

Unwinding Anxiety®

Frequently Asked Questions



Why should I use Unwinding Anxiety?

Everyone experiences stress, but increasingly, that stress is magnified to the point of anxiety. If you are feeling overwhelmed by intense anxiety or if it is interfering with your everyday life, Unwinding Anxiety from Sharecare can help. The program helps you identify the triggers and habits that lead to anxiety so you can stop it before it starts.

Key benefits

- **Awareness of anxiety triggers and anxiety relief** – change your relationship with your emotions
- **Flex your mindful muscle** – feel better in the moment
- **Channel your inner teacher** – regulate and manage your response to anxiety
- **Own progress** – track your development through journaling
- **Feel the change** – rest easy and learn to manage anxiety

What is Unwinding Anxiety, and how does it work?

Unwinding Anxiety is an award-winning, evidence-based program that combines neuroscience, mindfulness and powerful anti-anxiety tools to help you completely change your relationship to stress. The 30-day program consists of 31 individual modules with short daily exercises to help you learn how your mind works and change your habits around anxiety. You'll learn how to switch gears the moment unwanted sensations and anxiety arise. Unwinding Anxiety helps you identify triggers and ride out stressful episodes. The program was designed by Jud Brewer, MD, PhD, a renowned thought leader in the neuroscience of habit formation. His TED talks and lectures are known worldwide.

Key tools

- **Video lessons:** Learn why your brain becomes anxious
- **Check-ins:** Routine check-ins teach you to break the cycle of worry
- **Community support:** Experts and others living with anxiety provide support in a safe place
- **Weekly expert calls:** Experts, such as Dr. Jud, address specific user challenges
- **Exercises:** Mindfulness techniques teach you how to stop panic attacks and calm your mind
- **Journaling:** Allows you to identify anxiety triggers and track progress

Is there a cost for this program?

Unwinding Anxiety is available at no cost for eligible Ballad Health team members. Plus, when you complete the program, you'll earn 65 points redeemable in the Sharecare Marketplace.

How can I access Unwinding Anxiety?

Eligible Ballad Health team members can access Unwinding Anxiety from within the Sharecare digital experience via the 'Achieve' section by selecting 'Programs' and then selecting 'Unwinding Anxiety'.

Do I have to use the program every day?

No. Unwinding Anxiety is designed for you to take at your own pace. Daily use is recommended but not required.

