

Impact Solutions

Your employee assistance program is pleased to announce the launch of their new website, [My Life Expert](#). The new website gives you access to thousands of articles, videos, and worksheets, assessments, interactive checklists, and an events calendar for the latest webinars and online training sessions. Some of these options are listed below for you. Access is personalized, 24/7, and most importantly, confidential.

To get started, you will need to create your own unique username and password using the following instructions:

1. Go to <https://mylifeexpert.com/login>
2. On the right side, click "Sign Up" to create a new account with the company code.
3. Enter company code: **LCSW Ceap**
4. Enter your preferred email address and click "Next"
5. Create a username then, click "Submit".
6. Check your email for a message from info@mylifeexpert.com. Enter the 5-character code from the email in the box. Then, click "Verify Your Code".
7. Create a password. Password must be at least 8 characters and can be any combination of letters, numbers, and special characters. Enter your password again in the "Repeat Password" field and click "Submit".
8. You will be directed to a Login page. Log in using your username and password.

Family Wellness Supports

Mindfulness

Practice Mindfulness	Mindfulness Matters	Mindfulness Practice in the Treatment of Traumatic Stress	Tai Chi and Your Health
Practicing Gratitude	Being Mindful	Enhance Your Emotional Wellness	

Meditation

Whole Health for Life: Guided Meditation	Positive Emotions and Your Health	Yoga: What You Need To Know	Outbreaks Can be Stressful
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Relaxation

Getting it Straight	Learning to Relax	What is Relaxation Breathing
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Happiness

<i>Positive Emotions and Your Health</i>	<i>Talking About Your Feelings</i>
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Stress

<i>How to Manage Job Stress and Build Resilience</i>	<i>Coping with Stress</i>	<i>Taking Care of Your Emotional Health</i>	<i>Feeling Stressed?</i>	<i>Tips for College Students: After a Disaster or Other Trauma</i>
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Mental Health

<i>Support for Teens and Young Adults</i>	<i>Talk About Mental Health: For Educators</i>
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Videos

<i>What is Mindfulness</i>	<i>Four Ways to Cultivate Mindfulness</i>	<i>Beginning a Mindfulness Practice</i>	<i>Breathing, Stretching, Relaxation(BSR) Yoga</i>
<i>Tai Chi and Qi Gong for Health and Well-Being Part 2 of 5</i>	<i>Tai Chi and Qi Gong for Health and Well-Being Part 3 of 5</i>	<i>Tai Chi and Qi Gong for Health and Well-Being Part 4 of 5</i>	<i>Tai Chi and Qi Gong for Health and Well-Being Part 5 of 5</i>

Apps

<i>Mindfulness Coach:</i>	<i>Know Bullying</i>	<i>Mood Coach</i>	<i>COVID Coach</i>
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Webinars

<i>Practicing Mindfulness to Rid Stress</i>	<i>Emotional Composure-Remaining Unruffled</i>
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