

RestoreResilience Success Story

JULES

BMC Employee

When Jules read about the RestoreResilience program, she was drawn to the holistic and comprehensive approach to mindful eating. In

addition, she liked the focus on stress-relief, better sleep, and building sustainable exercise habits. Jules appreciated that RestoreResilience wasn't a one-size-fits-all program, but it was individually tailored to meet the needs of each member.

Jules found encouragement in the emphasis placed on making small changes and developing lasting healthy habits in all areas of your life while being supported by a coach. This was something she felt she needed. Her coach worked hard to understand what was happening in her life. She gained an understanding of what approaches would be most helpful, in a non-judgmental way, and would be effective based on Jules' needs. **Jules felt safe with her coach as she discussed her struggles. She could confide in her and tell her about her emotional eating and what triggered this action.**

Jules found many areas of the program to be very helpful, but her favorite part was working with her health coach. She loved RestoreTV, and she signed up for as many of the sessions as she could because she thought all the topics "were phenomenal." Jules profited from the many layers of the program, including meal tracking, the community section, and the resources. **She loved participating in the Community Center and loved the interaction she had with**

other members to share feedback and ideas.

Overall, Jules found RestoreResilience to be highly interactive and engaging.

The most significant improvement she made was her relationship with food. Eating a piece of cake is more enjoyable now, and she doesn't experience negative thoughts afterward. She has fewer cravings for sweets or unhealthy snacks because of her reduction in sugar and by eating more protein, fruits, and veggies.

Since working from home, she's been sleeping better and feeling more refreshed. **As a result of her increased energy level, she goes for more walks and has more motivation to engage in physical activity.**

When joining RestoreResilience, Jules did not have a goal to lose weight; decreasing her weight was a unexpected result she appreciated. **She felt empowered losing weight at her own pace and now feels like she can accomplish so much more with all the knowledge she gained.**

Her concern with any program of this type is what is going to happen next. **RestoreResilience taught her how to be intrinsically motivated, and she learned a lot from her coach about dynamic skill-building, creating healthy habits, and celebrating small victories.** She learned how to be more mindful, and now she feels confident that she can continue the program on her own.