

# Take charge of your mental health with *Learn to Live*

Feelings of depression, anxiety, stress, lack of sleep or potential substance abuse can impact daily living. Finding support to improve your wellbeing and focus on your mental and physical health is important.

As part of your Employee Assistance Program (EAP) benefit with Lucet, you have access to digital tools to help guide you to a better you. Learn to Live is a confidential and secure platform with customized programs designed for your needs. Through self-directed programs, webinars, 5-minute activities, articles and more, the platform can help you reach your goals and improve your wellbeing. Even better, it's available to you *at no cost*.

## Programs include:

- Depression
- Stress, Anxiety & Worry
- Social Anxiety
- Panic
- Insomnia
- Substance Use
- Resilience

## Start Your Journey Today!

Access **Learn to Live** in the “Mental Well-Being” section of the Lucet EAP portal.

Introducing  **learntolive**





# Learn to Live *Programs*

## Depression

Depression affects almost 10% of people each year. The Depression program helps people change unhelpful thought and behavior patterns, actively solve problems, improve sleep habits, develop assertiveness, and understand personal boundaries and relationships.

## Social Anxiety

Social anxiety sufferers experience an intense, persistent fear of being watched, scrutinized, evaluated, or judged by others. The Social Anxiety program teaches people how to control their thinking, develop confidence, and become more relaxed and less anxious in social situations.

## Insomnia

Between 33% to 50% of adults report regular difficulty falling asleep or staying asleep. The Insomnia program provides tools to improve the quality and quantity of sleep. Participants learn how to harness their fatigue, sleep better, and let go of the stress that often contributes to insomnia.

## Resilience

The Resilience program provides users with important tools and strategies to bounce back from life's challenges. It helps people train their minds to think optimistically, build healthy relationships, communicate better, and adopt helpful daily habits. The Resilience program provides strategies to live a more meaningful life.

## Stress, Anxiety & Worry

Painful stress, anxiety, and worry affect up to 30% of the population each year. The Stress, Anxiety & Worry program helps people inspect their thoughts and debunk irrational assumptions, learn relaxation and coping techniques, face fears, and increase assertiveness.

## Panic

Approximately 11% of Americans experience a panic attack each year. The Panic program helps people who suffer from repeated episodes by guiding them through safe and effective practices that address real panic concerns, and help them live alongside their fears.

## Substance Use

Problems with substance use impacts 1 in 10 people every year and can have a significant impact on the lives of sufferers. The Substance Use program teaches people how to manage cravings, turn down offers for drugs or alcohol, improve relationships, and focus on well-being.

## ◆ Your well-being is our priority.

Lucet EAP provides confidential support, counseling services and resources to help you overcome life challenges and live a happy, balanced life.

Call 800-624-5544 | Visit [eap.lucethealth.com](https://eap.lucethealth.com)



Scan to learn more at  
[eap.lucethealth.com](https://eap.lucethealth.com)