



# Support your mental health with Self Care

With your Sun Life life insurance coverage, you and your family\* have access to Self Care from AbleTo, which offers 24/7 access to self-care tools to help you build resilience and improve your mental health. You can explore content and activities that can help you reach your goals, at your own pace. Whether it's a simple breathing exercise or a deep dive on how to build work-life balance, Self Care empowers you and your family members to take care of your mental health.

## You'll get



### Mood & Habit Tracking

Identify patterns and monitor your progress



### Meditations

Listen to relaxation, deep breathing, and positive visualization exercises



### Collections

Build life skills with content designed by clinicians on topics that matter most to you



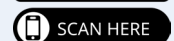
### Journaling

Develop a more helpful and balanced perspective by writing about your thoughts, emotions, and goals

Sign up for Self Care from AbleTo today at

[AbleTo.com/selfcare-sunlife](https://AbleTo.com/selfcare-sunlife)

Access code: SUNLIFE



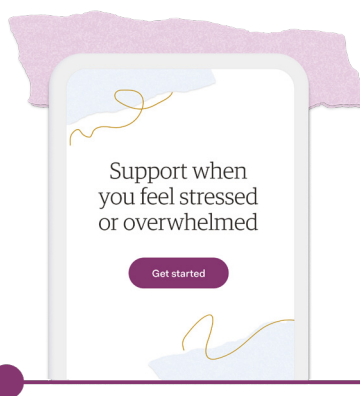
\*Self Care+ is available to dependents age 13 years and older.

# We'll teach you how to

- > Manage stress and feel more in control
- > Change negative thoughts
- > Improve your mood
- > Set achievable goals
- > Maintain better boundaries
- > Build healthy habits
- > Become more resilient to change
- > Communicate your needs

## Here's how it works

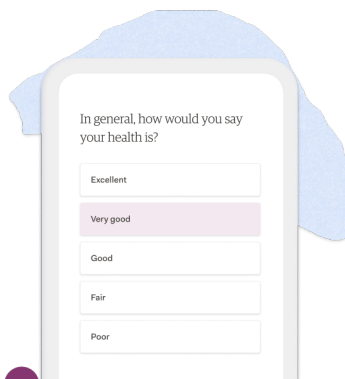
Follow these simple steps to begin your mental health journey



Visit

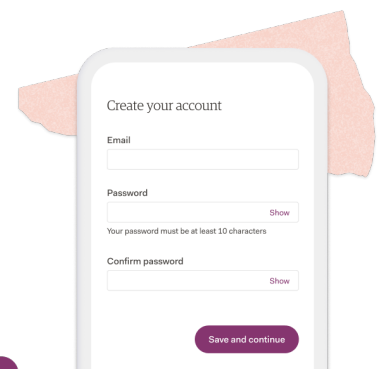
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Answer a

few questions



Set up your account

Please note that photographed individuals do not represent AbleTo participants.

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