

# FREE health coaching with digital support.

Learn to develop healthy habits, manage stress,  
cultivate positivity, and reach your goals.

YOU

2 minutes ago

After starting my new work schedule, I've been struggling with my sleep. Do you have advice for healthier sleep habits?

Coach Stacy

a few seconds ago

I have a sleep lesson I think you'd find very helpful. I will place it next in your schedule. Let me know what you think of it.

**WELLNESS AT YOUR FINGERTIPS, DESIGNED WITH YOU IN MIND**

## What is RestoreResilience?

RestoreResilience is a personalized program with live coaches delivered on an easy-to-use app that can be accessed anywhere and at anytime. You no longer have to try to manage the ups and downs of life on your own. RestoreResilience is designed to give you the help you need—when you want it—to further your own mental, emotional, and physical health journey. The program focuses on five pillars: self-awareness, mindfulness, self-care, community, and purpose to build resilience.

**In just a few minutes per day**, you learn how to curate positivity, remain present in your life, manage emotional or mindless eating, and more through daily activities, lessons and tasks.

You can text or call your own live health coach at the frequency you need. A personal coach means individualized support - a real person responding and helping you! Access our community board, relaxation and meditation activities, and much more!



**LIVE  
COACHING**



**COMMUNITY  
SUPPORT**



**SLEEP & STRESS  
CONTENT**



**RELAXATION  
ACTIVITIES**



**MOBILE  
APP**

Join for FREE today!  
[restoreresilience.com/thestandard](https://restoreresilience.com/thestandard)

— Use group ID "thestandardresilience" during enrollment —