



Unwinding Anxiety  
by Qsharecare

Feel less stress each day.

## PROVEN RESULTS

- **67%** reduction in anxiety\*
- Average **4.8** star rating (out of 5) in the App Store
- **27%** reduction in worry-related sleep disturbances<sup>2</sup>

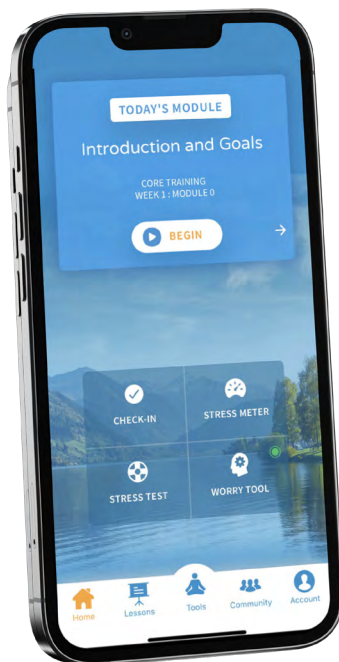
## KEY BENEFITS

- Anxiety relief—change your relationship with your emotions.
- Feel better in the moment.
- Learn to regulate and manage responses to anxiety.
- “Own” your progress – track your development through journaling.
- Join a peer community.
- Leverage expert support.
- Enjoy “on-the-go”.

**WHO:** Unwinding Anxiety was developed for anyone who experiences stress, worry or anxiety.

**WHAT:** Short, daily exercises to help you work with anxiety in the moment and ultimately build long-lasting habits to reduce anxiety over time. Each day you will watch a ~10-min video that teaches you about your anxiety and how to manage it. In a recent study, Unwinding Anxiety reduced anxiety by 67% after just 2 months of use!<sup>1</sup>

**HOW:** Start a free trial at [UnwindingAnxiety.com](https://UnwindingAnxiety.com) then subscribe to a plan that fits your needs.



Go to [UnwindingAnxiety.com](https://UnwindingAnxiety.com) to start your free trial.



Knowing that I have a very useful toolkit on hand to help me manage my anxiety in the short term, and change my unhelpful habits in the long term, is reassuring.

—JENNA ★★★★★

When anxiety arises now, I take the things I've learned from this practice and it helps tremendously! Stick with it!!!! You won't be sorry.

—DEANDEAN583 ★★★★★

## REFERENCES

<sup>1</sup> Roy, A., Hoge, E. A., Abrante, P., Druker, S., Liu, T., & Brewer, J. A. (2021). Clinical Efficacy and Psychological Mechanisms of an App-Based Digital Therapeutic for Generalized Anxiety Disorder: Randomized Controlled Trial. *Journal of medical Internet research*, 23(12), e26987.

<sup>2</sup> Gao M, Roy A, Deluty A, Sharkey KM, Hoge EA, Liu T, Brewer JA. Targeting Anxiety to Improve Sleep Disturbance: A Randomized Clinical Trial of App-Based Mindfulness Training. *Psychosom Med*. 2022 Jun 1;84(5):632-642.

\*In a clinical study of participants with generalized anxiety disorder