# Unwinding Anxiety

## Feel less stress each day

**Use code NC30 for 30% off**



unwindinganxiety.com/nc-state/

### Overview

Unwinding Anxiety is an award winning, evidence-based digital therapeutic that combines neuroscience and mindfulness tools to help people identify anxious habits, ride out stressful episodes, and completely change their relationship to stress.

### How It Works

Unwinding Anxiety consists of 30 modules of guided video and audio lessons, short mindfulness exercises, and powerful anti-anxiety tools. Users will learn how to switch gears the moment anxiety and other unwanted sensations arise, and ultimately change the thought patterns and "habit loops" that lead to anxiety. Unwinding Anxiety has shown statistically significant reductions in anxiety using validated measures. The program was designed by Jud Brewer, MD, PhD, a renowned thought leader in the neuroscience of habit formation.

### Proven Results

- 67% reduction in anxiety after 2 months of use [1]
- 27% reduction in worry-related sleep disturbances [2]
- 4.8 starts (out of 5) in the App store

**HEALTH VALUE Award Winner 2019 & 2020**

**Video lessons:** Learn why the brain becomes anxious

**Expert moderated community support:** Receive support from experts & others living with anxiety in a safe place

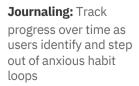**Check-ins:** Break the cycle of worry with app-based check-ins throughout the day

**Weekly expert calls:** Experts, such as Dr. Jud, address specific user challenges

**Exercises:** Mindfulness techniques teach users how to stop panic attacks and calm their minds

**Journaling:** Track progress over time as users identify and step out of anxious habit loops

[1] https://www.jmir.org/2021/12/e26987
[2] https://journals.lww.com/psychosomaticmedicine Abstract/ 2022/06000/Targeting_Anxiety_to_Improve_Sleep_ Disturbance__A.12.aspx