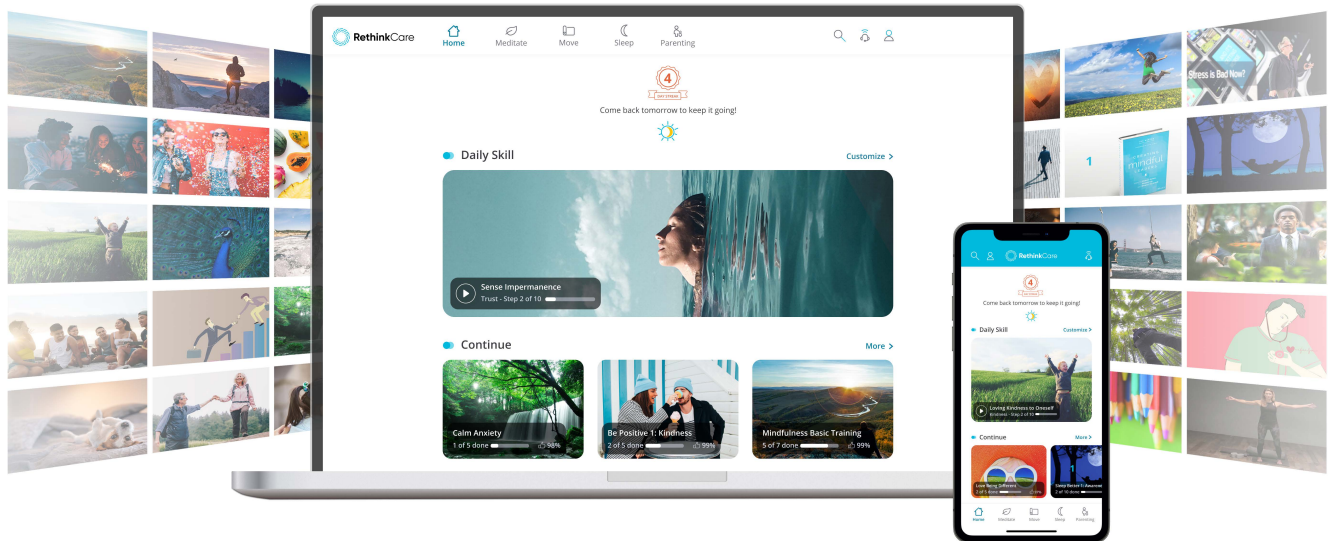
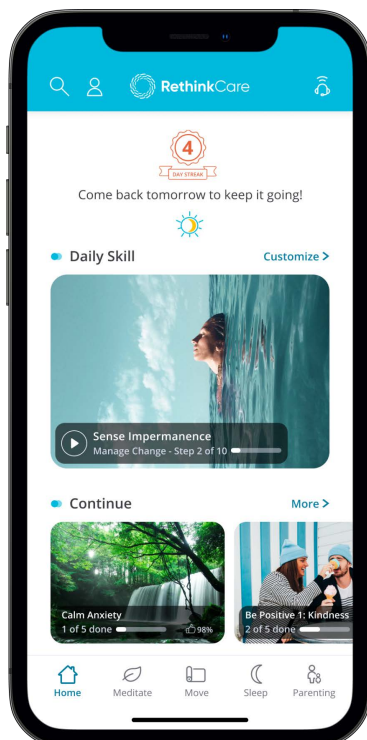


Our Personal Wellbeing Solution










Our Personal Wellbeing solution helps employees learn mindfulness techniques and manage stress, anxiety, and sleep issues in a changing world.




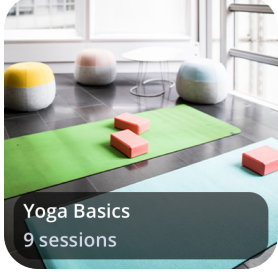
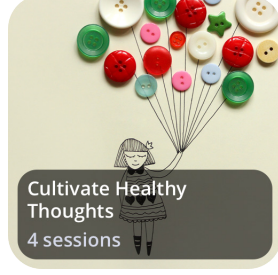
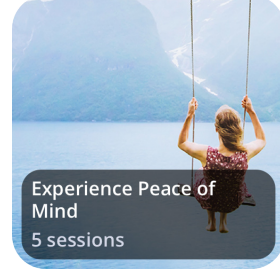




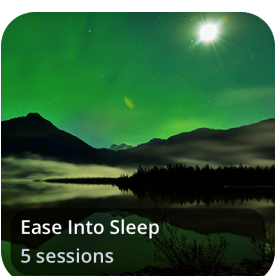



- ✓ **Evidence-based training** that leverages neuroscience, positive psychology and adult learning theory.
- ✓ **Personalized and tactical meditations** to learn, reinforce and apply new life skills.
- ✓ **Available in 9+ languages** to help employees reduce stress and improve focus.
- ✓ **Integrates** into your current ecosystem (Wellness, LMS and EAP platforms).
- ✓ **134+ digital minicourses** with 25+ Challenges and 3,100+ sessions, tips, articles, and exercises.

7 evidence-based training collections for developing lifelong mental, emotional, and physical wellbeing skills.

Personal Wellbeing

 Learn to Meditate	 Practice Yoga
 Reduce Stress & Anxiety	 Sleep Better
 Be Happier	 Improve Your Mental Health NEW
 Take One-Minute Breaks	

Example courses include:

 Mindfulness Basic Training 7 sessions	 Yoga Basics 9 sessions	 Cultivate Healthy Thoughts 4 sessions	 Experience Peace of Mind 5 sessions
 Be Positive 1: Kindness 5 sessions	 Turning Difficulties Around 5 sessions	 Calm the Mind 5 sessions	 Reduce Daily Stress 4 sessions
 Ease Into Sleep 5 sessions	 Humor to Reduce Stress 5 sessions	 Connect With Your Body 5 sessions	 Calm Anxiety 5 sessions

To learn more about our Parental Success, Personal Wellbeing, and Professional Resilience solutions, visit rethinkcare.com

90% of members say they reduced their stress and anxiety