

CORONAVIRUS DISEASE 2019 (COVID-19)

Well-being Tools & Resources



Audience: Colleagues

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Well-being tools and resources to help you through this difficult time

Now, more than ever, it is critical for us all to pay attention to the well-being of our mind, body and spirit. Trinity Health offers tools and resources to support you and your loved ones during this difficult time.

Live Your Whole Life is committed to supporting your holistic health and well-being needs. Below are just a few of the tools and resources you'll find on the LYWL site:

- **Feeling Anxious and/or Stressed**
 - Learn the basics of mindfulness practice with the *Mindfulness 101* course
 - Learn some simple ways you can rein in stress before it becomes a problem with the *Stress Less in 10 Minutes Journey*
 - Remain tobacco free with the *Stay on Track, Stay Quit Journey*
- **Need to get active indoors?**
 - Try the *Get Strong at Home Journey*
 - Learn the basics of yoga practice through the *Yoga 101* starter program
- **Having trouble sleeping?**
 - Use the *Sleep Guide* to get customized tips on how to improve the duration and/or quality of your sleep
 - Try the *Calm Your Mind for Sleep Journey*
- **Challenge yourself to practice preventive behaviors with these healthy habits:**
 - Disinfect your phone
 - Avoid touching your eyes, nose and mouth
- **Use the *Nutrition Guide* to support proper nutritional habits**

Live Your Whole Life tools and resources are available to all Trinity Health colleagues. Log in or register [here](#).

Carebridge Employee Assistance Program

Staying on top of the demands of work, family and finances can be overwhelming. For those times, Carebridge, your Employee Assistance Program, is here to partner with you so you can return to a place of well-being.

All Trinity Health colleagues, their immediate family members, and other members of their household have 24-7 access to Carebridge. It is a confidential resource, providing no-cost counseling, information and referral services to help address personal, family and work-related concerns. Visit www.myliferesource.com (use code BKKR5 to create a personal log in) or call 800-437-0911 to speak with a representative.