



Life can be tough.

Getting help is easy.

Access anxiety self-help tools or schedule an online visit with a licensed counselor today and get the support you need.

Managing stress or understanding anxiety can be overwhelming. Now, it's easier than ever to get help from the comfort of your own home. When you need to learn more about mindfulness or resiliency or need someone to talk to, access the benefit that works best for you!

Self-Help Tools



Managing anxiety isn't easy, but mindfulness can help. By connecting to the present moment with mindfulness we can redirect our minds from worries of the past or future and offer ourselves space for kindness in the here and now. The more we practice, the better we are able to effectively respond to stressful situations and find relief from anxious feelings.

Mindfulness has been proved to reduce anxiety and stress, help you sleep better, boost your mood, and so much more. Get started today by [creating your free account with eM Life here](#), and then check out a few of these suggested programs below.

- [Skills to Thrive in Anxious Times](#) (a live, immersive program to build skills over time)
- [Strategies to Reduce Stress](#) (on-demand or live)
- [Mindfully Managing Anxiety Series](#) (on-demand)

Your EAP benefits include online counseling.

A convenient, confidential way to get counseling when office appointments just do not work for you.

Why online counseling?

- Secure video or phone sessions with licensed counselors in the comfort of your own home.
- Schedule sessions during times that work for your schedule, even evenings and weekends.
- Choose from a network of caring clinicians and find the one who is right for you.