

# Show Yourself Some Love

Get help overcoming stress and caring for your health

**BeWell4Life** can help you improve your emotional well-being, no matter what you're going through. When you work with a WebMD Health Coach, they'll help you build resilience, practice mindfulness and create a personalized plan to manage the everyday stress in your life.



## Take on tougher challenges

Dealing with grief, anxiety, depression, family conflict or drug abuse? A trained Stress Specialist can teach you proven stress-reduction techniques and point you toward local resources.

## Message a coach

You can exchange secure messages with a coach using Coach Connect. To get started, download Wellness At Your Side, the WebMD app.

Services are free, convenient and confidential.

**866.761.3218**

[webmdhealth.com/adient](http://webmdhealth.com/adient)