

RestoreResilience Success Story

TIM

Eversound Employee

Tim had a hard time focusing when he started working from home. With work and personal life happening in the same place, it was hard for him to maintain a consistent routine. He was looking for a solution to help him focus, and that's when he found RestoreResilience!

Tim found the four pillars of health that RestoreResilience provided—stress, sleep, nutrition, and exercise, were very easy to implement as they were delivered from the app each day.

He liked the 'Today Page' where he could check off the daily list that supported his health: logging his meals, doing a quick workout, learning with a daily lesson, and an activity to go more in-depth about how it may apply to his life.

He enjoyed the 'Get Moving' section of the app the most. The short exercises were an excellent fit for his busy workday and provided positive reinforcement to keep going. Tim also liked being held accountable, and the support he received from his health coach was helpful. **More than just relying on an app to record his goals and progress, he could talk to a real person, bounce ideas off of them, and explore what was available to keep him motivated.**

With the help of RestoreResilience, Tim feels his resilience has grown significantly. He felt like he'd fallen into a rut and that it was due to laziness. He discovered that apathy is not his problem; he just needed variety and accountability to keep going. "When things got chaotic, this was a great intervention."