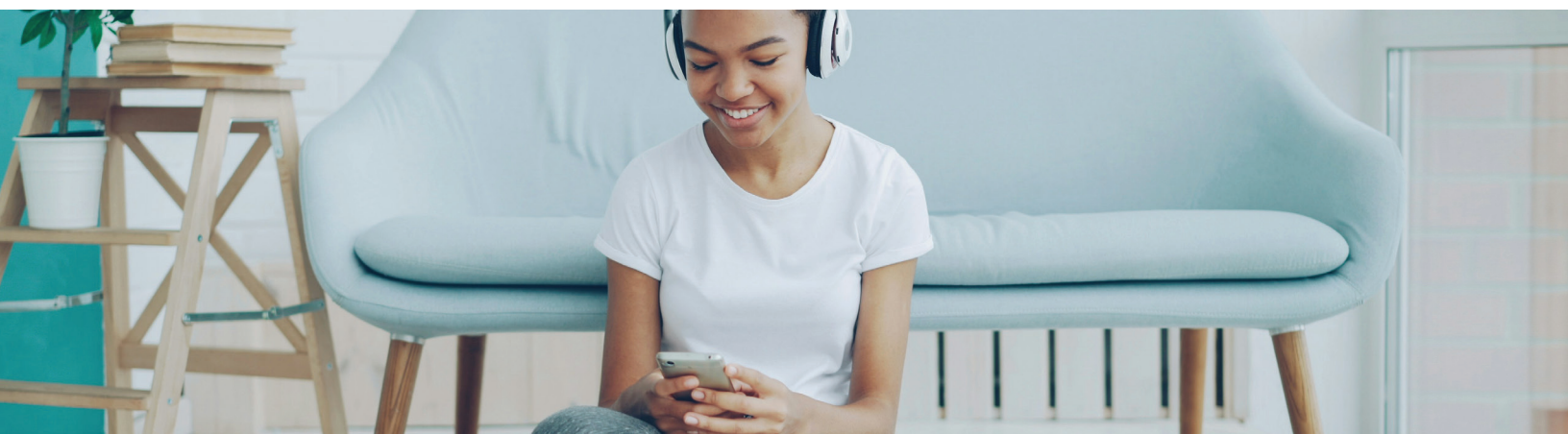




Resource Spotlight: **Learn to Live**

Learn to Live is an online wellness platform that uses **evidence-based, digital Cognitive Behavioral Therapy (CBT)** to help build practical skills for improving your emotional well-being. Programs are **self-paced, interactive**, and tailored to your needs.

Learn to Live offers multiple topic-specific programs:

Stress and Anxiety: Build tools to reduce worry, reset thoughts, and take control of time and energy.

Depression: Learn strategies to improve mood, enhance motivation, and support daily functioning.

Insomnia: Improve sleep patterns and overcome barriers that interfere with meaningful rest.

Social Anxiety: Build confidence, manage fear, and navigate interactions more comfortably.

Panic: Understand panic symptoms and develop techniques to reduce attacks and regain control.

Substance Use: Access support for reducing cravings and building healthy habits.

Trauma: Understand trauma responses, reduce distress, and build a sense of safety and stability.

Resilience: Build skills to handle challenges more effectively and strengthen emotional well-being.

How to Get Started:

Accessible 24/7

Free and confidential

Self-paced, flexible

- Visit **EAP4YOU.com**
- Locate the **Digital Wellness Program** section on the homepage
- Click **“Get Started”** to be redirected to the Learn to Live website
- Enter the USPS Access Code: **USPS**
- Follow the prompts to **complete enrollment**
- Begin **using the program** online or
- Download the **Learn to Live App** and
- **Log in** using the credentials created during registration