

myStrength is cbt-based program that teaches skills for mental health and wellbeing.

How to get the most benefits

- **Practice makes progress.** Like anything else, it takes time to get value from this tool.
- **Set a realistic goal for yourself.** For example, try to sign in 2-3x per week for 2 weeks.
- **Choose a specific time in the day to dedicate 5-10 minutes to complete a meditation,** like after lunch.

Sign up at
kp.org/myStrength



Content in myStrength

Focus Areas:

Managing Depression

Controlling Anxiety

Reducing Stress

Improving Sleep

Mindfulness & Meditation

Balancing Intense Emotions

Pregnancy and Early Parenting

Manage Chronic Pain

Drug or Alcohol Recovery

Opioid Recovery

Nicotine Recovery

Moving beyond Trauma

Life Topics:

Coping During COVID-19

Managing Chronic Conditions

Facing Racism and Discrimination

Relationships

LGBTQ+

Work

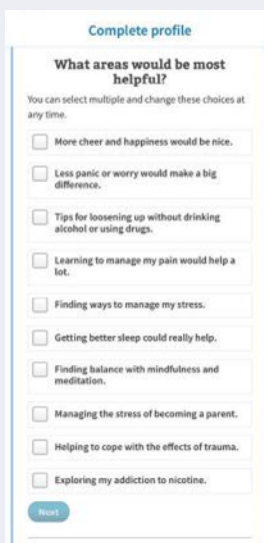
Caregiving

Aging

Grief

Suicide

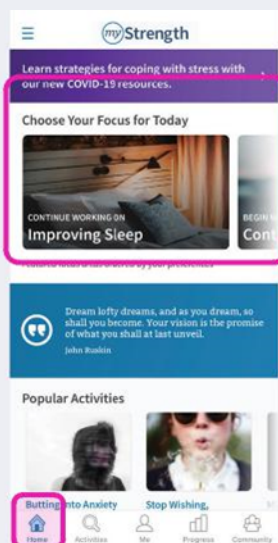
First Responders



Questionnaire

When you sign up you will be asked some questions.

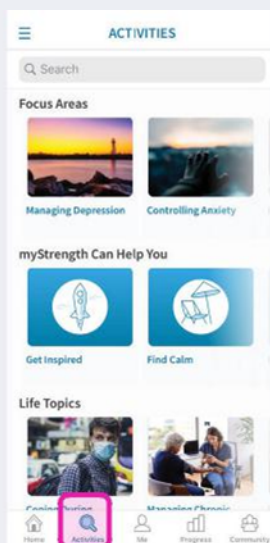
Based on the questions, myStrength will suggest some "Focus Areas"



Home Screen

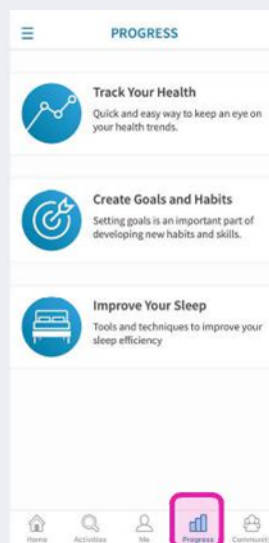
Home is where you will find recommended **Focus Areas** at the top of the screen.

If feel like trying something different, scroll down for some other good starting points.

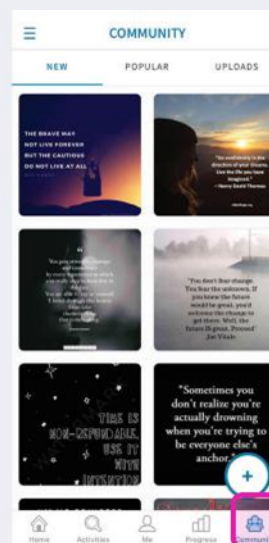


Explore Activities

In the **Activities** screen, you can find more **Focus Areas**, and other content organized by **Life Topics**, **Other Health Topics** and **Therapy Type**.



Swipe left and right see more options in each category.



Track your Progress

To find tools to track various goals, go to **Progress**

Also available in:

Spanish

Requires data/Wi-Fi:

Requires connection

Available:

Closed captioning and audio transcriptions