

# Resources *for* Living<sup>™</sup>

## myStrength<sup>™</sup>: the health club for your mind

Now you can use myStrength to help enhance your emotional well-being. It's a new kind of online wellness portal. You can use it to support your mind, body and spirit. Best of all, it's a free part of your program.



### Strengthen your whole self

myStrength offers tools to improve your emotional health and help you overcome depression, anxiety or substance abuse. Once you get set up with myStrength, you'll log on to a home page created just for you.



myStrength is:

- Clinically proven
- Free and available 24/7
- Easy to use
- Confidential

You can read articles, watch videos and try eLearning programs. Or you can just get inspired by the daily quote.

**myStrength.com**

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