

BFF

Being your own best friend

At times, we all are too hard on ourselves - trying to live up to unrealistic expectations or making poor choices that impact our physical or mental wellbeing. Self-care, positive self-talk, and practicing mindfulness are steps we can take to becoming our own best friend.

SupportLinc can help by providing:

- Audio on relaxation, breathing, and stress management;
- Local referrals to social groups and activities;
- Skill builder training on Self-Care: Remaining Resilient;
- Downloadable wellness handbook.

toll-free phone number

1-888-881-LINC (5462)

website

www.supportlinc.com

username: **(your company name)**

password: **linc123**

Available anytime, any day, SupportLinc is a free, confidential program to help you balance your work, family, and personal life.

online seminar

available starting february 20th

self-care: remaining resilient

Learn to identify ongoing symptoms of stress and how to find a healthy approach to the demands of work and home.

