

## 9 Things to Do with meQ**u**ilibrium

meQ**u**ilibrium is a stress management app that is designed to help you feel more resilient and focused on what's important to you. meQ**u**ilibrium targets your individual stress triggers and provides you with a specific set of skills to help you be your best.



**Get your personalized profile.** Discover your stress personality and your lifts and drags (what's giving you energy and what's draining you of it).



**Take meQ on-the-go:** Get daily stress management tips and inspiration whenever and wherever you need it. Available on iOS and Android.



**Break the cycle of stress.** Learn the core concepts of meQ**u**ilibrium's approach and get strategies you can put to use right away.



**Track your Mood.** Get in control of your stress by becoming more aware of how you're feeling.



**Learn new skills.** Create new habits and keep doing it until it feels second nature—and then you'll have a skill for life.



**Earn badges.** Our badge system rewards you as you move through our program. Tracking your progress is fun and easy. Go ahead, brag a little!



**Try an activity.** Feel less frazzled, and more in control in as little as one minute.



**Read a Cup of Calm.** The weekly blog full of short, informative and actionable advice.



**Watch a Calm-Cast.** A monthly webcast designed to connect you in real-time with meQ**u**ilibrium's experts.

Try it Today! <https://synopsyswellness.limeade.com>

