



Mental Wellbeing

EA has collaborated with Modern Health to provide essential mental wellbeing assistance to all eligible EA employees and their dependents. Find out more about the program [here](#), and understand its benefits [here](#).

Considering taking steps to enhance your mental health and overall wellbeing but unsure where to begin? No need to fret – EA offers valuable resources to guide you. For your convenience, we've gathered them all in this user-friendly one-pager!

Mental Health Resources

- [Getting Started with Modern Health](#)
- [How Mental Health Impacts Us All](#)
- [Tools to talk about mental health](#)
- [What is Therapy?](#)
- [How to Identify & Address Burnout](#)
- [Modern Health YouTube](#)

Meditation & Mindfulness

- [Guided Meditation](#)
- [Resting in Your Center Meditation](#)
- [The Mindful Movement](#)
- [Better Sleep: Relax and Sleep](#)

Yoga

- [Shoulder Work Yoga](#)
- [Lower Body Yoga](#)
- [More Yoga Here](#)

Udemy Courses

- [The Key to Happiness: Self Care](#)
- [Mental Health First Aid Skills](#)
- [Mindful Resilience for Work-Life Thriving](#)
- [Smart Tips: Managing Stress](#)
- [Unlocking the Secrets to Better Sleep, Health and Well-Being](#)

This resource provides information, not advice. If you are worried about your mental health or wellness, talk to your doctor or connect with a professional using the [Global EAP Services](#).



[#ea meditation](#)
[#wellbeing](#)



[WellbEAing G Drive](#)
[Global Benefits & Perks - Mental Wellbeing](#)