



# Well-Being Coaching from your Living Resources program

Discover physical, social, and emotional balance

In today's high-pressure world, our well-being often takes a back seat to the demands of work and family life. As a result, our mental, physical, and emotional balance can suffer. The Well-Being Coaching program from your ComPsych® Living Resources program can help you regain that balance so you can be your best, at work and at home.

Connect today with one of our certified coaches. They work one-on-one with you to reduce roadblocks and risks — addressing aspects of health and well-being holistically. The services are available over the phone or via secure video link and cover a variety of topics, including:

- Balancing competing needs
- Building self-esteem
- Burnout
- Coping with stress
- Developing self-compassion
- Healthy families
- Finding motivation
- Building resiliency
- Time management
- Back care
- Cardiovascular disease prevention
- Diabetes disease prevention
- Digestive health
- Exercise
- Healthy aging
- Healthy pregnancy
- Intentional eating
- Learn to run
- Nutrition
- Improving sleep
- Tobacco & nicotine cessation
- Weight management



## We're here for you.

To schedule coaching, call your toll-free number or log on to [guidanceresources.com](https://guidanceresources.com) and select Well-Being Coaching under the ComPsych® Health & Well-Being tile. Our caring coaches can help you tackle whatever stands in your way so you can get back to being your best, at work and at home.



**Call:** 844.207.5465  
**App:** GuidanceNow<sup>SM</sup>  
**Online:** [guidanceresources.com](https://guidanceresources.com)

**TRS:** Dial 711  
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