

*Invited Clubs*

# Your Daily Reset Starts Here



Your well-being is more than any single hardship—it's your ability to meet life's demands, adapt and find balance each day. A **"daily reset"** is just a small, meaningful moment that helps you refresh your mind and feel more balanced.

Check out the tools and support Invited Clubs offers to meet you where you are, from day-to-day stress to life's tougher moments.



# Small Moments Add Up

Living well starts with noticing how you feel and choosing simple ways to recharge your mind and body. Find the reset(s) that works for you:



## Awareness reset

A brief pause to notice your breath, posture, pace and mood



## Boundary reset

Silence notifications or trade screen time for a short break



## Breath reset

One steady inhale and exhale for relaxation



## Perspective reset

Reframe "I'm overwhelmed" to "I need a moment to reset and regroup"



## Connection reset

A quick message, call or shared laugh



## Movement reset

A walk down the hall, a shoulder stretch or a moment in nature

## "Are you Okay?" Tips

It only takes a moment to check in when you notice a colleague or family member struggling. That small act or reset can make a real difference for both of you.

- **If they need to talk to someone**, listen and offer support.
- **If they need more support**, suggest SupportLinc's Employee Assistance Program (EAP), which includes six free counseling sessions per incident for all Employees and their families or free Teladoc services through the HealthJoy app for Employees enrolled in an Invited Clubs medical plan.
- **If they're in crisis**, encourage them to call or text 9-8-8 for immediate support or direct them to [cdc.gov/mental-health/caring](https://www.cdc.gov/mental-health/caring) for additional resources.

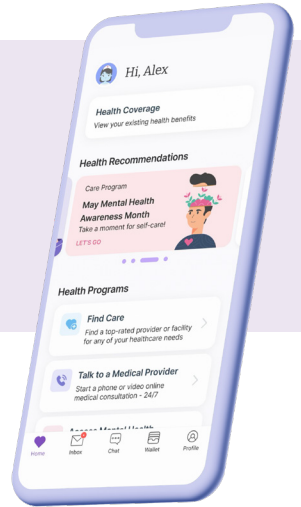
# Enrolled in an Invited Clubs Medical Plan?

## Take Advantage of Free Teladoc Services

Access free, unlimited Teladoc visits through the HealthJoy app, connecting you with high-quality licensed therapists and psychiatrists by video or phone for ages 13 and up.

### Connect with a Teladoc Provider Today!

- 1 Download and activate the HealthJoy app.
- 2 Complete registration with Teladoc.
- 3 Start an online consultation or call (877) 500-3212.



## Use Your Medical Coverage

Make the most of the well-being benefits your medical plan offers. Visit [InvitedBenefits.com](https://www.invitedbenefits.com) to see what's covered.

**Your well-being is shaped by everyday moments. Start with one small reset today.**



# Support That Meets You

Everyday stress can feel just as draining as managing a long-term challenge. What matters is having the right support for your well-being so you can handle what's in front of you and feel your best each day.

Start by exploring SupportLinc's EAP and national health resources. Your medical plan may include additional mental well-being support, and your provider's concierge can guide you to what's available.

## Daily Life Demands



### Charles

is supporting an elderly parent, and the physical, emotional and financial demands of daily caretaking are becoming overwhelming.



**The Administration for Community Living website ([eldercare.acl.gov/home](https://www.eldercare.acl.gov/home))** helps Charles find a qualified elder caregiver, providing daytime help so he can navigate caregiving with a little more ease.



**Child and Eldercare Support resources ([mysupportlinc.com](https://mysupportlinc.com) > menu in top-right corner > My Program Overview > Child and Eldercare Support)** help him explore options such as assisted living and retirement communities so he can plan ahead with confidence and care.



**Financial Support resources ([mysupportlinc.com](https://mysupportlinc.com) > menu in top-right corner > My Program Overview > Financial Support)** allow Charles to have a consultation with a financial specialist to explore ways to cover the additional cost of caring for his parent.



