

Managing Stress & Anxiety from COVID-19

What Can This Program Help Me With?

1. Self-Awareness

Learn how uncertainty, change, and disruption from COVID-19 can increase your stress and anxiety.

2. Healthier Boundaries

Set healthy boundaries to manage the constant stream of COVID-19 information.

3. Create Realistic Goals

Help keep your life on track during the chaos of this pandemic.

4. Strategies & Tools

Track and balance your moods and thoughts. Learn strategies to help cope with the stress and worry of COVID-19.

5. Peer Support

Connect with an online, confidential community for ongoing support and learn how others are coping with this pandemic.

[REGISTER NOW](#)

for our free & confidential digital mental health program.

ABOUT STARLING MINDS

Starling Minds™ is a leading digital mental health platform that empowers organizations to cost-effectively support the wellbeing of their entire workforce. By using self-directed and digitally-delivered Cognitive Behaviour Therapy (CBT) that is available on-demand, Starling helps to overcome barriers that prevent most people from seeking mental health support - cost, access, and stigma.