

## TOO STRESSED? CAN'T SLEEP?

Learn to manage stress and  
be at your best through  
Spring Health



If you spring your clock forward on March 12, you may experience disrupted sleep. And if you're not sleeping well, you're not at your best. Quality sleep refreshes and energizes you, improves your overall mood and cognitive functions, and strengthens your immune system.



### Get the most out of your sleep

Spring Health – Abbott's mental health benefits provider – offers **Moments**, clinically validated short exercises that can help you build healthier habits. They include guided meditations, soothing sounds and techniques to help you relax and sleep better. (You'll need an **account to get started**.)



### Help with a healthier mind

Spring Health is where you (and your covered dependents) can go when you want to talk to someone about how you are feeling. Access personalized, confidential services and six free therapy sessions per person, per year.

Call Spring Health at **800-626-0738** or visit **[abbott.springhealth.com](http://abbott.springhealth.com)** (use access code **abbott** for work-life services).



## Sleep and well-being webinars

Join sessions facilitated by Spring Health experts:

- March 9 | **Sleep, Mental Health, and Wellness**
- March 16 | **Winning the Battle Against Burnout**
- March 23 | **Emotional Intelligence & Psychological Safety**
- March 28 | **Burnout: Managing Energy & Time**

Discover other well-being sessions on [ilivelifewell.com/well-being-webinars](https://ilivelifewell.com/well-being-webinars).