

Mind Companion Self-care



Resources *for* Living®

Build resilience in a few minutes a day with Mind Companion Self-care

Looking for a way to make a positive impact on your emotional well-being with just a few minutes a day? You have access to Mind Companion Self-care, a free and secure self-guided digital program to help you with:

- Stress and anxiety
- Sadness or depression
- Relationships
- Sleep issues
- Work/life balance
- Substance misuse and more

Mind Companion Self-Care leads you through learning sessions with videos, interactive questions and breathing exercises to help you build resilience and healthy behaviors.

Get started today

Search for Mind Companion in your device's app store and use your organization's access code to get started. Sign in with your RFL personal account. Don't have an account? Simply visit your RFL member website to create one today.

Learn more

Watch a short introductory video and get started with Mind Companion Self-care today.

[Watch the video](#)

This information was brought to you by Resources For Living, LLC.