

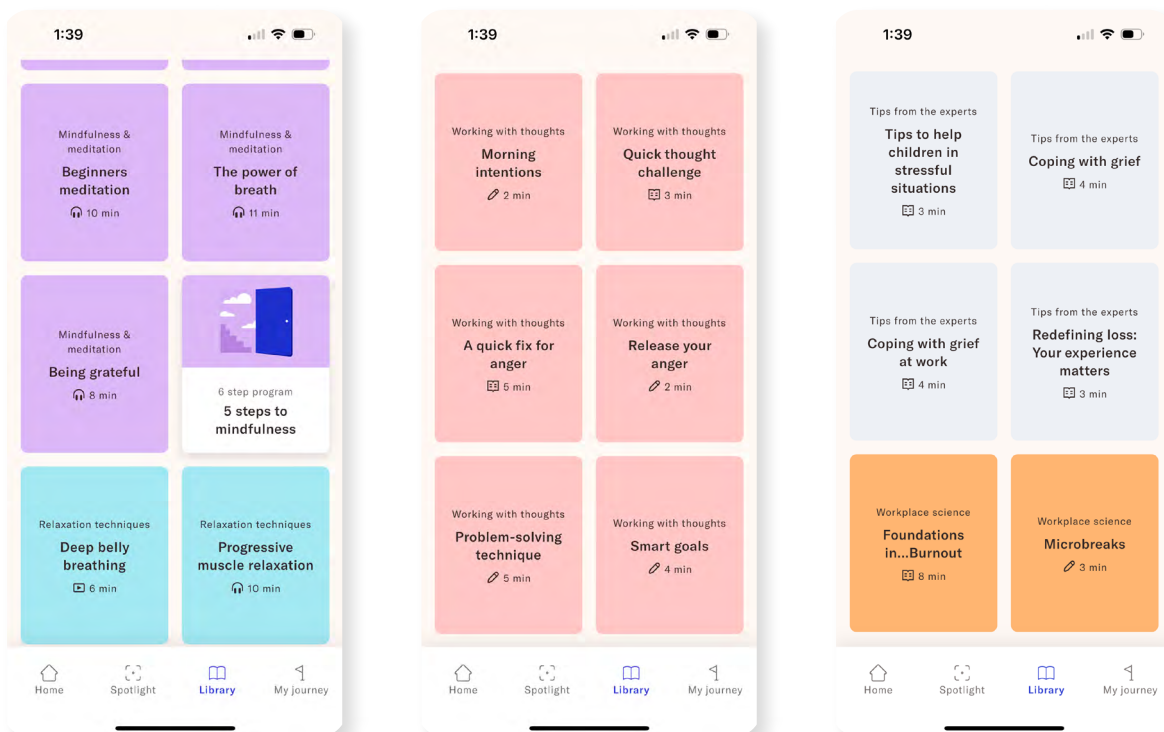
# Managing Stress

Managing stress is crucial for maintaining mental health and overall well-being, as chronic stress can lead to emotional, physical, and psychological issues. By adopting effective stress management techniques, individuals can improve their resilience, boost mood, and enhance their quality of life.

## Stress Resources



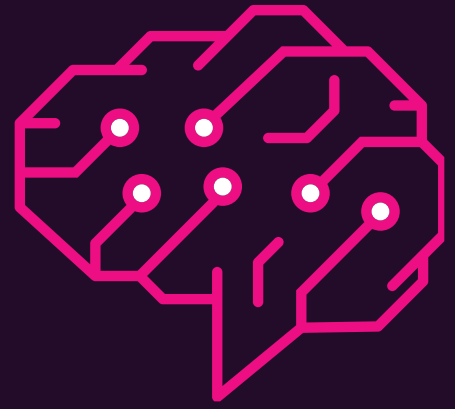
Multiple mental well-being resources provide users access to activities to work with thoughts, practice mindfulness and meditation, utilize relaxation techniques, focus on physical health and explore work science.



