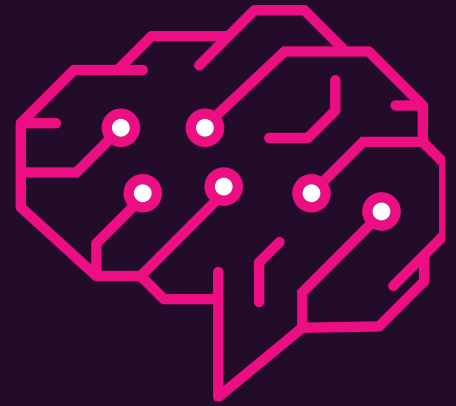


GuidanceResources®

# 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.

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