

Mind Companion Self-care demo

Resources For Living

Welcome to the demo for Mind Companion Self-Care, your new digital self-paced resource.

Mind Companion Self-Care will be available from your Resources For Living member website. No access code is required when visiting Mind Companion Self-care through the RFL website.

Upon first visit, members will create their individual account by completing a few simple fields.

Once their account is created, they can login with their individual account to get started.

Members will receive information regarding the program and will select “I understand” to continue. This screen will only show up the first time a member logs in.

It’s important to note that this tool is not intended for crisis situations. If at any time the member needs additional support or urgent help in the moment, they can select the “Get help now” link in the top right at any time for the crisis lifeline information and their Resources For Living phone number, both available 24/7.

Next, members will select an area of focus they would like to work on. The main topics include anxiety, sadness or depression, stress, marriage and romantic relationships, work productivity, conflicts at work, sleep, work-life balance, anger, and substance use with additional sub-level topics under these categories.

In this demo, we’ll select Sadness or depression.

This will take members to the landing page where they can begin their first session. This will be the page members will land on going forward when they revisit the site so they can easily pick up where they left off.

Each module consists of multiple sessions with videos, interactive questions and breathing exercises to help manage the focus area selected and build healthy behaviors.

Let’s take a peek at the first session.

Session 1 starts with a video to explain what depression is.

Next you’ll answer some questions to identify the symptoms you’re having.

[Selects 'Constant sadness' and 'Significant increase in appetite']

Then you'll rate how you're feeling.

[Drags scale to 3 out of 10]

The mood tracker at the end of each sessions allows members to visually see how their mood is progressing and changing over time.

Once you're done with a session you can continue on to the next session or return to the homepage.

Let's take a look at a few more interactive features.

Here's a preview of the journaling feature. This allows you write out a journal entry addressing a specific topic.

[Selects 'Add a new note']

['Selects check box]

[Selects drop down to show the saved note]

[Selects 'Next' button]

Here's another example that allows you document how your body felt during a particular situation or in the moment.

[Selects 'Muscles tense up']

You can also add custom triggers that allow members to type in their symptoms.

[Selects 'Add custom trigger']

[Selects check box]

Throughout the program members will receive guidance and education related to their focus area.

Back at the homepage members can easily see how many sessions they've completed.

You'll notice session 1 'Start' button has now changed to 'Restart'. Members can revisit sessions as many times as they choose. Additionally, they can skip ahead to a specific session.

They can also see a summary of their mood levels throughout the module.

In the 'Recent Activities' section, members can view what they've completed and filter by date, progress, and focus area.

They can also add new activities they've completed, such as breathing exercises, a different session or their own custom activity.

The breathing exercises are always available for members to access at any time. In each video, they'll be gently guided through a mindful breathing exercise with a calming visual in the background.

At any time a member can change their focus area from the homepage by simply selecting the 'Change focus area' button from the bottom of the homepage or by selecting the 'Change focus area' button' at the top. They can also select the 'Focus area' link in the top right at any time throughout the site.

Members can easily view their history of modules they've taken and see the percentage of what they've completed.

[Selects 'View history']

They'll also be able to see a brief description of each module

The top navigation allows members to quickly navigate between sections on the site.

[Select 'Resources' in top nav]

In the Resources section, members will be connected to the Resources For Living webinars, videos, podcasts and more.

[Selects 'Account' in top nav]

Under the 'Account' section, members can update their profile or their password at any time.

Mind Companion Self-Care is your guide to better mental health and improved well-being.

Resources For Living

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