



Emotional Health Basics

Three-Week Learning Lab

Lochmueller Group

Prioritize your emotional wellness

Numerous studies show work is a major source of stress for American adults, and it has escalated progressively over the past few decades. According to the American Institute of Stress, increased levels of stress can be associated with increased rates of heart attack, hypertension and other health risks. Stress, anxiety and depression can also impact your work performance, relationships and overall health.

But don't worry, the Emotional Health Basics Learning Lab is here to help! This three-week learning lab offers a simple overview on the signs and symptoms of stress, anxiety and depression. By learning about these signs and symptoms, you can better support family, friends or colleagues who are experiencing difficulties, and you can start prioritizing your own emotional well-being.

During this learning lab, you'll watch brief videos featuring mental health experts who can explain these conditions and how they might present themselves. After the video, you will take quizzes to reinforce learning. In addition, you'll practice coping skills that can help support your emotional wellness through an unprecedented year and beyond.

Course

**Week
1**

Stress basics

Understanding signs and symptoms

**Week
2**

Anxiety basics

Understanding signs and symptoms

**Week
3**

Depression basics

Understanding signs and symptoms

Coping skill

**Skill
1**

Stress basics

Take time to relax

**Skill
2**

Anxiety basics

Write down your fears

**Skill
3**

Depression basics

Keep a journal

Getting started

Simply log in to your wellness website at <https://lochgroup.healthymerits.com> to begin participating on May 1, 2023. You can also use the Healthy Merits app or turn on text message reminders to participate as well.

Get rewarded

If you complete all three weeks of this program, you will earn 50 wellness points. **Please note:** you only have a seven-day grace period to go back and enter your data for this program.



Questions? Just call Healthy Merits Customer Service at 1.877.348.4533 or email healthymerits@meritain.com.