



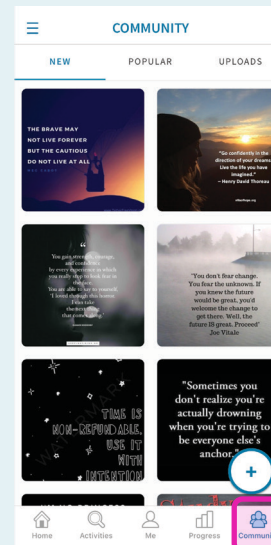
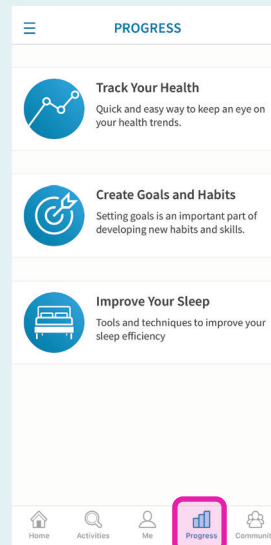
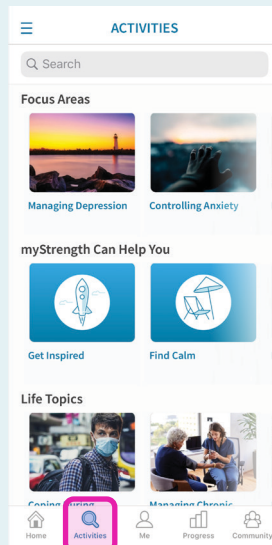
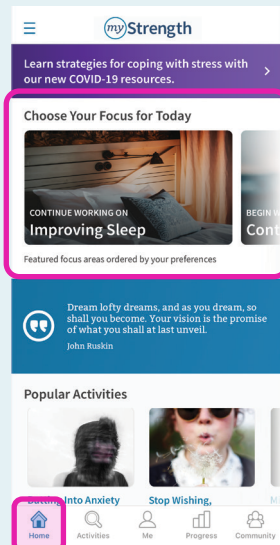
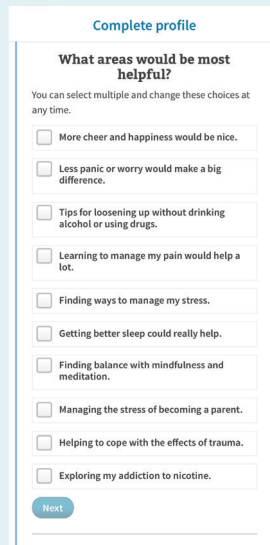
myStrength is an online program that teaches skills for mental health and wellbeing.

Where to start

1. Sign up at kp.org/selfcareapps
2. At sign up, you will take a questionnaire that will give you recommendations for some **Focus Areas**.
3. Start with the recommended **Focus Area found on the Home Screen OR**
4. Explore the library under **Activities**

HOW TO GET THE MOST BENEFIT

- Practice makes progress, like anything it takes time to get value out of 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,** for example after lunch, right after you wake up



Questionnaire

When you sign up you will be asked some questions.

Based on the questions, myStrength will suggest some “Focus Areas”

Always a good place to start

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 the library

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**

Inspiration from the community

Find inspirational images and quotes here that have been shared by other members like you in the **Community** section.

Content in myStrength

Focus Areas:

- Managing Depression
- Controlling Anxiety
- Reducing Stress
- Improving Sleep
- Mindfulness & Meditation

Life Topics:

- Coping During COVID-19
- Managing Chronic Conditions
- Facing Racism and Discrimination
- Relationships
- LGBTQ+

Balancing Intense Emotions

Work

Pregnancy and Early Parenting

Caregiving

Aging

Manage Chronic Pain

Grief

Drug or Alcohol Recovery

Suicide

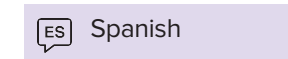
Opioid Recovery

First Responders

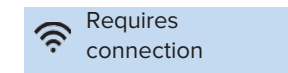
Nicotine Recovery

Moving beyond Trauma

Also available in:



Requires data/wifi:



Available:

