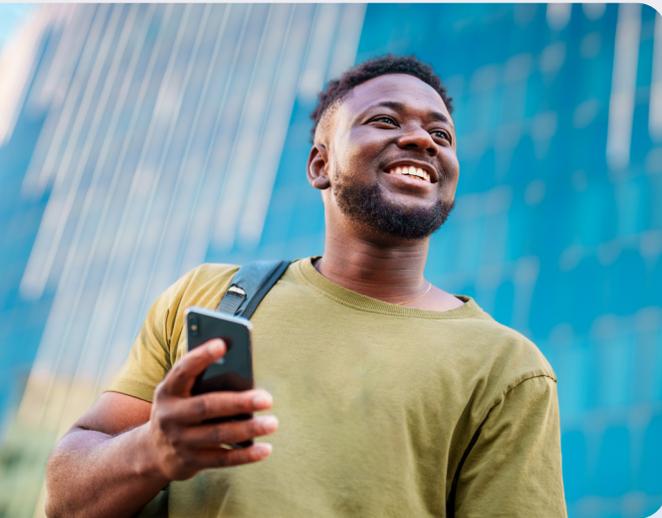


# Digital *self-care* tools

## Available anytime, anywhere

Your Employee Assistance Program offers an app-based platform of digital self-care tools to help you tackle stress, depression and other common mental health issues—whenever and from wherever you need to.

This new platform, called **Koa Care 360**, is a powerful, self-contained wellness solution that is both engaging and user-friendly. 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

### Languages available:

- Chinese
- English
- French
- French Canadian
- German
- Italian
- Japanese
- Portuguese
- Spanish

## How it works

To get started, Koa Care 360 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](https://guidanceresources.com) and click the icon for digital self-care tools to get started today!**



Live Assistance

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