

MENTAL HEALTH PROGRAM FROM LEARNTOLIVE

Included **Free** with **Diamond, Platinum, Gold, Silver, Bronze & Cobalt** Health Plan Options

FOR PEOPLE LIVING WITH STRESS, DEPRESSION, SUBSTANCE USE, INSOMNIA & SOCIAL ANXIETY

SOCIAL ANXIETY PROGRAM

For people who feel isolated, it is too difficult or awkward to voice their point of view? Social anxiety can create barriers that keep people from living the lives they want to live. Using highly effective tools of Cognitive Behavioral Therapy (CBT), helps people learn to live.

DEPRESSION PROGRAM

Depression affects almost 10% of people each year. LearnToLive's Depression program uses proven CBT principles to change unhelpful thought and behavior patterns.

STRESS, ANXIETY & WORRY PROGRAM

Painful stress, anxiety and worry affect up to 30% of the population each year. Stopping the worry cycle can sometimes seem impossible. This program helps people overcome anxiety struggles and refresh their lives.

INSOMNIA PROGRAM

For people who difficulty sleeping, laying awake at night, or unable to get adequate sleep. Learn how to harness fatigue to get better sleep. Find tools to help let go of stress and worry that so often contribute to insomnia.

SUBSTANCE USE PROGRAM

Concerns about alcohol or drug use can sneak up on 10% of people. Turning lives, jobs, and relationships upside down. Learn to Live's Substance Use program uses proven CBT tools that have helped many out of this trap.



Suicidal Thoughts? Help is Available

If you or anyone you know is having thoughts of suicide, 24/7, please call the Suicide & Crisis Lifeline:

988

or call 911 if you feel you're in immediate danger.

FREE PARTICIPATION

Call **800.468.5744**
Visit **learntolive.com**

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IDENTIFYING THE PROBLEM

Life provides us with plenty of opportunities to feel stressed and worried, such as relationships, health, work, and finances. It's normal to feel sad, lonely, afraid, nervous, or anxious. If those feelings don't seem to go away, it may be an indication of an issue with anxiety or depression.

LearnToLive will help you identify the thoughts and behavior patterns that perpetuate your issues, so you can work through them. You don't have to stay anxious and lonely. Your world can get bigger.

UNDERSTANDING HOW YOUR MIND WORKS

Sometimes our own thoughts become too focused on perceived threats and our sense of helplessness. When we experience depression or anxiety, these thinking patterns become our norm. We worry that we will be miserable and stuck, and we start avoiding the things in life that would help us be more resilient.

LearnToLive's programs are designed to help you recognize your fears and stressors and understand how to deal with the thoughts and behavior patterns that are keeping you anxious or down.

LEARNING WAYS TO DEAL WITH THE PROBLEM

The LearnToLive programs are divided into eight lessons, each describing new ideas like Thought Inspection, Fear-Facing and Goal Setting to help you develop new healthy habits. You'll listen to Dr. Russ explain the thought processes and behaviors that get you stuck and introduce the powerful tools of CBT in his quirky and engaging way. And learn to how to live the life you've been longing for.

PRACTICE... REPEAT...

Once you have the know-how, it's time to put it to work. Your homework provides you the opportunity to practice your new thinking and living daily.

LearnToLive helps you set your goals and track your progress from your personalized dashboard. It also helps you identify the support you need to reach your goals: a LearnToLive coach, people you already know - your Teammates, or others in the community who are on the same path.

LIVING THE LIFE YOU WANT TO

By the end of the program, you will have learned to inspect your thoughts and change your behavior patterns and will have taken the first steps towards becoming more engaged in your life.

You will be able to manage your thoughts, actions, and attention in more situations. You'll have the tools and capabilities you need to truly live and maintain the life you've always wanted to live.

THE SCIENCE OF COGNITIVE BEHAVIORAL THERAPY (CBT)

Hundreds of studies have shown that CBT is a powerful solution to problems like anxiety and depression. When CBT tools are delivered online, they're as effective as face-to-face sessions, making this a smart option for those who prefer online to in-office meetings.