

Proven Methods to Manage Stress Conquer the Chaos of Life's Demands

Franklin County Cooperative and ThriveOn are pleased to offer you meQuilibrium—a stress management app designed to help you discover simple techniques to build your resilience and shift your response to stressful thoughts and situations. meQ is HIPAA compliant and all information is confidential.

You'll get a personalized program created from over 20 years of research in positive psychology, resilience training, and integrative medicine spearheaded by psychologist Andrew Shatté, Ph.D. and Adam Perlman, M.D.

Discover how changing your thoughts and habits helps you build resilience in the following areas:



- Positivity
- Focus
- Self Confidence
- Emotion Control
- Emotional Intelligence
- Mindfulness



- Physical Activity
- Eating Habits
- Pain Protection
- Sleep



- Problem Solving
- Empathy
- Stress Management
- Work-Life Balance
- Energy



- Engagement
- Support System
- Purpose

How To Get Started:

- **Enroll at:** fccThriveOn.com Click on the 'Wellness Hub' button at the top of the page and then find the card that says 'Beat Stress with meQ'
- **Complete the assessment.** Immediately gain insights into your stress personality, thinking patterns, and lifestyle habits that cause you to feel overwhelmed. It takes 10-15 minutes!
- **Download the meQuilibrium app.** Get quick access to daily stress-busting tips and inspiration whenever and wherever you need it.

