

Now that you've registered and completed your well-being assessment, what's next?

Explore these digital resources to get immediate help in areas that matter to you:

Mindfulness + Meditation

[One-Minute Meditation](#)

[Mindfulness of Thoughts Meditation](#)

[Benefits of Mindfulness](#)

[Take Action: Mindfulness Routine](#)

Manage Stress + Get Rest

[Relax With Naomi Osaka](#)

[Releasing Tension Meditation](#)

[Managing Stress](#)

[Finding Ways to Rest Your Physical Self](#)

Support for You + Your Loved Ones

[Invite your Dependent*](#)

[The Journey of Parenting](#)

[Talk to Yourself Like a Friend \(Kids 8+\)](#)

[Building Family Resilience](#)

[Helping Kids Cope With Stress](#)

*In accordance with the Children's Online Privacy Protection Rule (COPPA), coverage for dependents ages 6-17 only includes therapy.



Scan this QR code or visit
my.modernhealth.com