



# Wise@Work

A mindfulness and meditation app available to all Care Team Members to help you feel more centered, focused and energized throughout the day.

Build resilience, create healthy stress management habits and support your overall wellbeing.

## Get Started with Wise@Work

### Download the App:

Download **Wise@Work** from the App Store or Google Play. Create an account using your **SARH.org email address**.

DOWNLOAD THE APP NOW!

### Explore Hundreds of Practices

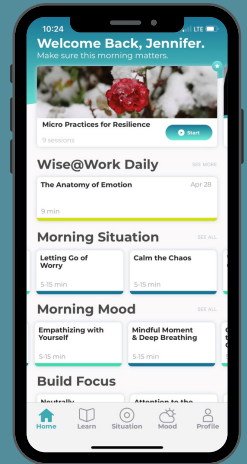
- Find a practice that is based on your current situation or mood.
- Select the duration of your session (5, 10, or 15 minutes).
- Choose from a range of topics that support you both personally and professionally

### Create a Daily Habit

- Choose a few minutes each day to practice, working to build your new skills and form a healthy mindfulness habit.
- View your practice stats to track your progress and consistency.

### Build a Community

- Share your experience and encourage others to give it a try.
- Regularly incorporate a brief session into your meetings, huddles and classes.



Wise@Work powered by Wisdom Labs is solving for stress, burnout, and loneliness in the workplace using the science of mindfulness, resilience, and compassion.



Earn 5 Wellness Points for each month you engage with the app on at least 15 days.

Just send a screenshot of your practice history for proof.