

# Introducing: Starling Mental Fitness Program

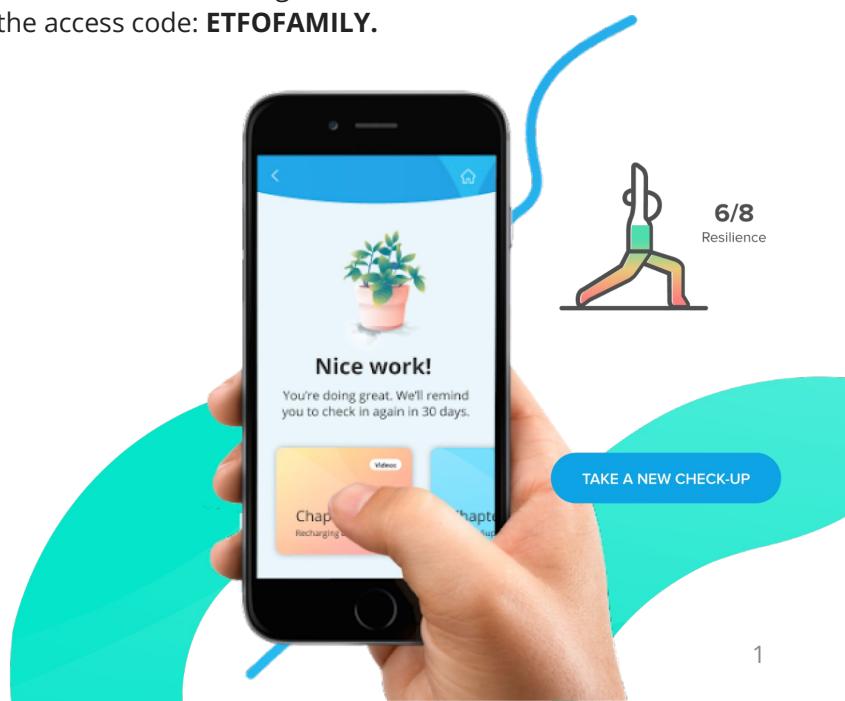
Starling Mental Fitness is a digital mental health program that offers self-guided, unlimited, and personalized digital Cognitive Behavioral Therapy (CBT) support and training to help you build the knowledge, tools and skills you need to better manage stress, anxiety, and burnout — on a phone, tablet or computer.

## How you can get started with Starling Minds:

1. Go to [member.starlingminds.com](https://member.starlingminds.com)
2. Enter your access code: **ETFOMEMBER**
3. Enter your email address and create a password
4. Read and agree to the **Terms of Use** and the **Privacy Policy**
5. Enter your profile information
6. Get started!

## How your family members can get started with Starling Minds:

1. Family members 16 years or older have access and can register at [member.starlingminds.com](https://member.starlingminds.com) with the access code: **ETFOFAMILY**.



# Introducing: Live Mental Fitness Training

Educators are amazing at taking care of others, but not always so good at prioritizing themselves. Attend our **weekly live 30-minute drop-in sessions** hosted by Dr. Andrew Miki, a renowned CBT psychologist and Tara Achkar, a Mental Fitness Coach to help educators prioritize their mental health at the end of the school day.

## The goals of the live training sessions are:

- To provide you with a deeper understanding of mental health;
- To help you develop your own toolbox of strategies to increase your mental fitness; and
- To guide you through Starling Mental Fitness Program and use it alongside the live training sessions

**Date:** Weekly on Mondays, Wednesdays, and Thursdays

**Time:** 7:30 PM ET

Register for the live sessions below or by logging into your Starling Minds account > Go to the Training tab > Go to Live Mental Fitness Training > Explore > Choose a Session

### Pattern Recognition Mondays

with Dr. Andrew Miki

Identify, recognize, and manage your patterns.

[REGISTER](#)

### Wellness Wednesdays

with Tara Achkar

Practice breathwork and meditation to feel more energized and relaxed.

[REGISTER](#)

### Assertiveness Thursdays

with Dr. Andrew Miki

Create more assertive thoughts and goals to increase your confidence and improve your chances of success.

[REGISTER](#)

# Frequently Asked Questions

## **What is Starling Minds?**

Starling Minds is a confidential, self-guided digital program that helps you identify the thoughts and feelings of stress, anxiety, or depression. It helps you build the knowledge, skills and tools you need to better manage your mental health through our checkups, exercises, educational videos, guided training sessions, and peer community.

## **Who can use Starling Minds?**

Starling Minds is for individuals and any family members 16 years or older who want to improve their mental fitness.

## **How will it help me?**

Starling makes it easy to learn and integrate practical strategies into your daily life so you can get your mental health back on track. In just a few minutes, our program will guide you through the sessions so you know exactly what you need to do to get better. As you work through the sessions, the program will adapt to your needs and tailor recommendations and insights just for you.

