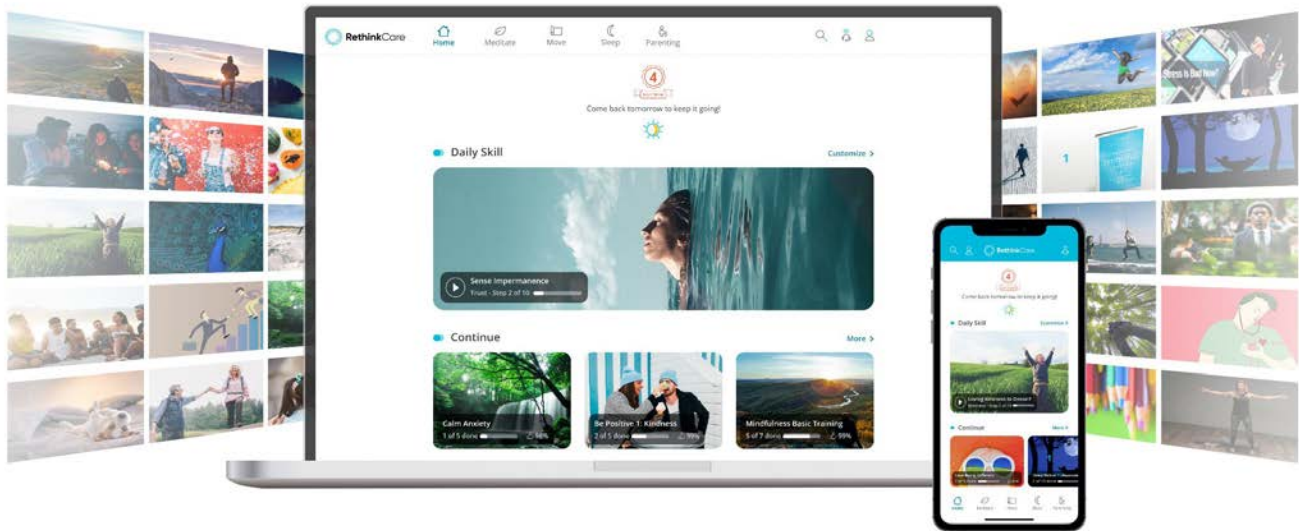


Welcome to RethinkCare!

We're so happy you're here!



 9+ Languages

 30+ Training Areas

 370+ Mini-Courses

 9,000+ Sessions, Tips & Resources

RethinkCare is the leading digital training platform for mindfulness, resilience and mental & emotional wellbeing. Our mission is to help people live healthier, happier and more engaged lives. In just 5-minutes a day, you'll learn to reduce stress, while improving your relationships, performance and sleep.

Access RethinkCare in 4 easy steps:

1. Scan the QR code to the right and create an account.
2. Join using code: **RSFHCares**
3. Download RethinkCare app and sign in using your new credentials.
4. Start training via Desktop, Android or iOS app.



Try Some of Our Most Popular Mini-Courses

- ◉ Mindfulness Basic Training
- ◉ Calm Anxiety
- ◉ Creating Mindful Leaders
- ◉ Develop a Positive Outlook
- ◉ Healthy Eating
- ◉ Ease Into Sleep

Email support@rethinkcare.com for assistance.

