

Learn, develop, and practice new skills to improve your mental fitness.

The following is summary of courses available in the Uprise Health digital mental health platform. Our program starts with a Wellbeing Check that will measure your current wellbeing and stress levels. Based on your assessment, you will receive recommendations to over 40 online and/or coach-guided mental health skill building courses. Login with your **Access Code** at uprisehealth.com/members to get started.

CORE SKILLS

Build Your Resilience

- Personal Values: Uncover what's most important to you based on your value system
- Mindset: Learn to identify and retrain unhelpful thoughts
- Mindfulness: Let go of unhelpful thoughts and be more present
- Stress: How to manage highly stressful moments

ADVANCED MINDSET

Radically Improve Your Life and Work

- Stress: Retrain thoughts about stress
- Guilt: How to stop feeling guilty and over-responsible
- Metacognition: Learn about the 'rules for thinking' that drive unhelpful patterns
- Beliefs: Find and examine your core beliefs

ADVANCED MINDFULNESS

Relieve Stress, Improve Concentration, and Reduce Anxiety

- Control vs. Acceptance: Review and practice steps for acceptance for peacefulness
- Observer Perspective: Master advanced skills to get above your thinking patterns
- Autopilot Mode: Bring awareness into the present
- Mental Threats: Learn to label thoughts so you can stop believing unhelpful thoughts

BETTER SLEEP

Sleep Better at Night and Be More Energetic and Productive During Working Hours

- Sleep Basics: Discover how to increase the quality and quantity of your sleep
- Sleep and Relaxation: Learn skills to use when preparing to fall asleep and calming the body
- Mindfulness for Sleep: Practice additional mindfulness skills to quiet the mind

PAIN &
FATIGUE

Managing Pain & Fatigue

- Pain Overview: Review an introduction to pain and fatigue
- Pacing: Learn how to set activities levels when you have pain
- Controlled Breathing: Learn about the physiology of stress and how to relax
- Stepladders: Practice how to deal with worries about pain that hold back your recovery

FINANCIAL
MINDSET

Proven Mindset Skills For Dealing with Financial Stress

- Financial Stress and Thinking: Review proven mindset skills for financial stress
- Financial Worries: Practice dealing with money worries more effectively
- Mindfulness: Tailor mindfulness skills for financial stress
- Financial Skills: Examine practical skills for budgeting and debt

MANAGER
TRAINING

How to Help Others with Their Mental Health

- Starting a Conversation: Learn how to talk with others about mental health
- Reflective Listening: Practice how you can help others to feel they are understood
- Crisis Situations: Learn what to do if someone is at risk or says they are suicidal
- Early Warning Signs: Learn the top four signs of mental health problems
- Leading and Wellbeing: Discover how to build a culture of wellbeing

ALCOHOL &
ADDICTION

Working On Problems with Alcohol and Addictions

- Get Started: Discover how to get past habits you don't want
- Test Yourself: Practice new skills on decision making
- Get Past Your Addicted Self: Learns ways to get past your addictive patterns
- Mindfulness Skills: Practice mindfulness technique support recovery
- Motivation: Develop motivation skills and how to ask for help
- Staying on Track: Build a plan to keep your progress moving

MORE
SKILLS

Learn Additional Skills to Take On Life Challenges

- Coronavirus Anxiety: Learn how to deal with health and disease anxiety
- Focus, Productivity and Procrastination: Pay attention to behaviors consistent to your values
- Not Feeling Good Enough: Change personal standards that cause self-doubt and self-criticism