

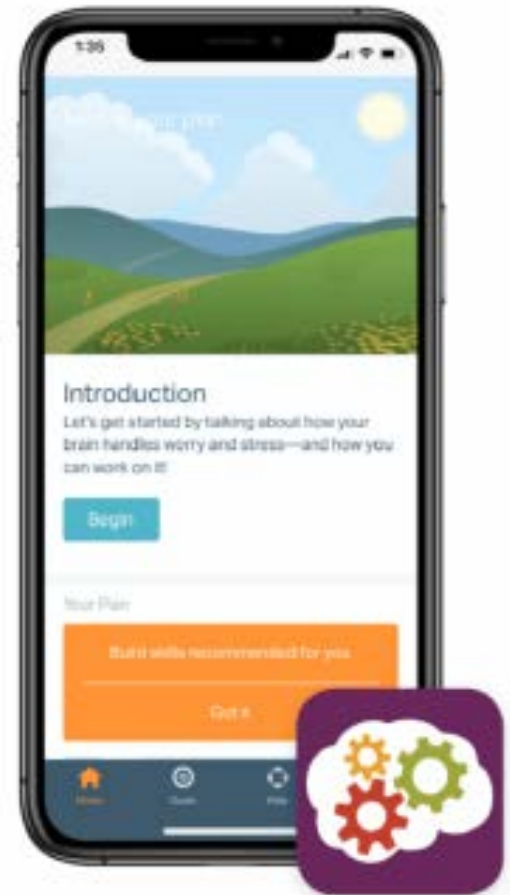


In times of change and stress, it's important to monitor our own internal well-being as well as our physical health. With this in mind, Wellesley College, in partnership with Workpartners, is launching a new mobile app, Brain Manager. The app is being made available until September 30, 2020.

Brain Manager delivers evidence-based, cognitive behavioral therapy through a custom, personalized experience. Use it anywhere, anytime, and at your own pace. To help with stress and anxiety – the app offers self-guided activities and techniques that you can follow to take small virtual breaks during the COVID-19 pandemic.

**Brain Manager includes helpful information and tips on:**

- Sleep
- Grounding
- Pleasant imagery
- Breathing
- Worry
- Emotions
- Mindfulness
- Habits



**Download the Brain Manager app to get started today.**

Just search “**Brain Manager**” in the Apple App Store or Google Play Store. Enter the access code “clientnow” when prompted.