Access personalized, one-on-one coaching

Team up with an experienced coach who can provide support and encouragement by email, text, or phone.



### Build a support team

Add friends or family members as "Teammates." They can help you stay motivated and accountable while you work through programs.



### Practice mindfulness on the go

Receive weekly text messages filled with positivity, quick tips, and exercises to help improve your mood.



### Attend live and on-demand webinars

Learn how to improve mental well-being with useful tips and advice from experts.



## Change your mind. Change your life.™

Take a quick assessment to find the program that's right for you. To access our Emotional Well-being Resources:

- Log in to **anthem.com**, go to **My Health Dashboard**, choose **Programs**, and select **Emotional Well-being Resources**.
- Download the **Sydney<sup>SM</sup> Health** app, choose **Menu**, select **My Health Dashboard**, go to **Featured Programs**, and choose **Emotional Well-being Resources**.

