

Practice Mindfulness with eM Life

Caring for others starts with caring for yourself





Healthcare workers in every role throughout the organization carry heavy responsibilities—often putting the needs of others first. Here are some useful practices for staying resilient—so you can be there when the world needs you.

Discover a proven way to take on life's challenges

Practicing mindfulness benefits physical and emotional wellbeing. Through our partnership with **eMindful**, you have access to **eM Life** — an entire suite of evidence-based live and on-demand mindfulness solutions.

Give it a try. With eM Life you can...

-  Learn new skills
-  Have a truly personalized experience with access to the right mindfulness solution tailored to how you're feeling in the moment
-  Explore easy to use on-demand content. Topics include stress, sleep, compassion fatigue, burnout, self-care, and so much more
-  Participate in live daily 14-minute mindfulness programs led by experts, offered multiple times each day
-  Discover resources to help you build and sustain healthy habits

In-the-Moment Support

Stressors are inevitable in the demanding world of healthcare. Sometimes it helps to just talk with someone about how you're doing. For a 10–15-minute talk with a coach who can help you prioritize issues and plan a positive next step, call Concern at **800-344-4222**.



Multi-Week Programs

- ✓ **Medical Professional Mindfulness Program™**
Developed by medical professionals for medical professionals to address challenges unique to your profession
- ✓ **Stress Less, Live More™**
- ✓ **Better Living with Diabetes™**
- ✓ **Cultivating Compassion**
- ✓ **Living Well with Chronic Pain™**
- ✓ **Mindfully Overcoming Addictive Behaviors**
- ✓ **Mindfulness at Work™**
- ✓ **Mindfulness Based Cancer Recovery™**
- ✓ **Weight Balance for Life™**

Getting started is simple

Visit: <https://app.concernhealth.com/sso/emindful> and log in with your company code to access **eM Life**. For questions or for immediate support call **800-344-4222**.

