

# Introducing ComPsych® Huddles

## Online Groups for your well-being journey

Everyone's health and well-being journey is different. We each have our own individual preferences and care needs. Sometimes, however, our own journeys can benefit from the support and insights of a community of individuals with similar interest and well-being goals. That's what ComPsych Huddles are all about.



ComPsych Huddles are interactive online groups focused on education, skill building and peer connection. They provide a space to learn and grow in ways meaningful to our own journeys while helping others to do the same. Huddles cover a range of well-being topics, including:

- Everyday Mindfulness
- Self-Care and Resiliency
- Relaxation Techniques
- Improving Sleep
- Nutrition 101
- Personalize Your Physical Activity
- Mood Management
- And more

Huddles are led by our highly experienced staff of licensed counselors and certified well-being coaches who offer evidenced-based information on the topic. They also lead participants in discussions and offer live skill-building practices when appropriate. Participants are encouraged to share experiences and helpful tips with others in the Huddle.



### Huddle Up!

Participants can view the calendar of pre-scheduled upcoming Huddles on GuidanceResources® Online or the GuidanceNow app and self-register for topics that resonate with them.

To join a session:

- 1 Scan the QR code below or log on to GuidanceResources Online. (If you have not yet registered on the site, use your organization's unique Web ID to do so.)
- 2 Scroll down to and click on **Browse All Services**
- 3 Choose the **Online Huddles** tile and accept the external link notification
- 4 The following page displays the event and registration calendar with options to **select and register** for your session



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