



Digital Self-Care Tools, Available Anytime, Anywhere

Your GuidanceResources® program offers a platform of digital self-care tools that can help you tackle stress, depression and other common mental health issues—whenever and from wherever you need to.

Provided in partnership with Koa Foundations, this interactive, user-friendly platform is a powerful, self-contained wellness solution. The dynamic, digital content is grounded in evidence-based techniques, such as cognitive behavioral therapy, mindfulness and positive psychology, and is curated by skilled psychologists. It's also clinically proven to enhance mental health and well-being.

Focus areas include:

- Anxiety
- Depression
- Mindfulness
- Sleep improvement
- Stress
- Resilience
- Positive thinking
- Low self-esteem and more

How It Works

To get started, Foundations asks you about your goals. Maybe it's wanting to sleep better, or to be less stressed or to have more confidence in yourself. Using your answers, the platform creates individualized experiences through interactive programs, skill-building tools and inspirational resources you access right from your smartphone or tablet.

These experiences help you:

- Reduce personal roadblocks
- Eliminate stress and anxiety
- Overcome mental barriers

All the while, the program tracks your progress and keeps you motivated on your journey to a better you.

Log on to guidanceresources.com and click the icon for digital self-care tools to get started today!

Here when you need us.

Call: 866.365.0853 TRS: Dial 711

Online: guidanceresources.com

App: GuidanceNowSM

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