

RestoreResilience Success Story

# TAYLOR

Eversound Employee

Taylor joined RestoreResilience after her company offered it as a way to cope with the unique challenges that the recent COVID-19 pandemic had caused. **She felt out of balance suddenly working from home.** Taylor found that her work laptop would be open from 6am to 9pm. She needed some stress relief and work/life balance.

**Taylor found the most beneficial part of the program to be working with a live health coach.** She found that being able to talk with her on a regular basis helped her to navigate her new normal. **With her coach's help, she has been able to create healthy boundaries between work and home life.** She has learned that small things make a big difference - such as taking a 5 minute walk before a meeting or turning off all electronics for her lunch break.

RestoreResilience has helped Taylor create a helpful routine and healthy habits that are sustainable for the future. She noticed that she now handles stressful moments better and feels ready to face each new day!