

# Emotional Well-being Resources

Self-help digital tools to support you anytime, anywhere



With **Emotional Well-being Resources**, you have access to support that can 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
- Depression
- Sleep issues
- Panic
- Social anxiety
- Stress
- Drug and alcohol use
- Worry

## A proven system to support you every step of the way

Built on Cognitive Behavioral Therapy (CBT), these resources can help you change behaviors that aren't serving you.



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

Team up with an experienced coach for support and encouragement over email, text, or phone.



### Build a support team.

Add friends or family as "Teammates" to help you stay motivated while you work through programs.



### Practice mindfulness on the go.

Get weekly text messages with positivity, quick tips, and exercises that can help improve your mood.



### Attend live and on-demand webinars.

Learn how to improve your 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 Emotional Well-being Resources:

- Visit [anthemeap.com/AHC](https://anthemeap.com/AHC).
- Call **800-999-7222** to learn more.



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