



Self Help Works

Habits are easy to start and hard to break. Make your lifestyle goals a reality with video-based workshops. Ready for a healthier lifestyle? It's easier than you think!

Self Help Works online programs use a training process that combines the principles of cognitive behavioural therapy with health coaching best practices, for members and their eligible dependents.

- **Quit smoking for good**
You know every puff is dangerous, yet you find it hard to stop. This program will help you quit forever.
- **Lose weight without the need for willpower**
Learn how to change the way your mind responds to food, and drop the pounds permanently without even trying.
- **Regain control over your alcohol consumption**
Choose health, choose clarity, choose sobriety – without feeling deprived. Participation remains completely confidential.
- **Learn to love exercise**
This 12-week program begins where you're sitting right now and ends 12 weeks later with a healthy new you that loves being active.
- **Reduce stress**
It's part of life but it doesn't have to run your life. Regain control, learn to face your problems head-on, and find the peace you seek.

- **Manage your diabetes**
Discover how to manage your condition with power and confidence so that you can lead a normal, happy life.
- **Restore sound sleep**
Change the thoughts and beliefs that drive insomnia, reset your body clock, and learn to rest well to live well.

<https://bpamhealth.com/selfhelpworks>

Learn more about these life-changing programs and get started today!

Within a few short weeks, Self Help Works will empower you to break unhealthy habits and enjoy lasting behaviour change.