

# The Importance of Prevention to Your Emotional Well-being

## How LifeWorks Can Support You

Mental health is the capacity of each and all of us to feel, think, and act in ways that enhance our ability to enjoy life and deal with the challenges we face. And when it comes to our health -- physical or mental -- being proactive and focusing on prevention works!

**LifeWorks** is here for you any time, day or night, with expert advice to help you adopt strategies that support positive mental health. We can also provide information, resources, and referrals. Contact us 24/7 to speak confidentially with a caring, professional consultant who can help you:

- **Understand the value of self-care**, leisure time, and a healthy lifestyle that includes good sleep habits, a diet that nourishes your body, and an exercise routine that boosts energy
- **Identify and manage your stress**, and recognize the importance of talking about stressors with friends, family, co-workers, or professionals you trust
- **Distinguish between positive and negative stress**, and learn ways to manage unhealthy stress through mindfulness, meditation, or deep breathing techniques
- **Build resilience and coping skills** so you're able to face tough challenges with confidence and weather disappointment or failure
- **Become more self-aware** and able to recognize the signs and symptoms of a possible mental health problem

Log in any time to the LifeWorks platform to access tools to help you manage stress, including:

- [Taking Care of Yourself](#)
- [Building Energy and Resilience](#) (podcast)
- [Mindfulness Toolkit](#)
- [Using Progressive Muscle Relaxation to Ease Stress](#)
- [Using Your Smartphone to Relax](#)
- [The Benefits of Spending Time Outdoors](#)
- [Practicing Yoga](#)
- [Practicing Mindfulness](#)
- [Managing Stress](#)
- [Managing Stress as a Family](#)
- [Change and Resilience Toolkit](#)
- [Bouncing Back](#)

You can also log in any time to the LifeWorks platform ([metlifeeap.lifeworks.com](http://metlifeeap.lifeworks.com)) and access a wealth of resources on emotional well-being -- from stress management and creating happiness to practicing positive thinking; and from dealing with anger or anxiety, to living with depression, schizophrenia, or an addiction.

Listen to audio recordings, including recorded relaxation exercises:

- Podcasts: [Practicing Mindfulness to Reduce Stress](#), [Anger Resolution Tips](#), [Five Ways to Simplify Your Life](#), [Overcoming Anxiety](#), [Managing Your Moods: Simple and Practical Tools for Everyday Living](#)
- Full-length recordings: [Fitting Work + Life Together](#), [Breathe – Managing Stress](#), [The Mindful Way to Happiness](#)

Access articles to help you learn more about stress management, mental health, and mental disorders:

- [Overload at Work](#)
- [Stress and Depression at Work](#)
- [Mental Health Disorders in Children](#)
- [Anxiety Disorders](#)
- [Panic Disorder](#)
- [Schizophrenia](#)
- [Bipolar Disorder](#)

**Remember:** If you're struggling with stress, if you're feeling overwhelmed or overloaded, or if you're worried about your mental health or about someone you love, **LifeWorks** can help. We can talk through your issues and concerns, answer questions, provide guidance, and even refer you to counseling or a helpful community resource.

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Get the "LifeWorks" app!

