

Resiliency-building leads to results that last

Wondr Health™ keeps organizations healthy by teaching employees skills that help them improve their health for good—no matter what life throws at them next.



Here's how:

- 1** Coping strategies for stress and anxiety
- 2** Skills for sustainable weight loss
- 3** Intentional habit-building
- 4** Immunity-boosting self-care



Four strategies to help your employees improve their health & headspace

Sneak a peek into Wondr's resilience-building curriculum.

1

Gain control over stress and anxiety.

In our program, participants learn basic skills to help minimize daily stress so it doesn't derail their progress. These kinds of tactics can be especially effective to help maintain a good headspace and ultimately help them be more productive on and off the job.



WONDR TIP FOR YOU AND YOUR EMPLOYEES

Try the 3-breath technique.

Feeling intense, in-the-moment stress? Like when someone cuts you off in traffic or your kid is throwing an epic temper tantrum in the middle of a Zoom meeting?

Try deep breathing to help lower stress levels.

Breathe in for 3 seconds, hold for 3 seconds, breathe out for 3 seconds, hold for another 3. Repeat as many times as you need to feel calmer.



2

Lose weight and improve overall health by eating the foods you love.

No points, plans, or restrictions. Wondr participants learn clinically-proven skills about how to eat their favorite foods so they can lose weight, stress less, sleep better, and more. Weekly videos taught by our team of experts will show them how to recognize hunger levels so they can eat the foods they love the right way, at the right time, for lasting results.



WONDR TIP FOR YOU AND YOUR EMPLOYEES

Set your fork down between bites.

Most people eat a meal faster than it takes the brain to register that it's full. And while it may seem like common sense, setting your fork down in between bites really does help you slow down and ultimately eat less.

Our brain can take up to 20 minutes to register fullness.

Each time you pick up your fork, be sure to notice how full you feel before you take a bite. If you're still hungry, have another bite. If not, save your meal for when you are hungry later.



3

Create habits that last—like trading in mindless snacking for mindful eating.

Whether it's 10 steps away from the refrigerator or sitting way too close to office treats throughout the day, we teach participants skills based on behavioral science to help turn mindless snacking into mindful eating. They'll also learn good habits like how to move more without depending on a gym.



WONDR TIP FOR YOU AND YOUR EMPLOYEES

Distract yourself.

When an intense desire to eat something sneaks up on you, figure out if you're truly hungry by distracting yourself.

Some food urges can pass in about 15 to 20 minutes.

Scroll on your phone for a few minutes, walk the dog, or call a friend and see if the urge to eat goes away. Another way to see if you're actually hungry is to think about eating a piece of fruit instead of what you're craving. If you wouldn't want the fruit, chances are your desire to snack will pass shortly.





Boost immunity through the power of self-care.

Maintaining a healthy weight, managing stress, and getting a good night's sleep are all things that keep our immune systems strong. We teach participants ways to incorporate new self-care skills into their life in simple, lasting ways.



WONDR TIP FOR YOU AND YOUR EMPLOYEES

Take a power nap.

Dragging today? Power nap like a pro!

Quality sleep can help boost your immune function.

Find a quiet, cool place to lie down, set your timer for 20 minutes, and snooze away. For an added boost, drink a cup of coffee before napping. When you wake up, you'll be even more refreshed!



Whether your benefits strategy focuses on financial return, clinical results, cultural improvements (or all 3), we've got you covered—even through difficult times.

Visit us at wondrhealth.com.