## **Is my information in the program private and secure?**

Our program is 100% secure. We do not sell any of your personal health information to anyone. You'll select an anonymous codename for posting in the community.

## **Can I use this program while taking medication or seeing a psychologist?**

Yes, Starling is an educational program that is based on Cognitive Behavior Therapy. It's a helpful tool to use alongside medication and/or in-person therapy.

## **Can I access Starling on my phone, tablet or computer?**

Yes, our programs are accessible to anyone with a smartphone, tablet, or computer. This makes our programs readily available whenever and wherever you are.

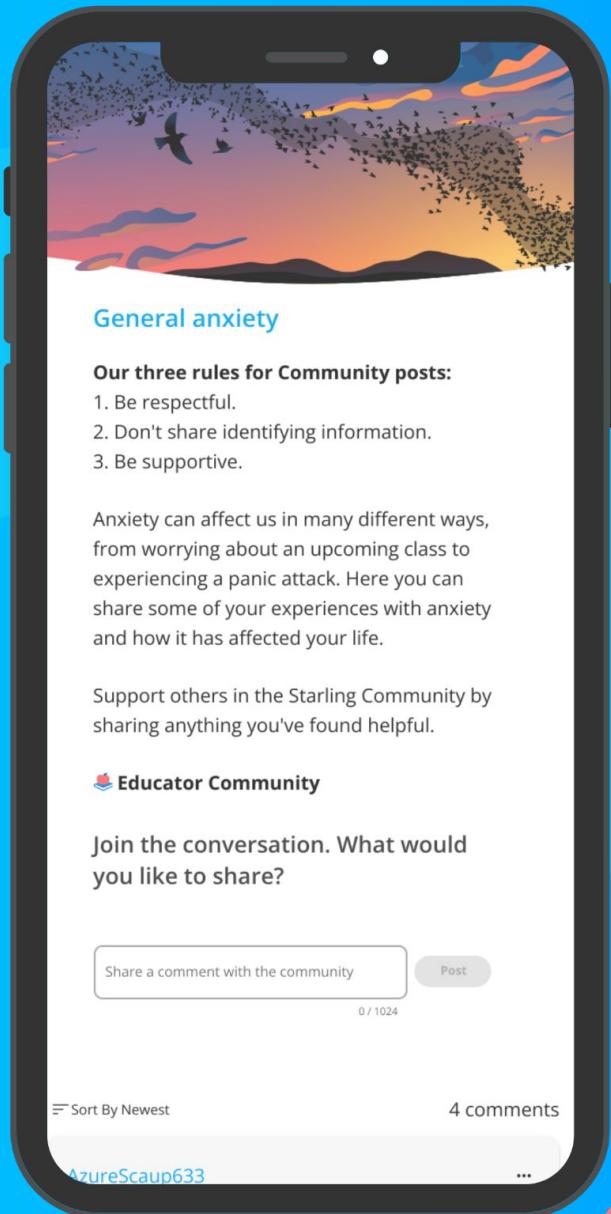
## **What's my access code?**

You can register at [member.starlingminds.com](http://member.starlingminds.com) with the access code **ETFOMEMBER**.

Family members 16 years or older have access and can register with the access code: **ETFOFAMILY**.

**Got questions?** Email [members@starlingminds.com](mailto:members@starlingminds.com).

# Community | Member Quotes



**General anxiety**

**Our three rules for Community posts:**

1. Be respectful.
2. Don't share identifying information.
3. Be supportive.

Anxiety can affect us in many different ways, from worrying about an upcoming class to experiencing a panic attack. Here you can share some of your experiences with anxiety and how it has affected your life.

Support others in the Starling Community by sharing anything you've found helpful.

 **Educator Community**

Join the conversation. What would you like to share?

Share a comment with the community

Post

0 / 1024

Sort By Newest

4 comments

AzureScaup633

 **With Starling, I can now** recognize my triggers, how to breathe properly, and learned that it's important to refuel my battery.

 **The videos and questions made me stop and really think about myself and how I feel.** I found reading the responses of other teachers and being able to respond a positive as well.

 **The videos, check-ups, questions, and analogies are very helpful in my road to recovery.** I firmly believe Starling has given me the skills for future success with my emotional mindset and wellbeing.

 The program has **actually helped me to shed a coat** that I have been carrying for a long time.

 **I feel more confident, happier and more in control of my life and future wellbeing** by having more strategies that I can use to stay balanced.

 The Starling Minds program gave me a purpose. It's **been so insightful and helpful**. I would recommend the program for any educator.

 **This program has been very helpful and effective for me personally.** I always revisit the videos and strategies to remember how to balance my thinking.



# Starling

Build  
Resilient  
Minds.