

THE MIT CENTER FOR

WorkLife[•]AND WellBeing[•]



The Center for WorkLife and WellBeing:
Help with All Life's Challenges

An Important **MIT Benefit** for faculty, staff, and postdocs



A network of experts for MIT
faculty, staff, postdocs & families

One call puts you in touch with a network of experts who provide:

- Free and Confidential Services
- Short-term Emotional and Mental Health Services
- Work-Life Consultations, Research, and Referrals
- Consultations about How to Help Someone in Distress
- Support Before, During and After a Disruptive Event

MIT Faculty, Staff, Postdocs, and their family members can consult 24/7
with Master's or Ph.D. level counselors.

Emotional and Mental Health Support



Get a new perspective and find solutions...

MIT *MyLife Services* can help you and your family members with:

- Managing stress, depression, anxiety and emotional challenges
- Coping with change
- Family and work relationship issues
- Alcohol, drugs, gambling, and internet problems or addictions
- Illness and loss of a loved one

Each person is eligible for free, in-person, confidential counseling sessions per concern.

What Happens When You Call

- **MyLife Services** is free, confidential, and a person will always answer the phone 24/7
- You can always speak with a counselor immediately
- You will receive expert consultation and resource referral
- You (and your family members) may use up to 4 sessions per issue, per person, with a counselor, accessible to home or work
- You may consult with a counselor about how to refer a family member or colleague

Anxiety is more than worrying...

Symptoms of anxiety include:

- Restlessness
- Fatigue
- Difficulty with concentration
- Irritability
- Muscle tension
- Constant worrying
- Difficulty falling or staying asleep

NIMH –National Institute of Mental Health - <https://www.nimh.nih.gov/health/topics/anxiety-disorders/index.shtml>

Depression is more than being sad...

Symptoms of depression include:

- Loss of interest or pleasure in activities once enjoyed
- Changes in appetite — weight loss or gain unrelated to dieting
- Trouble sleeping or sleeping too much
- Loss of energy or increased fatigue
- Increase in purposeless physical activity (e.g., hand-wringing or pacing) or slowed movements and speech (actions observable by others)
- Feelings of worthlessness or guilt
- Difficulty thinking, concentrating or making decisions
- Thoughts of death or suicide

NIMH –National Institute of Mental Health - <https://www.nami.org/Learn-More/Mental-Health-Conditions/Depression>

Addiction is not a choice...

Commonly used addictive substances include:

- Tobacco
- Alcohol
- Marijuana
- Synthetic Cannabinoids (K2/Spice)
- Opioids (Heroin, OxyContin[®], Vicodin[®])
- Stimulants (Ritalin[®], Adderall[®], Concerta[®], Dexedrine[®])
- CNS Depressants (Ambien[®], Valium[®], Xanax[®])

NIMH –National Institute of Mental Health - <https://www.nami.org/Find-Support/Living-with-a-Mental-Health-Condition/Taking-Care-of-Your-Body/Drugs-Alcohol-Smoking>

Work-Life Support

If there is something on your mind...

MIT *MyLife Services* can provide you and family members with:

- Budgeting, debt management and financial planning consultations
 - Legal questions, resources and referrals
 - Career assessments and coaching
 - Sleep and nutrition consultations
 - Parenting consultations and personalized referrals
 - Child care resources and customized referrals
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Consultations are with experts in the fields of law, finance, career, and work-life.

Considerations for Managers and Colleagues:



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- Managers and colleagues are often the best referral sources
 - MyLife Services can help with many issues impacting functioning and productivity
 - MyLife Services can coach managers and colleagues on how to make referrals
 - MyLife Services can help managers and colleagues develop personal action plans that address unique concerns

Connect with **MyLife Services** Specialists



**A network of experts for MIT
faculty, staff, postdocs & families**

**Access
Anytime
24/7**

Call: 844-405-LIFE (5433)

Email: info@MITMyLifeServices.com

Visit: www.MITMyLifeServices.com

Live-Chat: www.MITMyLifeServices.com

weekdays 9:00 to 5:00



Answers + Ideas + Resources

Caring for Yourself

- Stop “Should-ing” on Yourself!
- Meet Yourself Where You Are
- Access Professional Services
- Practice Gratitude
- Breathe! 4 – 7 – 8

MIT CENTER FOR WORKLIFE AND WELLBEING WINTER WELLBEING SERIES

Battling Burnout? Strategies for Overcoming Winter Stress and Fatigue

- Understanding the Impact of Stress and Enhancing Your Wellbeing
- Optimizing Your Time, Energy, and Interpersonal Relationships
- Exploring Realistic Self-Care Practices that Work

Enhance Your Mental Fitness: Mindfulness for Your Health and Resiliency

- Building Foundation for Resiliency
- Using Mindfulness to Improve Communication and Connection
- Developing Your Personal Mindfulness Toolkit
- Applying Mindfulness in the Context of Your Daily Life

Cultivating Purpose and Meaning: Living According to Your Values

- Finding Your Purpose During a Pandemic
- Identifying the Values that Motivate You
- Prioritizing What Matters



CONNECTIONS



SELF-CARE



HEALTHY HABITS

medical.mit.edu/community



Community Wellness
AT MIT MEDICAL

care for the
whole
community



MITMedical

MIT Medical | COMMUNITY WELLNESS

The MIT Center for WorkLife and WellBeing is Here to Help.

Answers + Ideas + Resources

CALL US:

617-253-1592

EMAIL US:

worklife@mit.edu

VISIT US:

hr.mit.edu/worklife/center

COVID-19 Resources:

<https://hr.mit.edu/covid19/resources>