



I'm ready to work on my well-being, but I don't know where to start

VITAL WorkLife is here to support your journey from surviving to thriving through our free and confidential resources. We've captured thoughts, feelings and actions to help you get started with seeking well-being care and support.

I'm in a pretty good place—how can I keep this going?	Why can't I stop thinking about this?	I feel like others wouldn't understand my issue. Is it just me?	I am the worst. What's the point? I feel alone.
<p>Feelings about this thought: Positive, motivated and eager.</p> <p>Suggested care:</p> <ul style="list-style-type: none">● Coaching to help set & achieve more goals.● Assessments in the VITAL WorkLife Mobile App to explore well-being dimensions & get recommendations for further improvements.	<p>Feelings about this thought: Pre-occupied, anxious or distracted.</p> <p>Suggested care:</p> <ul style="list-style-type: none">● Counseling to work through the situation, problem solve & learn coping skills.● Increase self-care activities like journaling, mindfulness & time in nature.● Interact in an anonymous, online community for a well-being boost.	<p>Feelings about this thought: Distracted, depressed or low mood.</p> <p>Suggested care:</p> <ul style="list-style-type: none">● In-the-moment support to get anything off your chest, anytime—day or night.● Counseling for validation that you aren't alone and to start addressing your concern(s).	<p>Feelings about this thought: Unable to focus, afraid, numb or totally overwhelmed.</p> <p>Suggested care:</p> <ul style="list-style-type: none">● Call or text 9-8-8 for crisis care.● In-the-moment support to talk through struggles and explore resources. Call VITAL WorkLife at 877.731.3949
PREVENTIVE	MILD DISTRESS	MODERATE DISTRESS	SEVERE DISTRESS

Scan the QR code to download the mobile app to use your resources, set goals & more!



30-381-0525

Company Username:

Call anytime for support.

877.731.3949

Visit **VITALWorkLife.com** for resources.

Member Site Login

Username:

Password:

