



LifeSolutions Corner

February 2016

WorkLife Portal

Have you checked out *LifeSolutions* enhanced *WorkLife* portal? If so, we hope you are enjoying the enhanced features and the wealth of information about any work or life issue! If not, we encourage you to go to **www.lifesolutionsforyou.com**, put in your company code and begin to explore all the options at your fingertips! (Call us at **1-800-647-3327** if you don't know your code.)

Here are some of the enhanced features:

- The Resilience Journey — an interactive app that helps users work on bouncing back from setbacks and responding to difficulties and challenges in a healthy way.
 - You will learn about the five core components of resilience.
 - You can get started on your personal journey to becoming more resilient by downloading this app today!
- Over 60 skill builders or online trainings that can help build your skills in both personal and professional areas.
 - Topics include:
 - Managing Your 401(k)
 - Developing Critical Thinking Skills in Children
 - Basics of Effective Communication
 - Managing Change

And there's so much more ... a Savings Center, webinars, self-assessments, many articles and videos, and resource links on key issues that can affect your health and wellness.

You will find easy-to-navigate, drop-down tabs such as:

- Emotional well-being
- Relationships
- Financial
- Health
- Legal
- Personal growth (work-life balance and career development)

Again, go to **www.lifesolutionsforyou.com** and enter your company code. Then click on the purple arrow, 'Visit WorkLife Portal,' and you're in! Now you're on your way to accessing information on personal and workplace issues that may impact your individual and professional success!

This information is not a substitute for professional care or your organization's policies. If you have or suspect you have an issue related to the material presented here, consult an appropriate professional.

To use our *WorkLife* Portal, email or call us for your company code:

ask@lifesolutionsforyou.com
1-800-647-3327
www.lifesolutionsforyou.com

LifeSolutions is a confidential workplace benefit available at no cost to you and members of your household.

Support in life. Success at work.

LifeSolutions®
Your Employee Assistance Program