

# Build resilience with Mind Companion Self-care



Looking for a way to make a positive impact on your mental well-being in just a few minutes a day?

Mind Companion Self-care is a digital self-guided program focused on improving mental well-being. You'll be guided through sessions that include informational videos, interactive questions and relaxation exercises. You can track your mood and see your progress over time. These tools can help you build resilience and develop healthy behaviors to improve your overall well-being.

Mind Companion Self-care provides help with:

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

Get started on your path to well-being with Mind Companion Self-care.



## Get started today

Visit your member website and go to the Mind Companion Self care 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.

Access code:

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