

HEALTH BEAT | MAY 2022

Struggling to shine?

Let GDBIW's resources help brighten your future.



If life seems hard, let us lighten your load.

May is Mental Health Awareness Month. Mental health, behavioral health or emotional health — no matter what you call it, it is a pillar of your overall well-being. And when your mental health is strong, it helps you take on everything else in life. So, if you're struggling — or even if you're looking to recharge and be your best — remember that you're not alone. Reach out to one of the GDBIW resources that can help you improve your mental health.

Connect how you want, where you want and when you want:

1 Contact Life365.

Life365 is your Employee Assistance Program (EAP). When you call in, a consultant will ask you a few basic questions to connect you to a resource that meets your needs. You and your household members can contact Life365 for confidential support with common concerns, like managing relationships, stress and anxiety.

You and your household members have access to eight free sessions per issue, per year. Call **877-622-4327** or go to myCigna.com.

Mindfulness matters.

Mindfulness is a technique you can learn to help you manage your thoughts, emotions and well-being.

If you're new to practicing mindfulness, check out **Yo-Fi**.

Yo-Fi offers guided meditations to help you get started. Access through the Healthy Rewards app powered by Castlight.

2 Connect with a therapist, psychiatrist or other mental health professional.

Therapists offer talk therapy to address anything that's causing you stress. Psychiatrists are medical doctors who can diagnose conditions and prescribe medications. You can select a therapist or psychiatrist based on your specific needs. And you can choose in-person or telehealth visits. You can find professionals at **MDLIVE*** or through Cigna.**

3 Talk to a Health Coach.

Your health coaches are there for you whenever you need a hand. They understand all the resources available through Fit for Life and can help you determine which one(s) is right for you based on your specific concern. Call 207-442-3145 to get connected with a health coach.

If you do one thing in May, reach out to Life365. An intake consultant will ask you a few questions about what's on your mind, then connect you with an individual who can best meet your needs.

*Go to mycastlight.com/general-dynamics or text **APP** to **35925** to get a link to download the Castlight Mobile app to access Yo-Fi and MDLIVE. Message and data rates may apply.

**Visit Cigna's website or call the number on the back of your ID card for more information.