



# Unwinding

## Frequently Asked Questions



### What is Unwinding?

Unwinding is a mindfulness program designed to manage stress and build resilience in the workplace and at home, while also improving sleep, mental health and quality of life. Developed by psychiatrist and neuroscientist Dr. Jud Brewer, MD, PhD, and the Behavioral Health team at Sharecare, Unwinding offers on-demand stress reduction tools to help you deal with stress throughout the day. Through the app, you can improve sleep, access breathing exercises, follow guided meditations, watch highend relaxation video content, attend live virtual events and more.

### How does Unwinding work?

Unwinding has several tools to help you stress less including:

- Short, effective video and audio courses on how your mind works and how to use mindfulness in stressful situations
- Breathing exercises to help you de-stress quickly
- 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
- Award-winning visual relaxation content from Sharecare Windows
- Live virtual events with experts such as Dr. Jud

### How much does Unwinding cost?

Unwinding is offered at no additional cost to eligible Sharecare users.

### How is Unwinding different from other meditation apps?

Unwinding is more than just nice videos or disconnected meditations. The app was developed by psychiatrist and neuroscientist Dr. Jud Brewer, MD, PhD, and the Behavioral Health team at Sharecare, with research conducted with funding from the National Institutes of Health in conjunction with major institutions. Unwinding is evidence-based and designed with proven stress-reducing techniques.

### I already use Unwinding Anxiety. Can I use Unwinding as well?

Absolutely! Unwinding offers short courses on stress and anxiety that will be sufficient for many but, for those that want more, Unwinding Anxiety is perfect. Unwinding includes additional tools for meditation, visual relaxation, and sleep. It provides in-the-moment stress reduction tools that you can access multiple times a day to refocus, deal with stressful moments, build resilience and develop a more focused, aware and mindful approach to life and work.

### How do I sign up?

Eligible Sharecare users can access Unwinding from within the Sharecare digital experience via the **Achieve** section, by selecting **Programs** and then selecting **Unwinding**.