

9 Things to Do with meQuilibrium

meQuilibrium is a stress management app that is designed to help you feel more resilient and focused on what's important to you. meQuilibrium 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 meQuilibrium'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 meQuilibrium's experts.

Try it Today!
synopsyswellbeing.limeade.com