

The Roadmap to Mental Resilience

Starling Minds' Mental Fitness program offers leading scientifically-proven strategies that build resilience to stress.



Meet Tim, a 35-year-old professional whose stressors have become increasingly difficult to cope with. Tim has typically been good at keeping his mental health in check, but lately it's been hard to keep his head above water.

By the time Tim reaches age 40, there's a 1 in 2 chance he will be diagnosed with a mental illness CANADIAN MENTAL HEALTH ASSOCIATION

Tim is not used to asking for help and he's not sure if he would feel comfortable talking to a psychologist. As a VP he's the one people turn to for help, not the other way around. Concerned about what others might think, Tim feels helpless and alone.

How Starling helped Tim become mentally fit...



SESSIONS 1 - 9

Tim learns behavioural strategies that decrease stress



SESSIONS 10 - 21

Tim learns to rewire negative thinking patterns and improves self-awareness



MENTAL FITNESS FOR LIFE

Tim transitions to a self-paced program & continues building mental resilience

Tim feels confident knowing that *Starling's mental fitness program helps 77% of people move up the mental health continuum*. It's also reassuring for him to discover that it helps *71% of people keep productivity up through difficult times*. Starling Mental Fitness offers Tim:

- Guided online learning sessions that he can complete from the comfort of his home
- Videos that make it easy to learn evidence-based strategies for building mental resilience
- Examples of how other people have built up mental resilience using Cognitive Behavioral Therapy (CBT)
- Assessments and metrics for him to reflect on when evaluating his own progress
- Confidential interaction with a community of people who are also working towards building mental resilience
- A toolbox with scientifically-proven practices to recenter and refocus when stress is mounting
- Additional self-paced exercises, modules, and strategies for strengthening his mental fitness