

Mind Companion Self-care

Resources For Living

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 your digital starting point for support with stress, anxiety, depression, improving your relationships, and more. With Mind Companion Self-care, you can explore self-paced digital sessions to help you manage:

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

Mind Companion Self-Care leads you through guided sessions with videos, interactive questions and breathing exercises to help you build resilience and develop healthy behaviors.

It's easy to get started. Simply 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.

The mood rater at the end of each module allows you to visually see how your mood is progressing and changing over time. You can also track your activities, such as modules, breathing exercises and more.

Looking to work on something new? Change your focus area at any time and view your history to pick up where you left off in other topics.

You can also easily connect to the Resources For Living webinars, videos, podcasts and more.

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

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