



Holiday Harmony FAQ's

Find mindful moments and
earn a raffle entry

What is the Holiday Harmony Challenge?

It's crucial to identify and manage stress during the holiday season. Understanding the factors that trigger stress, such as family expectations, over-commitment, or financial pressures, can help you regain control and preserve your mental well-being. By tracking your stress levels daily, you can identify your primary stressors and take proactive steps to manage them effectively.

How do I sign up?

1. Log in to your Sharecare account or register at healthyemory.sharecare.com.
2. Tap 'Achieve' > 'Challenges' > 'Holiday Harmony' > 'Join challenge'
3. Track your stress for 14 days from December 1-21, 2025, to complete the challenge and earn a raffle entry.

What can I win?

Complete the challenge to earn a raffle entry for a Healthy Emory Reward of your choice: a free personal training session, a free massage therapy session, a free one-month membership, or a \$25 Amazon Gift Card. There is no medical plan incentive tied to this challenge.

How do I track my stress?

Open the Sharecare app, tap 'Track', then select 'Stress'. Answer the question "How often did you experience stress at home or work?" and tap 'Save'.



What if I forget to track my stress for a day?

If you miss a day while the challenge is still active, you can backtrack up to seven days of past information. Once the challenge is over, you can only retroactively track activities for seven days. To update your tracker for a day in the past, sign in to your Sharecare app or healthyemory.sharecare.com **and navigate to the tracker**. Tap the green hearts to open the day you missed, look for 'Stress' and tap '+', answer the question and tap 'Save'.

Does Sharecare offer resources that can help me with stress?

Yes! Once you're signed in to your Sharecare app or healthyemory.sharecare.com tap 'Achieve' > 'Programs' to see all the resources you have available to you, like Unwinding, the Breathe and Relax, Meditate, and Mental Strength mini mindfulness programs, or enter "stress" in the search bar to access a library of articles and videos.

Does Emory offer resources to help me manage stress?

Yes! Emory offers several stress and mental health resources.

What is EmBRACE Peer Support?

The Emory's Building Resilience and Compassion Enculturation (EmBRACE) Peer Support Program is an interprofessional, systems approach to decrease the lasting burdens of secondary trauma and moral distress experienced by Emory Healthcare and Emory University employees. Trained peer supporters include physicians, nurses, advanced practice providers, chaplains and social workers. The sessions are voluntary, confidential and free to Emory Employees. Request your session or learn more about the program [here](#).

What is Stress First Aid?

Stress First Aid is a simple framework simple framework to recognize stress early and proactively manage it. It provides practical, evidence-based actions that can help reduce the likelihood that stress reactions will develop into more severe or long-term problems. Stress First Aid has two components: 1) the stress continuum, to help identify stress levels and connect to resources, and, 2) the 7 C's, which are actions shown by research to improve functioning after stress. Originally developed for military settings, SFA was formally adapted for healthcare and is now widely used in healthcare organizations. The framework can be used for self-care, to help co-workers with stress reactions, or to help someone seek other types of support.

What is Revive & Thrive?

Revive & Thrive is Emory Healthcare's confidential, 24/7 support program designed to help you manage stress, improve well-being, and thrive in all areas of life. Services include free counseling, mental health coaching, relationship and parenting support, financial guidance, and career resources.

Get started by **calling or texting 800-327-2251**, chatting with a counselor or Luna, your AI wellness companion, or visiting the [Member Portal](#).

What other mental health resources are available to Emory Healthcare employees?

In addition to Revive & Thrive, Emory Healthcare offers a variety of tools to support your emotional well-being, from counseling and peer support to mindfulness and behavioral health services. Scan or click the QR code to view all mental health resources.



Questions?

Call **Sharecare Customer Service** at 855-428-1708 or visit healthyemory.sharecare.com.



Sharecare, Inc. administers Emory University and Emory Healthcare's Healthy Emory well-being program. Before downloading the Sharecare app, you must register using a web browser on your computer or mobile device at healthyemory.sharecare.com. Then, create your user ID and password to use when you sign in to Sharecare to unlock the benefits available to all eligible employees. © 2025 Sharecare, Inc. All rights reserved.