

## What to Know

This guide provides recommended Whil courses and tips to manage any stress, mental wellbeing, and sleep issues that you may experience during the COVID-19 pandemic.

Mental health challenges are normal, including stress, anxiety, depression, insomnia, and more! You are not alone. We all go through it. The trick is to accept ongoing change and challenges as normal parts of the modern human experience. Now is the time to invest 5-10 minutes a day to learn the key skills to manage your thoughts & emotions so they don't manage you.

We'll all be facing short term isolation and dramatic societal changes. With more people working from home for prolonged periods, many may experience new challenges related to loneliness, parenting, relationship pressures... and perhaps, recovering from the virus.

## What to Do

**First**, don't worry, we've got you covered with 5-minute Daily Sessions and 250+ mini-courses. Take comfort in having over 35 certified experts in the palm of your hand.

**Second**, the MDs and PhDs on our team recommend building in micro-breaks throughout your day. For every hour worked, take a 5-10 minute break. Enjoy a Whil session, take a walk, crack a book, call a friend - just do something different to allow the brain to relax and recover. Then get back to the task at hand. This helps to manage your wellbeing while maintaining productivity.



**Third**, be careful where you place your attention. It can be easy to get stuck in negative ruminations about the virus, worries, regrets, politics, etc. Each Whil session reminds you to focus on the present moment. You are safe and you are in control. Here are links to a few of our favorite mini-courses to get you through this trying time...

Area of Need	Training Area	Recommended Whil Course
Negative Ruminations	<a href="#">Learn to Meditate</a>	<a href="#">Mindfulness Basic Training</a>
Anxiety	<a href="#">Reduce Stress &amp; Anxiety</a>	<a href="#">Calm Anxiety</a>
Challenging Teens	<a href="#">Improve Relationships</a>	<a href="#">Mindful Parenting</a>
Loneliness	<a href="#">Be Happier</a>	<a href="#">Transform Emotions</a>
Lack of Control	<a href="#">Reduce Stress &amp; Anxiety</a>	<a href="#">Be Fluid and Non-Reactive</a>
Maintaining Productivity	<a href="#">Focus and Grow</a>	<a href="#">Build Concentration</a>
Insomnia	<a href="#">Sleep Better</a>	<a href="#">Dr. Durmer's Sleep Better Course</a>
Recovering from COVID-19	<a href="#">Boost Physical Health</a>	<a href="#">Resilience in Illness</a>



# Wellbeing Tips (continued)

## 6 Tips to Reduce Stress & Anxiety

96% of Whil users report that our science-based mindfulness and resilience mini-course help them reduce stress & anxiety. These practices have also been shown to lower blood pressure and strengthen the immune system.

At a minimum, we recommend enjoying our Daily Session to *Reduce Stress & Anxiety* to calm the mind and relax your nervous system. You might also try the following techniques:

1. **Social Distancing is Fine. Social Isolation is Not.** As more of the world goes into shelter in place mode, it's important to maintain social connections. Call friends and family members and turn that video camera on for your remote work meetings.
2. **When Experiencing Anxiety, Make It RAIN: Recognize** what's going on in your mind and body. **Allow** the experience to be there, just as it is. **Investigate** your thoughts & emotions with kindness. **Non-Identify:** you are not your thoughts & emotions.
3. **Take a News and Social Media Break:** Over the next few weeks, visit news and social media sites with care. Twice a day is plenty. Instead, improve your wellbeing by focusing on the smaller tasks that are in your direct control.
4. **When Stressed, Use SBNRR.** The **Stop - Breathe - Notice - Reflect - Respond** technique helps to interrupt the wandering mind to bring you back to a point of calm and focus... and especially when you've been triggered.
5. **Make Gratitude a Daily Practice:** Each day when you wake, name three things you're grateful for. Do the same when you go to bed. Do it with the family to train a positive mindset during this challenging time.
6. **Take a Mini-Course For Deeper Self-Care:** If you need more help, do one of our mindfulness mini-courses. Get help in one 5-minute session or go deeper on any topic with 5 sessions and 25-minutes. Each shares tips & techniques for what you need in the moment.



## Tips to Curb Insomnia

93% of Whil users report that our sleep training helps them to reduce insomnia, calm the wandering mind, improve the quality and duration of their rest, and trigger the relaxation response. Consider doing a deep dive with Dr. Durmer's four week "**Sleep Better**" course.

At a minimum, we recommend using a 10-minute sleep session, sleeping at a cool 65 degrees, and applying the **SHADES** technique.

### Sleep Better With SHADES

**S**tick to a routine

**H**ydrate

**A**void stimulants

**D**arken the room

**E**at 3 hours before bed

**S**tay away from screens