



A RESILITY HEALTH PROGRAM FOR TEENAGERS

Improve Performance and Reduce Stress

Teenagers today experience a tremendous amount of stress from school, sports, and our always-on world. This can lead to burnout and even mental and physical health problems.

Fortunately, positive coping strategies and resilience can be learned.

RESILITY COMBATS THE EFFECTS OF STRESS

Resility's programs are designed by experts to provide the tools and skills that teenagers need to succeed and thrive.

Each individual is guided through a curated program designed to give them the best results based on their age, needs and learning style.

The Resility Program:



Step 1:
Build
Awareness



Step 2:
Condition
& Train



Step 3:
Maintain
Wellbeing

Recognizing when I was starting to get stressed gave me the opportunity to stop it before it got too bad





RESILITY'S PROGRAM CAN:

- Improve focus and performance in school and activities
 - Help teenagers learn to manage their reaction to stress at an early age
 - Teach simple techniques and skills to use in a variety of stressful situations
 - Improve relationships and self-esteem
 - Manage physical symptoms of stress such as insomnia, headaches, digestive problems, and pain
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INDIVIDUALIZED PROGRAMS INCLUDE:

- Personalized app based training program designed for each individual's needs
- Biofeedback with our exclusive Resility wearable sensor
- Practical exercises in mindfulness, visualization, breathing, gratitude, and kindness
- Mini-journaling and stress tracking

Options for additional support:

- One-on-one video coaching
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Our Users Love Resility!

This really helped me become aware and practice being mindful. It only took a few minutes and I was noticeably de-fused.



Resility lets me take a break from everything that's stressful for me.

