



Stress less

Feel better with Unwinding by Sharecare.

Unwinding is the app you've been looking for to help you reduce stress and feel less anxious throughout the day.



Key features:



Mini courses: Short video and audio courses on how your mind works and how to use mindfulness to reduce stress and anxiety



Exercises: Guided breathing exercises to help you de-stress quickly



Tools: Evidence-based mindfulness tools, including guided meditations, that build resilience and decrease chronic stress



Sleep support: Including meditations and white noise tracks to help you get to sleep and stay asleep



Visual relaxation: Award-winning videos to help you relax

Get Started Today:

1. Sign into your Sharecare account or register at azblue.sharecare.com
2. Select **Achieve** and then **Programs**
3. Select **Unwinding**



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