

# FEELING STRESSED OUT, OVERWHELMED?

LivingEasy is about creating calm where there was anxiety, having fulfilling relationships where there was anger or frustration, and bringing clarity where there was overwhelm.

*"LivingEasy was such a great program that I want all the folks in my department to take it."*  
- STEVE

Online Lifestyle Interventions





# The LivingEasy™ Stress & Resiliency Program

When stressful situations feel beyond control, they seem to take over our life. Stress can be punishing to our health, both physically and mentally, and it can drastically lower quality of life.

Now imagine being able to handle any stressful situation with confidence, with calmness. Imagine an unshakeable sense of peace. This is what LivingEasy has to offer.

## How it works

LivingEasy is designed to reshape the way you respond to stressful moments and situations. When you take LivingEasy, you will:



### CHALLENGE YOUR BELIEFS

Overwhelming stress comes from beliefs and thoughts that create emotionally disempowering responses. These beliefs and thought patterns are habits, formed over time, and you have the power to change them.



### SEE STRESSFUL SITUATIONS DIFFERENTLY

Learn how to transform emotionally overwhelming events into opportunities for growth and greater resilience.



### CREATE CALM, TAKE CONTROL

Thrive in the areas of life that used to hold you back, and live with the sense of control that you've been missing.

Here's the main point: once you complete LivingEasy, you will be in command - you will be able to bounce back no matter what problems life throws at you.

## The Details

LivingEasy is made up of 8 online video-based sessions, each split into short segments. Log on privately and conveniently, 24/7, via internet-enabled PC, tablet or smartphone. The first time you log on you will watch a brief tutorial and set up your course calendar. After that, just follow along as our smart system guides you through the short coaching videos, interactive quizzes and easy assignments. It's that simple.

To register, visit your wellness portal