



An Emotional Well-Being Program



IMPROVE EMOTIONAL HEALTH AND WELL-BEING

Together with your personal coach, work to enhance your positive thoughts and emotions. Learn strategies and new ways to navigate through life changes and adapt when facing difficult situations. Increase your happiness, calm, and gain a peaceful mindset while creating more balance and clarity in your life.

According to the National Institute of Mental Health (NIMH), 35 percent of US adults struggle with emotional concerns not at the diagnosable level.



**SCAN TO
LEARN MORE
AND REGISTER**

PARTICIPANT EXPERIENCE

- *Participate in one-on-one interactions with your personal Cleveland Clinic wellness coach whose work is overseen by a licensed mental health professional*
- *Connect with your coach on your time through private and confidential emails*
- *Gain awareness of your progress and improvements throughout your program*

PROGRAM HIGHLIGHTS

- *Confidential and convenient*
- *Available to you at no-cost*
- *Individualized experience*
- *Interactive skill-building tasks*