



# Sukhi Personalized Support



### Access Details:

*Sukhi offers personalized development tools for a wide range of topics, whenever you need it 24/7/365.*

To get started today, visit:  
[www.minesandassociates.com](http://www.minesandassociates.com)

1. **Click “Access Your EAP Services”**
2. **Click “PersonalAdvantage”**
3. **Sign-in or register with your company code.**
4. **Click on the “Sukhi” tile and start your journey!**

*\* Your company code is used to register for online profiles as well as complete online intake requests. If you do not know your company code, please call MINES for assistance.*

### **Personal & Professional Development on the Go!**

Sukhi serves as an extensive well-being hub, providing a wealth of comprehensive self-help tools and immersive wellness workshops. These tools are carefully crafted to present practical solutions, aiding you in mitigating the impact of burnout, enhancing your work/life equilibrium, and fortifying meaningful connections with the individuals in your life.

Available through your MINES EAP services, you have the opportunity to delve into a diverse array of self-help resources and dynamic wellness workshops covering a broad spectrum of topics. These encompass stress management, burnout prevention, relationship dynamics, optimizing sleep, and more. Our resources are tailored to cater to the diverse needs of individuals including:

- **Journeys** - Curated quick courses - 25 minutes or less- on topics such as Increasing Productivity, Becoming Happier, Relationships, Improving Sleep + More!
- **On-Demand Quick Content** - Take 5 minutes or less to deep dive into specific learnings that interest you!
- **Live + Replay Workshops** - Find thoughtful and educational experiences with your colleagues from thought leaders within the wellness space.
- **Self-Care Resources** - Like Yoga designed for desk work, mindfulness to boost focus, and sleep stories to boost REM cycles - the ultimate source to support work / life balance.

Think of Sukhi as your sidekick on the road to a healthier, more balanced life. Jump into the world of self-help resources and exciting wellness workshops to uncover a life that’s not just balanced but also full of fulfillment and enrichment.

Please contact MINES with any questions about this service, if you need help accessing the service online, or if you have any questions about any of your other EAP resources including free and confidential counseling, wellness coaching, and much more. We are here to help!

**Free & Confidential support!**  
**Call or log on today to get started at:**  
**1-800-873-7138 or visit**  
**[minesandassociates.com](http://minesandassociates.com)**

*This guide is for informational purposes only. Call MINES for complete details.*

