



DAYLIGHT

Program Overview

Daylight is a digital therapy program designed to help you build your resiliency so you can feel better when facing life's tough challenges. To get started, visit www.trydaylight.com/bmc to take a two-minute quiz to discover your Anxiety Type, and identify the types of thoughts and behaviors that may be keeping you stuck. Then, after learning your specific challenges and priorities, Daylight will provide you with personalized techniques and will guide you through interactive exercises to overcome your worries and feelings. These exercises help you learn to relax, reframe your negative thoughts, and address your fears, so that you can feel more present and in control. By using Daylight for 5 - 10 minutes a day, you can make meaningful improvements in gaining control over your worry and anxiety.

Eligibility

Benefits eligible BMC employees (Regular, 20+ hrs/week)

How to get started

Visit www.trydaylight.com/bmc

Questions

If you need assistance, please email hello@daylight.com.

Let us know what you think! If you would like to provide feedback on your experience with this program, please email the BMC Benefits Team at benefits@bmc.org.