



CONCERN:EAP

Healthy & Resilient You

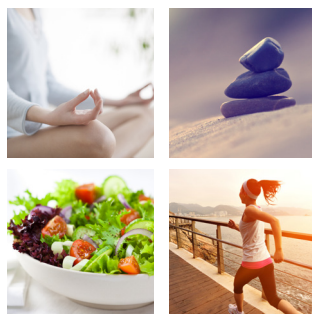
Helpful Apps designed for the *whole you!*



The mind and body are intricately interrelated. Our diets, sleep schedules, exercise routines, moods and relationships all affect our well-being. Creating healthy habits can benefit all these areas, improving overall health. By focusing on things you can change, and anchoring new habit formation in easy triggers and routines, you can greatly improve your chances of success. You can also take advantage of apps in the Resilience HUB™ App Garage to help you commit to new habits by choosing goals, tracking your growth, and celebrating wins.

Start with a few simple steps

Big change doesn't have to come all at once. In fact, you're more likely to succeed if you take small, consistent steps toward your goals. The new **MindSet™** app helps you convert your good intentions into great action. Access this FREE and exclusive app for CONCERN clients through the Resilience HUB™ App Garage and target a new tiny habit by following these steps:



- 1 Visit www.ConcernResilienceHub.com (*first time visitors will be asked to enter their company name.*)
- 2 Click on the "App Garage" link in the main navigation menu bar
- 3 Locate the MindSet™ app and follow the link to learn more about this free and exclusive app for CONCERN clients
- 4 Start by selecting a Habit Category (*Activity, Food, Medication, Stress*)
- 5 Select a Tiny Habit (*Taking the Stairs Instead of the Elevator*) from the Levels
- 6 Set Your Trigger: Anchor your tiny habit to an easy routine by scheduling them for set times and days of the week

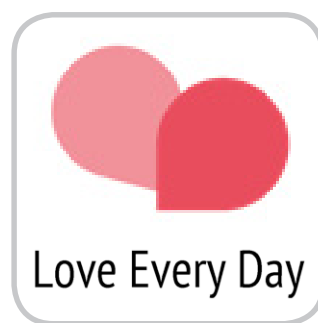
Strong relationships are good for you

Decades of scientific research have shown that relationships can have a profound effect on wellbeing. One study found that people in a committed relationship increases mental and physical health.

Relationships often act as healthy influences, and can help us become and stay our best selves. The Love Every Day app in our App Garage can help you keep things fresh and exciting and give your relationship the proper attention it needs to flourish.

Based on proven behavioral science, Love Every Day activates easy and enjoyable daily interactions for you and your partner, helping you get to know each other even better and strengthen your commitment. The FREE, exclusive tool is available for all CONCERN clients.

Visit www.concernresiliencehub.com/app-garage to give Love Every Day a try.




Tips from our relationship experts


To help keep your relationships fresh, try these simple suggestions from the relationship and marriage experts behind our Love Every Day app.

 **Did you know?** Successful relationships have at least five times as many positive interactions as negative ones.

Tip: Add a positive statement to your very next interaction with your partner. For example, if you start with “Remember to grab bread on the way home,” try adding, “I really appreciate your help.”

 **Did you know?** Looking for what you and your partner have in common forms the attachment needed to maintain a satisfying long-term relationship.

Tip: Text or tell your partner about a fun memory that happened at one of your favorite places, and what makes that place special.

 **Did you know?** Healthy couples have conflict, but they take care of the relationship even in the midst of challenges and arguments.

Tip: Now that you know your partner’s biggest stressor this week, ask what you can do to help.

Consider checking out our other apps in the Resilience Hub™. Each one focuses on a different aspect of holistic well-being, and has been carefully chosen and vetted by the CONCERN staff to help you build resilience in mind, body and spirit.

Sources: *Social Relationships and Health: A Flashpoint for Health Policy* – Debra Umberson and Jennifer Karas Montez

Romantic relationships and the physical and mental health of college students – Scott R. Braithwaite, Raquel Delevi, and Frank D. Fincham.



The MindSet™ and Love Every Day apps are products of ORCAS mobile health solutions, and brought to you by CONCERN.

Looking for more useful information on ways to take care of yourself? Check out the Resilience Hub™.

If you are a first-time user, type in your company name to access the site. www.ConcernResilienceHub.com

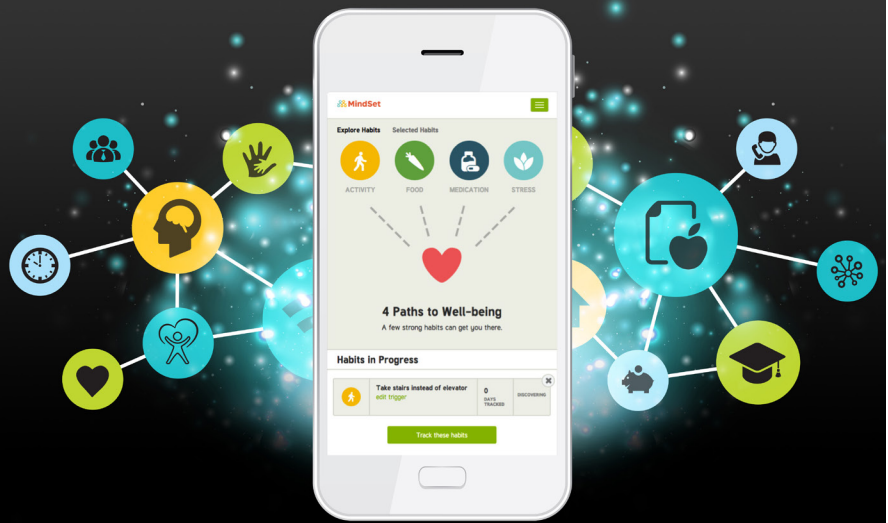
This newsletter is intended for informational purposes only, and should not be used to replace professional advice.

If you find your level of stress is impacting your well-being, you can contact us for additional help and support.

Call: 800.344.4222
www.concern-eap.com

Helpful Apps designed for the *whole you!*

Use tiny habits to nurture wellness
and build stronger relationships



Building Healthy Habits

What we eat, how we sleep, how much we move, our moods and relationships—all affect overall health and wellbeing. Forming healthy habits directed at things you can change can vastly benefit both your mind and body. Try the apps in the Resilience Hub™ App Garage to help you set and stick to healthy goals.

The Right Mindset

By breaking down your desired habit into smaller steps, you'll have a better chance at making real progress and succeeding. The new MindSet™ app guides you through the process, and helps you track your performance along the way. Visit www.concernresiliencehub.com/app-garage to start building better habits today.

Example in Action:

- › If your goal is to become more active, you can choose a Tiny Habit such as “Taking the Stairs Instead of the Elevator” to start off.

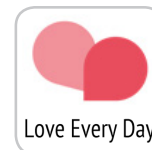
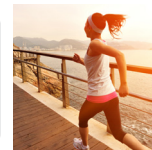
Better Together

Science shows that relationships can have a powerful impact on our wellbeing. Based on proven behavioral science, the Love Every Day app helps keep your relationship strong and exciting by activating simple and fun interactions for you and your partner.

Try out the app now and refresh your relationship by going to: www.concernresiliencehub.com/app-garage.

Example in Action:

- › Cooperation is crucial to a working, loving relationship. That means being present, both physically and emotionally, in everyday events to improve long-term couple success. A simple thing to try? Give your partner a 7-second hug. Long hugs release mood-boosting hormones that can help lower blood pressure and promote intimacy.



Real help, real experts, real fast.
800.344.4222 www.concern-eap.com

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