



Content Worth Checking Out

Portico health plan members, you and your covered family members have access to a variety of quality content on mental health topics ranging from managing stress and grief to substance use. Below is a list of available self-study courses, upcoming live webinars and past recordings, and podcast episodes to check out.

ONLINE CLASSES

Being academy
mpulse.thebigknow.com/home/courses

- Parenting Kids with Anxiety
- Addiction & Sobriety
- Cultivating Joy in Times of Pain
- Resiliency
- Living with Anxiety and Depression
- Well-being
- Self-Compassion
- Navigating the Anxiety Loop

Get started:



WEBINARS + READS

Learn to Live
learntolive.com

- Resilience: The Role of Optimism in Overcoming Life's Challenges
- Getting Unstuck, The Science of Moving Forward
- Managing Stress and Worry in Uncertain Times
- Grief, Coping with Loss
- Tools for Help with Negative Thoughts on Tough Days

On the blog:

- Learn to Calm Your Mind When You Feel Stressed
- Breaking Down Emotions & Facing Negative Feelings
- Ripple Effect: Preventing Depression by Helping People Sleep Better

Watch or read today!



PODCASTS

Mental Health Matters
portico.thebigknow.com/home/audio-series/livewell-mental-health-portico/overview

- Building Habits of Happiness
- Helping Your Kids Manage Stress
- Tapping into Resilience
- Identifying and Managing Grief
- Taking a Fresh Look at Stress
- Stress Management (Recorded)

Listen now:



Chasing Life by Dr. Sanjay Gupta
cnn.com/audio/podcasts/chasing-life