



## Be Balanced

Learning Pillar

Through our **Be Balanced pillar**, you can access articles, videos, resources and more to help you focus on your mental and emotional health, and prioritize rest and stress management. Here are a few suggestions of where to start:



### Sleep

Dream Routine Challenge

Successful Sleep  
Strategies Workshop

Sleep Better Pathway



### Emotional & Mental Well-Being

Back to the Present Challenge

Resilient You Workshop

Happiness and Thriving  
Pathway



### Stress

Now and Zen Challenge

Stress and How to  
Cope Workshop

Stress Less Pathway

Keep tabs on your progress within the pillar by using trackers such as mood, sleep and stress. Studies show that utilizing health trackers can improve motivation and follow-through with well-being goals.

### Ready to make a move? Get started today!

1. **Log on** to the Health Advocate website or mobile app
2. Select **Well-Being**, and then click on **Be Balanced**
3. Choose a topic that interests you



For additional support, connect with a **Wellness Coach!**



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