

Wellness at AECOM

RESOURCES TO HELP YOU...

STRESS LESS, SLEEP BETTER, BE MORE RESILIENT AND BOOST YOUR MENTAL HEALTH

You can access all of these resources and more after logging in on the [wellness website](#).

Program/Resource Name	Summary	Where on the Wellness Website
Health Risk Assessment (HRA)	Better understand and improve lifestyle habits related to depression, stress, sleep habits, life events and alcohol use	Homepage
Meditation & Relaxation	Find out how meditation can increase productivity, reduce stress and improve memory	Resources / Curriculum
Guided Meditation & Mindfulness	Immerse yourself in virtual reality guided meditation to take control of your stress and recharge your mental focus	My Progress / Download Virtual Reality App
Total Brain	Train your brain to be more resilient through paced breathing, meditation, relaxation exercises and positivity training	My Progress / Total Brain
eMindful	Learn how to manage work-related stressors and raise your awareness of behaviors that can undermine success	My Progress / eMindful
Health Coaching	Receive one-on-one virtual or telephone-based coaching on a variety of topics to help you make healthier lifestyle choices and reduce health risks	My Progress / Coaching: 3 Telephonic or Virtual Coaching Calls
Depression	Learn more about the signs and symptoms of depression and treatment options	Resources / Curriculum
Sleep and Healthy Sleep	Improve your sleep habits and sleep better with these two e-learning programs	Resources / Curriculum
GuidanceResources Employee Assistance Program (EAP)	Register and view on-demand podcasts and videos	My Progress / GuidanceResources EAP
Safety for Life	Complete this AECOM University training that focuses on lowering stress and increasing resilience	My Progress / Annual Safety Training
Stress Management	Build your stress management skills	Resources / Curriculum
Yoga Workouts	Add your own music as you let yoga help bring together mind and body with these three workout videos	Resources / Workouts

All U.S. employees and their spouses/domestic partners are eligible to participate in *Wellness at AECOM*.