



# RethinkCare — Personal Wellbeing

RethinkCare's Personal Wellbeing solution helps employees learn mindfulness techniques and manage stress, anxiety and sleep issues in a changing world..

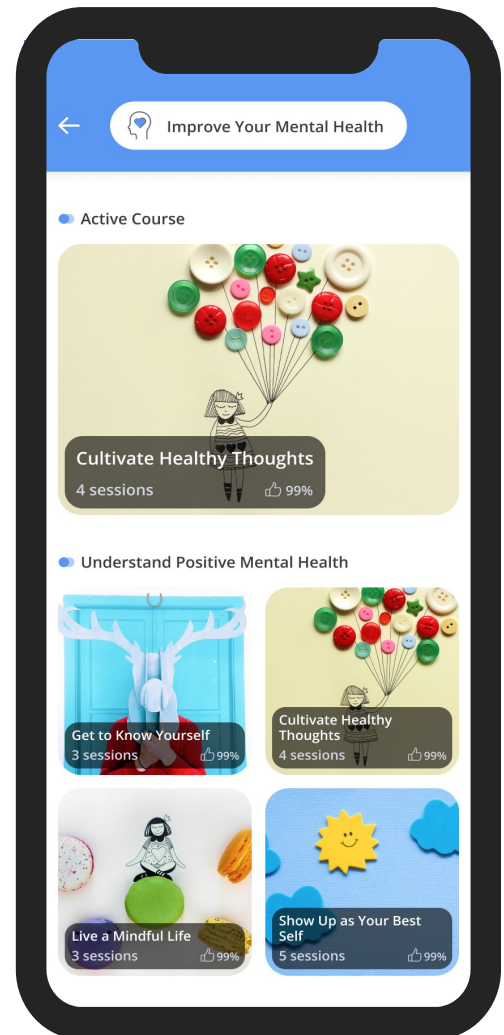
**Evidence-based training** that leverages neuroscience, positive psychology and adult learning theory.

**Personalized and tactical meditations** to learn, reinforce and apply new life skills.

**Available in 9+ languages** to help employees reduce stress and improve focus.










**Integrates** into your current ecosystem (Wellness, LMS and EAP platforms).

**134 digital mini-courses** with 25+ Challenges and 3,100+ sessions, tips, articles and exercises


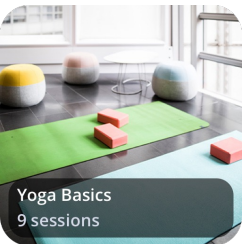




8 evidence-based training collections to improve mental, emotional and physical wellbeing.

## Personal Wellbeing

 Learn to Meditate	 Practice Yoga
 Reduce Stress & Anxiety	 Sleep Better
 Be Happier	 Improve Your Mental Health <span>NEW</span>
 Take One-Minute Breaks	 Financial Wellbeing  <span>NEW</span>

## Example courses include:

 <p>Mindfulness Basic Training 7 sessions</p>	 <p>Yoga Basics 9 sessions</p>	 <p>Cultivate Healthy Thoughts 4 sessions</p>	 <p>Experience Peace of Mind 5 sessions</p>
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Want to learn more?  
Watch our [RethinkCare demo](#)

