

Unwinding Anxiety®

Unwind Your Worried Mind

Who: Unwinding Anxiety was developed for anyone with anxiety.

What: Unwinding Anxiety is a sequential 30-module program, with short daily exercises, that will help you learn how to work with anxiety right in the moments that it arises, and ultimately change the “habit-loop” that keeps anxiety going.

Each day you will watch a short video (~10 minutes) that teaches you about your anxiety and how to manage it.



How: Download Unwinding Anxiety from www.unwindinganxiety.com. It works on iPhones and Android phones.

Ask your doctor to see if a discount code is available for you.

The Unwinding Anxiety program was designed by Jud Brewer, MD, PhD, a renowned thought leader in the science of self-mastery. Dr. Brewer has 20 years of clinical and research experience at at Brown University’s School of Public Health, Yale School of Medicine, the Center of Mindfulness at the University of Massachusetts Medical School, and the Mindfulness Center at Brown University. His TED talks and lectures are popular worldwide. He has also developed programs for stress and emotional eating and smoking cessation, and is the author of *The Craving Mind: From Cigarettes to Smartphones to Love -Why We Get Hooked and How We Can Break Bad Habits* (Yale U. Press, 2017)

More about Unwinding Anxiety

Unwind your mind. Learn invaluable skills that will enable you to “slow down the wind-up” and control anxiety for the rest of your life.

Awareness and Anxiety Relief—one step at a time

With each step you'll build momentum to the next one, gaining confidence one day at a time. As you progress, you'll see from your own experience a sustainable change in your relationship with your emotions.

Learn how to flex your mindful muscle

Awareness methods empower you to turn-off your inner critic and turn-on your curiosity -- and by extension, feel better in the moment. Learning how to be kind to yourself isn't easy, but it's naturally rewarding, so your mind and body will want to do it again and again!

Get in touch with your inner teacher

One user told us, “Unwinding Anxiety helped me find the inner teacher in me to learn how to change my relationship with anxiety and feel better about myself.” And, that's just what this program was designed to do—put you in the driver's seat to regulate and manage your response to anxiety.

Own your progress and feel the change

When you keep track of your development, you own it. A progress analytic dashboard, daily exercises, along with a unique stress test help you chronicle your mood and anxiety levels throughout the day, so you gain invaluable insights into triggers and behaviors that occur in your body and mind. You will end your day on a healthy note with specific practices before bed for a restful sleep.

Don't just take our word for it

“Turning to my anxiety and stress allows me to become more compassionate to myself. Is a way to get to know me and find healthy solutions to my anxiety and stress”.

“I found the body scan to be very helpful in coping with anxiety. It reminds me that my body is my greatest ally when I am experiencing stress.”

Key Features

- You'll have access to experts, including Dr. Judson Brewer.
- You're not alone. You can share your experience, ask questions and feel supported by those who “get” what you're going through.
- Proven training exercises with video and recorded lessons put you in tune with your body & mind connection, so you can control your response to anxiety.
- An online journal helps you collect, analyze and manage your progress.

Benefits

- The ability to adjust the things you can, instead of spinning your wheels over what you have no control over.
- Become more kind to yourself.
- Control your response to anxiety.
- Find joy living in the moment.