## Accessing Koa Care 360

Log on to [guidanceresources.com](https://guidanceresources.com). Click on **Connect Me** or **Browse All Services**. From "Connect Me", click **Self-Guided Resources**, then **Digital Self-Care Tools**. From "Browse All Services", click **Digital Self-Care Tools** under **Additional Tools & Resources**. Complete your profile and click **Start** to begin.

# How it Helps: The Science Behind Koa Care 360



You may ask, how can an app help to reduce stress and increase well-being? Here are a few examples of how Koa Care 360 can help build and sustain well-being through science-backed techniques.

## Sleep Science

Try our NAVY technique to help you sleep—originally designed to help pilots get to sleep in a hurry, even while sitting up, it's one of our most popular sleep audios.

## Positive Psychology

Learn how to move your focus to what's good with our Take Steps to More Positive Thinking program; or use the Ending the Day with Gratitude audio to separate your busy day from your evening as you reflect on what you're thankful for.

## Science of Habit Building

Hear from renowned happiness expert, Professor Paul Dolan, in his program The Pleasure-Purpose Principle, designed to help you build positive habits that support your mental well-being.

## CBT: Cognitive Behavioral Therapy

Give yourself some much needed mental space by learning how to identify unhelpful thoughts in the Challenge your Thoughts program and record them in your Koa Care 360 thought record.

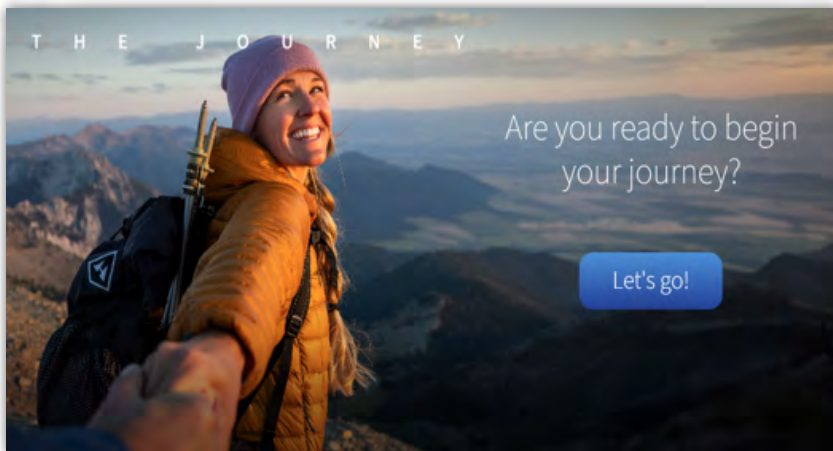
## Psychological Detachment

Otherwise known as "unwinding after a long day at work." Use psychological detachment skills such as the popular 4-7-8 breathing to unwind.

