

Mind Companion Self-care demo

Resources for Living

Welcome to the demo for Mind Companion Self-Care, your new digital self-paced resource.

Mind Companion Self-Care will be available from your Resources for Living member website.

To get started, simply create a personal account on your Resources for Living member website.

Once you login, go to the Mind Companion Self-care page and select the “Visit Mind Companion Self-care” button.

You’ll receive a pop up with information regarding the program and will select “I understand” to continue. This screen will only show up the first time you log in.

It’s important to note that this tool is not intended for crisis situations. If at any time you need additional support or urgent help in the moment, you can select the “Get help now” link in the top right for the crisis lifeline information and your Resources For Living phone number, both available 24/7.

Next, you’ll select an area of focus you’d like to work on. The main topics include anxiety, sadness or depression, stress, marriage and romantic relationships, work productivity, conflicts at work, sleep, work-life balance, anger, and substance use with additional sub-level topics under these categories.

In this demo, we’ll select Sadness or depression.

This will take you to the landing page where you can begin your first session. This will be the page you’ll land on going forward when you revisit the site so you can easily pick up where you left off.

Each module consists of multiple sessions with videos, interactive questions and breathing exercises to help manage the focus area selected and build healthy behaviors.

Let’s take a peek at the first session.

Session 1 starts with a video to explain what depression is.

Next you’ll answer some questions to identify the symptoms you’re having.

[Selects ‘Constant sadness’ and ‘Significant increase in appetite’]

Then you'll rate how you're feeling.

[Drags scale to 3 out of 10]

The mood tracker at the end of each sessions allows you to visually see how your mood is progressing and changing over time.

Once you're done with a session you can continue on to the next session or return to the homepage.

Let's take a look at a few more interactive features.

Here's a preview of the journaling feature. This allows you write out a journal entry addressing a specific topic.

[Selects 'Add a new note']

['Selects check box]

[Selects drop down to show the saved note]

[Selects 'Next' button]

Here's another example that allows you document how your body felt during a particular situation or in the moment.

[Selects 'Muscles tense up']

You can also add custom triggers that allow you to type in your symptoms.

[Selects 'Add custom trigger']

[Selects check box]

Throughout the program you'll receive guidance and education related to your focus area.

Back at the homepage you can easily see how many sessions you've completed.

You'll notice session 1 'Start' button has now changed to 'Restart'. You can revisit sessions as many times as you choose.

You can also see a summary of your mood levels throughout the module.

In the 'Recent Activities' section, you can view what you've completed and filter by date, progress, and focus area.

You can also add new activities you've completed, such as breathing exercises, a different session or your own custom activity.

The breathing exercises are always available for you to access at any time. In each video, you'll be gently guided through a mindful breathing exercise with a calming visual in the background.

At any time a you can change your focus area from the homepage by simply selecting the 'Change focus area' button from the bottom of the homepage or by selecting the 'Change focus area" button' at the top. You can also select the 'Focus area' link in the top right at any time throughout the site.

You can easily view your history of modules you've taken and see the percentage of what you've completed.

[Selects 'View history']

You'll also be able to see a brief description of each module.

The top navigation allows you to quickly navigate between sections on the site.

[Select 'Resources' in top nav]

In the Resources section, you'll be connected to the Resources for Living webinars, videos, podcasts and more.

[Selects 'Account' in top nav]

Under the 'Account' section, you can update their profile or your password at any time.

You can also install the Mind Companion mobile app. Get started using the Mind Companion Self-care access code you can find on promotional materials or on the RFL Mind Companion Self-care page. Then simply login with your RFL personal account to get started.

Mind Companion Self-Care is your guide to better mental health and improved well-being.

Resources for Living

The EAP is administered by Resources for Living, LLC. All EAP calls are confidential, except as required by law. Mind Companion Self-care services are provided and managed by Dario Health, an

independent third party. Resources for Living does not oversee or control the services provided by or recommended by Mind Companion Self-care and does not assume any liability for their services.

©2025 Resources For Living | 2906700-01-01-MBR (4/25)