



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.

SELF-STUDY COURSES

Being academy
mpulse.thebigknow.com/home/courses

- Living with Anxiety and Depression
- Mindfulness
- Well-being
- Sleep

Get started:



WEBINARS

Learn to Live
learntolive.com

- **Upcoming:** Getting Unstuck, The Science of Moving Forward

Recorded:

- Managing Stress and Worry in Uncertain Times
- Defeating Loneliness for a Healthier Life
- Grief, Coping with Loss
- When Substance Use Becomes a Concern
- Stress Management
- Tools for Help with Negative Thoughts on Tough Days

Watch or register 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