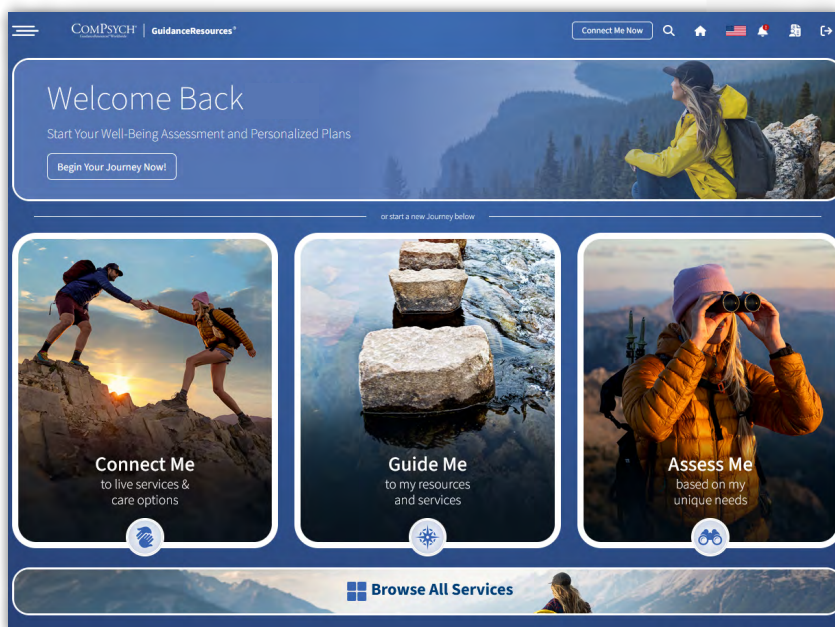


# How to Access Koa Care 360

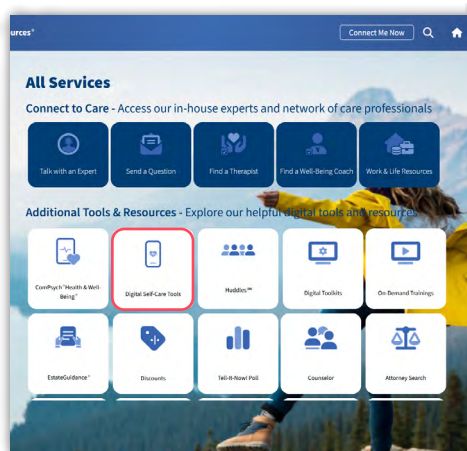
1. Log on to [guidanceresources.com](https://guidanceresources.com) or the GuidanceNow<sup>SM</sup> app and log in. First-time users will need to register using their organization's unique Web ID.



2. On the landing page, scroll down and click on **Connect Me** or **Browse All Services**.



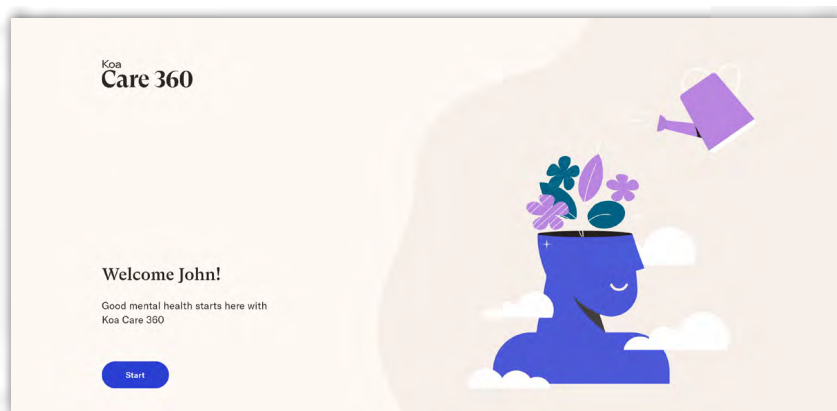
3. From Connect Me, click **Self-Guided Resources**, then **Digital Self-Care Tools**.  
From Browse All Services, click **Digital Self-Care Tools** under **Additional Tools & Resources**.



4. Complete **Your Profile** by adding your first name (if applicable) and accepting the terms and conditions.

A screenshot of a "Complete your account" form. It has a title "Complete your account" and a subtitle "Complete your account". Below the title, there are two input fields: "First name" (with the text "John" entered) and "Email address" (with the text "testjohn@hwmail.com" entered). Below the email field, there is a checkbox labeled "I consent to Koa Care 360 using my health-related data and analytics cookies". Below the checkbox, there is a line of text: "By continuing I accept the End User License Agreement and Privacy Policy including usage of analytics cookies." Below this text is a blue "Continue" button. At the bottom, there is a small lock icon and the text "We keep your data safe and private."

5. Click **Start** on the Koa Care 360 welcome screen.



24/7 Live Assistance



Online: [guidanceresources.com](https://guidanceresources.com)  
App: GuidanceNow<sup>SM</sup>

