

## Mental Wellness Resource Now Available



Blue Cross Blue Shield of North Dakota (BCBSND) is pleased to announce a new mental wellness resource, [Learn to Live](#). You and your family members (ages 13 and up) now have access to this resource until the end of 2020 at no cost to you, and you do not need to be a BCBSND member to access this benefit. All interactions with Learn to Live are kept completely confidential. No personal information is shared back to BCBSND or us, your employer.

Read below to learn more about the resources that Learn to Live has available to help navigate the emotional uncertainty of our world during COVID-19. These resources are designed to help you deal with the increased anxiety, stress, worry, and grief you may be experiencing during COVID-19. You can simply visit [learntolive.com/partners](https://learntolive.com/partners) and enter the access code: **NDGRAIN**. You can then start by taking a brief, optional assessment to see what programs you may want to explore, complete a quick enrollment process and then start exploring the available resources:

**On-Demand Webinars:** Learn to Live's Chief Psychology Officer, Dr. Russ Morfitt, has recorded short videos that apply tools from their programs to the issues we are seeing with COVID-19: modified sleep habits, increased stress, overwhelming worry, and several others. They will continue to offer new material as they are developed.

**Wellness Articles:** Highlighting COVID-19 situations, as well as everyday concerns: stress, parenting, balancing work and family, employment uncertainty, social distancing, and other topics you may be facing during quarantine.

**Comprehensive Assessment:** Get a personal program recommendation immediately after you complete a brief online assessment.



**Learn to Live Programs (Stress, Anxiety and Worry, Substance Use, Insomnia, Social Anxiety, or Depression):** Their five programs apply the proven principles of Cognitive Behavioral Therapy to help you understand how your emotions are connected to your thoughts. In each program, Dr. Russ explains tools to help identify unhelpful thoughts that can produce negative emotions, and then shows how to reshape your thinking to help manage issues related to stress, anxiety, worry, substance use, insomnia, social anxiety, and depression.

**Unlimited Coaching:** Personalize your experience even more by signing up to work with a coach. Their coaches are here to support you while you work through a program. They are available via text, email, or pre-scheduled phone calls.

**Mindfulness Moment:** Receive a weekly text reminder to take a 2-minute break from your routine and focus on your mental wellbeing. The weekly messages offer encouragement, helpful tips, and positive reminders.

To explore these resources visit [learntolive.com/partners](https://learntolive.com/partners) and use the code: **NDGRAIN**

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