

Unwinding Anxiety

Feel less stress each day

Proven results

- 67% reduction in anxiety after 2 months of use¹
- 27% reduction in worry-related sleep disturbances²
- 4.8 starts (out of 5) in the App store

Start your 7-day free trial



Overview

Unwinding Anxiety is an award winning, evidence-based digital therapeutic that combines neuroscience and mindfulness. The app program helps people identify anxious habits, work with anxiety instead of against it, and completely change their relationship to anxiety.

The Unwinding Anxiety app program provides guided lessons, mindfulness exercises, journaling, and in-app tools to help you manage anxiety. Our team of experts and facilitators are also here to support you through live weekly calls and in the community forum.

How it works

Unwinding Anxiety consists of 30 modules of guided video and audio lessons, short mindfulness exercises, and powerful anxiety tools. Members will learn how to switch gears the moment anxiety and other unwanted sensations arise, and ultimately change the thought patterns and habit loops that lead to anxiety. Unwinding Anxiety has shown statistically significant reductions in anxiety using validated measures.

The program was designed by Jud Brewer, MD, PhD, a renowned thought leader in the neuroscience of habit formation.



Video lessons:

Learn why the brain becomes anxious



Weekly expert calls:

Celebrate wins and ask questions with our team of behavior change experts



Expert moderated community support:

Receive support from experts & others living with anxiety in a safe place



Exercises: Mindfulness techniques teach members how to stop panic attacks and calm their minds



Check-ins: Break the cycle of worry with app-based check-ins throughout the day



Journaling: Track progress over time to identify and step out of anxious habit loops

¹ <https://www.jmir.org/2021/12/e26987>

² https://journals.lww.com/psychosomaticmedicine/Abstract/2022/06000/Targeting_Anxiety_to_Improve_Sleep_Disturbance__A.12.aspx