

RESOLVE TO STRESS LESS

Unwinding Anxiety helps you let go of stress.

Learn to control anxiety

Worry and stress tend to build over time, and can take control of your life. Unwinding Anxiety from *Be Well SHBP* can help. Unwinding Anxiety helps you identify your triggers, manage stressful episodes and build better habits for your mental and physical health throughout the year.

Tools that work

-  **Video lessons** that teach you why your brain becomes anxious
-  **Check-ins** to break the cycle of worry throughout the day
-  **Weekly webinars with experts** to address your specific challenges
-  **Mindfulness exercises** to stop panic and calm your mind
-  **Journaling** to identify your anxiety triggers and track your progress

How to get started

