

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.

## Complete profile What areas would be most You can select multiple and change these choices at Less panic or worry would make a big Tips for loosening up without drinking alcohol or using drugs. Learning to manage my pain would help a Finding ways to manage my stress. Getting better sleep could really help. Finding balance with mindfulness and Managing the stress of becoming a parent. Helping to cope with the effects of trauma. Exploring my addiction to nicotine.

#### 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** 

# Sign up at

kp.org/myStrength



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### Content in myStrength

Coping During Managing

Depression COVID-19

Controlling Anxiety Managing Chronic Conditions

Reducing Stress

Focus Areas:

Facing Racism and Improving Sleep Discrimination

Life Topics:

Mindfulness & Meditation

Relationships

LGBTQ+

**Balancing Intense Emotions** 

Work

Pregnancy and Early Parenting Caregiving

Aging

Manage Chronic Pain

Grief

Drug or Alcohol Recovery

Suicide

Opioid Recovery

First Responders

Nicotine Recovery

Moving beyond Trauma

Also available in:



Spanish Spanish

Requires data/Wi-Fi:



Available:

Closed captioning and audio transcriptions