

# The Resilience Box App Myth Busters!



**Myth 1: If I register for an account on the Resilience Box App, my organisation will know and will be able to monitor what I am looking at.**

This is not true! The fact that you have registered for an account on the Resilience Box App is completely confidential. Your organisation will not know if you have registered and never receives the names or contact details of those who do register. No one will also be able to track what you look at. Only you can share with others whether you have registered or what you are choosing to look at on the Resilience Box.

**Myth 2: If I am looking on the Resilience Box App, it must mean something is wrong with my mental health.**

Definitely not! The Resilience Box App is designed to meet you where you are at on the wellbeing continuum. This means that it can provide you with support and resources if you're feeling on top of your game and just want to learn how to keep your wellbeing at its peak if you're starting to feel a bit "meh" and want to learn some strategies on how to feel better, or if you are feeling overwhelmed or in crisis and need immediate support. It can also provide you with the tools for how to best support someone in your life who is struggling. This may be a friend, family member, child, colleague or partner. No matter where you are in your life right now, we know there is something for you in the Resilience Box!



**Myth 3: It is just easier to Google information than look at it on the Resilience Box App.**

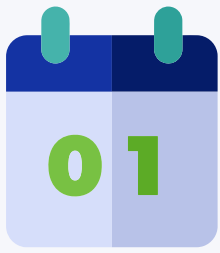
While there is nothing wrong with Googling a topic to learn more about something, sometimes it is hard to sift through what is factual information and what is pop psychology or the latest trend on Tik Tok. All of the Resilience Box App content has been developed by senior psychologists at the Centre for Corporate Health and is based on evidence-based psychological principles. We have done the hard work for you and will only share with you reputable information. So it is probably more time efficient to check out the information on the Resilience Box App than sorting through hundreds or thousands of Google results!



**Myth 4: The Resilience Box App is only available on my phone, I can't access it on my computer.**

False! You can access the Resilience Box App on your phone (iPhone or Android) as well as on your computer. We recommend using Google Chrome for the best experience. Once you have registered, you can log in with the same details for both the App and web versions. Each person has their own preference on how they would like to access content. Some people love listening to a podcast on their phones while commuting to the office, and others like to read the factsheets on their computers. Try out both to see what you prefer!





**Myth 5: I've looked at everything that I want to on the Resilience Box App. There is no point in me logging in again.**

We upload brand-new content every month! So there will always be new content for you to access. The content ranges in topics, and we always try to make sure we upload a variety of topics each month so there is something relevant to you. The topics may include information on work-related challenges, personal-life challenges such as parenting, financial concerns, relationship troubles or information for better mental health. Keep an eye out for updates from HR, who share what content is new on the Resilience Box each month!

**Myth 6: I already have other apps to support my wellbeing so I don't need the Resilience Box App.**

We're so glad that you already have supports in place to look after your wellbeing and definitely don't want you to feel like you need to stop using these Apps if you find them helpful. The Resilience Box App complements other wellbeing Apps, as it has so many different functions all in one! One of the key features of the Resilience Box App is the ability to book in directly for EAP appointments with someone from the Centre for Corporate Health team. You can be matched with a psychologist specialised in your area of need, read each psychologist's biography and book in for a time and day that best suits you. Best part? These sessions are paid for by your organisation! Additionally, your psychologist will recommend content for you to look at as homework between your sessions and to keep you on track of your session goals. They may ask you to read factsheets, set a wellbeing goal or do an online course.



**Myth 7: I'm too busy and don't have time to look at the Resilience Box App.**



We get it. The day brings about A LOT of conflicting demands, all requiring immediate attention and actioning "urgently". And, some days, we might just need to knuckle down and focus on the task at hand. The key here is all about how we prioritise our time. When we fly, the safety instructions always say, "put on your own oxygen mask first before helping others". This is the same when it comes to our wellbeing. We need to look after ourselves, so we can be the best version of ourselves in all of the roles we play in life. If we spent a little bit of time learning how to keep our wellbeing at its peak, we could actually be more productive at work, be more mindful as a parent, partner or friend and even excel in our hobbies. Start with just 10 minutes. Read one factsheet. Then tomorrow, maybe read the second one in that category. We're not asking to carve hours out in the day, just start with 10 minutes.

To register for an account, scan the QR code and register with your work email. Or go to <https://app.resiliencebox.com/>

