

LifeWorks

For all of life's questions.



Find out how LifeWorks can help you and your family!

Life brings new questions and challenges every day. Whether you're looking for help with an older relative, trying to manage your personal finances, or coping with a mental health issue, the LifeWorks program offers **fast, free, confidential help** whenever you need it. You can call toll-free, 24/7 to speak with a professional LifeWorks consultant, or you can visit LifeWorks.com to find the help and resources you need. From help with a relationship to managing overload at work, LifeWorks can help you with almost any personal or work-related issue, including:

Life

- Stress and overload
- Addiction and recovery
- Relationships
- Depression
- Grief and loss
- Divorce and separation
- Finding time for you
- Work life balance
- Finding a counselor or therapist
- Legal issues

Family

- Parenting
- Adoption
- Discipline and safety
- Teenagers
- Single parenting
- Blended families
- Financial aid
- Caring for seniors
- Caregiver resources

Money

- Budgeting
- Debt management
- Credit and collections
- Saving and investing
- Basic tax planning
- Buying a car
- Home buying and renting
- Saving for college
- Bankruptcy
- Estate planning and wills

Work

- Time management
- Career development
- Getting along at work
- Communication
- Job stress and burnout
- Relocation
- Networking
- Retirement planning
- Managing people
- Handling change at work

Health

- Exercise
- Healthy eating
- Managing stress
- Getting enough sleep
- Quitting tobacco
- Heart health
- Navigating the health care system
- Living with a disability
- Aging well

Call 888-267-8126 or visit www.lifeworks.com (user id: notredame; password: gond). En español, visite en-línea en www.lifeworks.com (id de usuario: notredame; clave: gond) o llame al 888-732-9020.

NEW! Download the new mobile app for your iPhone, Android, or BlackBerry—just search for LifeWorks in the app store!

Listed below are just some of the hundreds of educational materials that LifeWorks can provide for you and your family. You can download or order all of these materials and much more when you visit www.lifeworks.com (user ID: **notredame**, password: **gond**). For additional information or referral services, call LifeWorks at 888-267-8126.

Parenting and Child Care

- *Raising Optimistic Children* (article)
- *Child Care for Children with Special Needs* (article)
- *Adjusting to Being a Single Parent* (article)
- *Working Fathers, Working Mothers* (CD)
- *Sleep and Bedtime Routines for Infants* (article)
- *Talking about Preteens* (CD)

Work

- *Work Life Play* (booklet)
- *Communicating Well Across Genders at Work* (article)
- *Navigating Workplace Change* (booklet)
- *Overload at Work* (article)
- *Changes and Choices* (CD)
- *10 Ways to Overcome Overload* (booklet)

Legal and Financial

- *Paying Back Your Student Loans* (article)
- *Getting Out of Debt* (booklet)
- *Taking Charge of Your Money* (CD)
- *Shared Custody: Making It Work* (article)
- *Personal Budget Management* (booklet)
- *How to Hire and Work with a Lawyer* (article)
- *Ways to Stretch Your Money* (article)

Health

- *Get Moving* (CD)
- *Choosing a Medical Specialist* (article)
- *Achieving and Maintaining a Healthful Weight* (article)
- *You Can Quit* (booklet)
- *Managing Stress as a Family* (article)

Older Adults

- *Caregiver Stress and Finding Support* (article)
- *Elder Care Handbook* (booklet)
- *Talking with Your Older Relative* (article)
- *Long-Distance Caregiving* (article)
- *Choosing a Financial Planner When You're 65 and Older* (article)
- *Alzheimer's Disease* (article)
- *Money and Your Retirement* (booklet)

Midlife and Retirement

- *Keeping Relationships Strong as We Age* (article)
- *Talking as a Couple About Retirement* (article)
- *Work and Career in Midlife* (article)
- *Planning a Successful Retirement* (article)
- *Divorce in Midlife and Beyond* (article)
- *Staying Active as an Older Adult* (article)

Emotional Well-being

- *Feeling Good* (booklet)
- *10 Ways to Overcome Overload* (booklet)
- *Ways to Support Employees Who May Be Overloaded or Under Stress* (article)
- *Dealing with Persistent Worry* (article)
- *Simplify* (CD)
- *Staying Relaxed and Refreshed After Your Vacation Has Ended* (article)

Addiction and Recovery

- *When Someone You Love Has a Drinking Problem* (CD)
- *Drug and Alcohol Abuse: Warning Signs* (article)
- *How to Use the Employee Assistance Program* (article)
- *Gambling* (article)