



# Stress Less. Live Better.

Do you feel like anxiety is taking control of your life? Here's a chance to take it back! Unwinding Anxiety offers a unique journey through 30 modules of guided lessons on how to manage and overcome those anxious feelings. All in just 10 minutes per day - the perfect way for even busy people to make progress toward freeing themselves from the cycle of stress and worry. Take charge, reclaim control – start today!

## With Unwinding Anxiety you'll get:



**Video lessons:** Learn why your brain becomes anxious



**Weekly expert calls:** Experts, such as Dr. Jud\*, address your specific challenges



**Check-ins:** Routine check-ins teach you to break the cycle of worry



**Mindfulness Exercises:** Teach you how to stop anxiety and calm your mind



**Community support:** Experts and those living with anxiety provide support in a safe place



**Journaling:** Track progress over time as you identify and step out of anxious habit loops

## Have questions?

Call 888-741-3390, Monday - Friday 8 a.m. - 8 p.m. CT or visit [stateoftn.sharecare.com](https://stateoftn.sharecare.com).



\*Dr. Jud Brewer, the creator of Unwinding Anxiety is a renowned psychiatrist, and expert in mindfulness training. He, along with behavior change experts can show you how you can overcome the everyday habits that are holding you back.

Unwinding Anxiety is available to all employees, spouses, adult dependents and retirees who are enrolled in medical insurance with Partners for Health.

The Unwinding Anxiety program is not part of the incentive program.

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