



# Animo

Discover your inner strength

Animo provides web and mobile tools to help you address stress, depression, anxiety and general emotional fitness in a safe and secure self-guided environment. Complete a brief emotional fitness survey and then choose one of the suggested modules. Each module has five short competency-building sessions that include a combination of videos, audio lessons and coursework designed to help you foster meaningful and lasting behavior change.

## Safe, secure and just for you

Visit the Animo website, download the mobile app or click the Animo icon on your web portal for confidential, secure access to the full library of modules, including:

- Coping with Panic
- Perfectionism
- Social Anxiety
- Low Self-Esteem
- Phobias
- Stress Management
- Depression
- Worry
- Anger Management
- Trauma and Abuse