





# myStrength® – Tools for Your Mind, Body and Spirit

## PERSONAL SUPPORT – ON DEMAND!

*myStrength® is a private online resource, tailored to help improve your mood. The program provides many self-help tools that can help improve your total health.*

### myStrength offers:

 <p><b>Step-by-step eLearning modules</b></p>	 <p><b>Weekly action plans</b></p>
 <p><b>Hands-on tools to improve your mood</b></p>	 <p><b>Daily words to inspire – and more</b></p>

### Relax and refresh with myStrength

Mindfulness is a suite of wellness actions that can train you to focus on the present moment. You can use mindfulness activities (actions you can do to practice mindfulness) to help with:

- Panic attacks
- Easing stress and worry
- Boosting your total wellness

### Mindfulness for everyday life:

Treat yourself to some time to recharge. Practice mindfulness activities for a few minutes each day.

- Relax and reflect for a few minutes to start your day.
- Practice mindful eating at lunch or snack time.
- Practice mindfulness activities with co-workers.
- Notice new things during your commute on the bus/train or in the car.
- Create a “letting go” moment at the end of your day.



### myStrength

**This useful resource provides in-the-moment mood tracking. It also provides instant stress-relief actions. These actions can help you achieve lasting, healthy changes.**

## Pain management

myStrength can help to ease:

- Depression
- Worry
- Stress
- Substance abuse
- Trouble sleeping and more

myStrength also offers a guided program to help you manage pain. The program can help you to live a more fruitful life, despite your condition.

Explore different techniques to manage pain through exercise and online content. You can also learn about the careful use of medications.

The program has methods that offer low-risk ways to manage most types of chronic pain. Its goal is to help you live pain free by:

- Giving information on how to manage pain – beyond medications/opioids.
- Making your doctor-patient bond stronger.
- Helping you increase your sense of control.
- Helping you focus your pain treatment goals for the long-term. And, for your total well-being.
- Extending ways to foster mindfulness, self-esteem and physical action.



### Sign up today!

1. Visit the [Health Net myStrength portal](#). Click *Sign Up*.
2. Complete the myStrength sign-up process.
3. Fill out a brief wellness assessment and profile.
4. Go mobile! Set up your online account, then download the myStrength app. It's available for iOS and Android phones and tablets. You can sign up using the same email and password.

