

Complimentary Health and Wellness Program is being made available to ALL ORCGA members complimentary up until December 31, 2020



## The LivingEasy™ Stress & Resiliency Program

When stressful situations feel beyond control, they seem to take over our life. Stress can be punishing to our health, both physically and mentally, and it can drastically lower quality of life.

Now imagine being able to handle any stressful situation with confidence, with calmness. Imagine an unshakeable sense of peace. This is what LivingEasy has to offer.

### How it works

LivingEasy is designed to reshape the way you respond to stressful moments and situations. When you take LivingEasy, you will:



#### CHALLENGE YOUR BELIEFS

Overwhelming stress comes from beliefs and thoughts that create emotionally disempowering responses. These beliefs and thought patterns are habits, formed over time, and you have the power to change them.



#### SEE STRESSFUL SITUATIONS DIFFERENTLY

Learn how to transform emotionally overwhelming events into opportunities for growth and greater resilience.



#### CREATE CALM, TAKE CONTROL

Thrive in the areas of life that used to hold you back, and live with the sense of control that you've been missing.

To learn more and get started, visit  
<https://portals.selfhelpworks.com/peoplecorporation>

**Activation Code: COVID-19**

Therefore, Benefit Partners, a division of People Corporation who are the endorsed Consultants to the Ontario Regional Common Ground Alliance have partnered with Self Help Works, to provide complimentary access to the LivingEasy cognitive behavioral therapy-based stress management program\*.

This program is being made available to ALL ORCGA members complimentary up until December 31, 2020 to help your members and their employees manage their stress levels.

Attached is a poster to help you promote this program.

Self Help Works also offers an additional six programs:

- LivingLean (Weight Loss)
- LivingFree (Quitting Smoking)
- LivingWellRested (Restore sound and sleep)
- LivingWell (Diabetes management)
- LivingSmart (Regain control over Alcohol)
- LivingFit (Exercise)

Any ORCGA member can add this program to their plan for a low monthly fee.

Feel free to reach out to Dan Millar (1-877-417-6735 Ext 1) or Michael Millar Ext. 6 at Benefit Partners for any additional Self Help Works information.