

RethinkCare through Virgin Pulse

RethinkCare resources to help improve your mental health and well-being. Get started at app.member.virginpulse.com.



Courses

- Improve Your Mental Health: [Cultivate Healthy Thoughts](#) course
- Learn to Meditate: [Mindfulness Basic Training](#) course
- Build Emotional Intelligence: [Self Awareness](#) course
- Practice Yoga: [Yoga Basics](#) course



Tip Sheets, Articles & Podcasts

- Tip Sheet: [Quick Tips to Improve Your Mental Health](#)
- Article: [Self-Conscious Self Care: How to Prioritize Your Mental Health](#)
- Article: [Mindfulness Over Matter](#)
- Podcast: [How to Talk to Your Kids About Mental Health](#)



Get Rewarded

- Complete a session: **10 points**
- Complete a program: **25 points**
- Complete 10 sessions in a month: **50 points**
- Complete 20 sessions in a month: **100 points**