Conquer Your Anxiety

Unwinding Anxiety gives you tools to feel less anxious each day.

Stress can be a normal part of life, but when it feels unmanageable, anxiety can be debilitating. Unwinding Anxiety is a step-by-step program to help calm your mind. It uses the latest in digital technology and clinical research along with mindfulness to enable you to take back control.

Key benefits

- Understand the triggers and behaviors that drive anxiety and stress
- Work through the thoughts and habits that keep your mind racing
- Learn how to break the cycle of worry and panic
- Use practical anti-anxiety tools when stress arises
- Sleep better, feel more confident, and increase your capacity to find joy in every moment

How to get started

Unwinding Anxiety is available at no cost to you as part of your Amedisys Wellness Program. Eligible members can sign into Sharecare or register at amedisys.sharecare.com. Navigate to the 'Achieve' section, select 'Programs' and then select 'Unwinding Anxiety.' Complete Unwinding or Unwinding Anxiety to earn $100 in Wellness Rewards.

Get started at **amedisys.sharecare.com**.

HEALTH VALUE Award Winner 2019 & 2020