**Access to Care ([mysupportlinc.com](https://mysupportlinc.com) > Get Care)** will provide him with different ways to access care. He can call and speak to a counselor or work life specialist or schedule a virtual appointment.



# Where You Are

## Free for You

SupportLinc's EAP is available to **all Employees** and offers you and your **family six free counseling sessions per incident per year**—well-being support, when you need it.



Download the SupportLinc mobile app for easy access to these well-being resources.



### Jessica

has type 2 diabetes and is experiencing chronic pain in her hands and feet, which has made her feel overwhelmed and stressed. She has started skipping time with friends, is eating more junk food and is having trouble sleeping.



**The Resiliency Toolkit ([resiliency.tools](https://resiliency.tools))** allows Jessica to take a self-assessment, learn new skills to build resilience and find inspiration and encouragement to help manage her chronic pain and feel empowered each day.



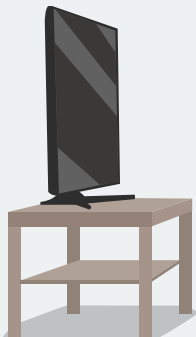
**The American Diabetes Association website ([diabetes.org/living-with-diabetes](https://diabetes.org/living-with-diabetes))** gives Jessica actionable tools to help her develop a healthy diet and fitness plan and free Ask the Expert events, led by medical experts on common diabetes-related topics.



**The Sleep Fitness Toolkit ([sleepfitness.tools](https://sleepfitness.tools))** helps her understand the importance of sleep and how to build healthy habits so she can sleep better and have more energy.



**The Mindfulness Toolkit ([mindfulness.tools](https://mindfulness.tools))** gives Jessica tips and practices that help her stay present, manage pain and reduce stress.



# Greater Life Challenges



## Jorge and Maria

lost their teenage son in a car accident, and they are having trouble dealing with their grief and the added financial stress of unexpected expenses.



**Immediate Emotional Support (888-881-5462)** connects Jorge and Maria with a licensed clinician by phone anytime they need guidance and support, no appointment needed.



**The Grief and Loss Toolkit ([griefandloss.tools](https://griefandloss.tools))** offers resources to help them process their grief as parents and help their surviving children with their grief as they all move forward with living each day.



**Invited Clubs' Employee Care Fund ([InvitedEmployeeCareFund.com](https://InvitedEmployeeCareFund.com))** can provide Jorge and Maria with financial assistance to cover some of the funeral expenses.





### Tyler

is going through a divorce, and as a result, he has been feeling depressed. He's realized that he is drinking more alcohol to help him cope, and he wants support to make a positive change.



**The Addiction Toolkit** ([addictiontoolkit.tools](https://addictiontoolkit.tools)) gives Tyler tips, short courses, videos and guided exercises to build coping skills and strengthen resilience.



**Virtual Support Connect** ([app.virtualsupportconnect.com/members/new](https://app.virtualsupportconnect.com/members/new)) offers clinician-moderated group sessions where he can learn from and connect with others who may be facing similar challenges.



**Mindstream** ([mindstream.mysupportportal.com](https://mindstream.mysupportportal.com)) gives Tyler access to live, on-demand sessions that support personal growth and self-care to help with challenges such as addiction and depression.



**The Substance Abuse and Mental Health Services Administration (SAMHSA) National Helpline** ([samhsa.gov/find-help/helplines/national-helpline](https://samhsa.gov/find-help/helplines/national-helpline)) provides free, confidential, 24/7 support and referrals to help Tyler navigate depression and alcohol-related challenges.

# Well-being for All

We all need a little help with our physical **and** mental well-being from time to time. They're connected, and Invited Clubs is here to support you in taking care of your health.

## *Invited Clubs*

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Visit [InvitedBenefits.com](https://InvitedBenefits.com) today to discover all the resources and tools you need to live well each and every day!

### ¿Prefieres español?

Escanee el código QR o visite [InvitedBenefits.com/es](https://InvitedBenefits.com/es) para acceder a este correo en español.

