

Jeannine, you took the WholeLife Directions Survey and lived to tell about it. Please tell us your secret!



Tell us a about yourself. What bureau do you work in? How long have you been at the City? Were you familiar with EAP (Employee Assistance Program) prior to taking the WholeLife Directions (WLD) Survey?

I work on the Health & Financial Benefits (Total Rewards) team. I've been at the City for 2 years. Even though I opt-out of the City's medical plans, I still can access the great benefits that come with the EAP, since that program is offered to all employees regardless of medical plan or not. I have had a bit of experience with EAP over the years. I have gone to them for financial coaching, which was extremely helpful (I now enjoy a debt-free existence thanks to their help with budgeting and debt management).

Counseling?

Yes, I have sought counseling services through EAP as well. Through that experience I discovered that although I do think counseling is helpful to many people, it just wasn't for me at that time, and necessary for my specific set of concerns/issues. That's why I love the app.

Had you ever used mental health tools/apps or services before taking the survey?

Services yes. Tools no, but it's easy. I can still address my mental health and wellness, but I do it on my own time and exactly when I need it through the convenience of my phone, with the WLD app. Since I prefer to keep my issues to myself, having the app keep me on track is extremely helpful. That being said, the app is also helpful in determining when I should seek out professional help. If I rank high on a specific issue, the app can recommend seeking out additional assistance. For someone like me who tends to keep things to myself and downplay issues, having an outside party assist with this determination is beneficial, because if it was up to just me and my own brain, I probably wouldn't be inclined to seek additional help even if it was necessary. I still am not "forced" to seek professional help, but at least I can be cognizant that this might be an area where professional help could be warranted and useful.

How did you first hear about EAP services and WholeLife Directions?

I learned about WholeLife Directions a couple months ago. But since I work in the benefits office, I learned about EAP services when I was first hired on.

Why did you decide to give WholeLife Directions a try?

I decided to give WholeLife Directions a try because they offered a promotional gift with the completion of the survey; a free \$15 incentive (a coupon that I could use towards different vendors that were a part of the LifeBalance program). And I love free stuff!

Okay, total honesty here—what was it really like taking the WholeLife Directions survey?

It was much easier than I thought. I was also compelled to answer questions all about myself. The only thing that could have made it more compelling would be if upon completion, the survey told me what Harry Potter house I belonged to, or which Disney Princess I am, based on my results. Ha!

How long did it take you from start to finish?

I feel like the whole process took less than 10 minutes. It was very quick, but the questions were thoughtfully laid out as well. I felt like I was able to give enough information in a quick 8-10-minute time frame for WholeLife Directions to get an accurate glimpse into my life, in order to make a proper evaluation, and recommend things I should focus on.

In what ways was WholeLife Directions helpful?

It has helped me evaluate specific areas I can work on, such as sleep, stress, work engagement, and generalized anxiety.

What did you learn from taking the survey?

Honestly, I was skeptical at first. I think a lot of us go through life thinking that everything is "fine," and there's not much to work on. Yes, we could all get more sleep for example, but who doesn't have that issue? By using the app to take the survey, I uncovered certain areas that are bigger issues than I might have realized. For example, my results showed that I scored high in the sleep and stress categories. These are both areas that I have made efforts to improve in on my own, but by taking the survey, I realized they're still issues even though I've made significant changes in my lifestyle to try to address these topics.



What will you do differently as a result of using WholeLife Directions?

By taking the survey, and using the WholeLife Directions app, I feel like I now have a plan of action. I can choose which areas to focus on without being overwhelmed or lost in a sea of information. The app gives me modules, or sessions that I can complete in order to address specific goals. Each session takes about 5-10 minutes, and reviews the concepts, skills, exercises, and monitoring of a specific goal. It's nice to be able to take a moment to reflect and focus on myself.

Would you recommend others try WholeLife Directions?

I absolutely recommend WholeLife Directions. Even if you are skeptical, just give it a try. It's free and completely confidential, so what do you have to lose? You will learn more about yourself and have more tools in your arsenal to address anything in your life that leaves you feeling negative, stressed, or just generally unwell.

Was there any downside to using WLD?

I haven't seen a downside yet.

Was privacy a concern when using WLD?

Even though I knew the survey was confidential, I still had thoughts of "what if someone else sees my results?" Being in the Benefits office, I have the absolute knowledge that the survey is 100% completely confidential. No one will see your results unless you personally show them. There is no way your employer will see your individual results. I would encourage anyone who has concerns to reach out and ask about it. It can be scary to answer questions that are personal, but once you get over that hurdle, you'll see there's nothing to worry about.

What advice would you give someone who's just getting started?

Take the survey! Take it now so that you can get that \$15 bonus coupon to use on LifeBalance offerings. And then, once you take the survey, pick a category to focus on, and go through the modules. You will learn so much about yourself and be more equipped to handle anything that comes your way, whether that's workplace stress, anxiety, or something else like depression or relationship issues. It's worth the time.

Take the WholeLife Directions Survey!

Once downloaded enter the access code "City of Portland"



Health & Financial Benefits
HEALTHY LIVING. HEALTHY FUTURE.

**WholeLife
Directions**

JOURNEY TO THE BEST YOU