



Introducing myStrength

Taking care of your emotional health is important. As such, we are excited to offer you myStrength, a free digital resource to promote mental health and well-being. With myStrength, you can get 24/7 support from the privacy of your computer or mobile device. myStrength is a web and mobile resource full of personalized tools to improve your mood and manage life's ups and downs.

myStrength offers health tracking tools, inspirational quotes and activities. You'll also find programs to help with stress, depression, anxiety, substance use, chronic pain, mindfulness and more. Plus, access hundreds of articles and videos on topics to help you stay strong and healthy.

myStrength is here to help you live your best possible life.

- Learn techniques to reduce stress
- Track your mood online
- Manage depressive or anxious thoughts
- Access and share inspirations
- Get help on the go with the mobile app
- Explore hundreds of articles and activities

To learn more about myStrength, check out these videos:

Overview: <http://view.vzaar.com/13670463/player>

Anxiety: <http://view.vzaar.com/12558016/player>

Depression: <http://view.vzaar.com/13641222/player>

Stress: <http://view.vzaar.com/12415921/player>

Chronic Pain: <http://view.vzaar.com/8170027/player>

Sleep: <http://view.vzaar.com/11030069/player>

Ready to give myStrength a try? It's easy. Simply:

1. Log in to your EAP website
 - resourcesforliving.com
 - Username: Orange County ca
 - Password: eap
2. Click on the **myStrength** link on the home page
3. Click to go to the **myStrength** sign-up page. Access code: **Orange County ca.**
4. Complete your personal profile and a brief wellness assessment.

myStrength is free and available 24/7, easy to use, and confidential. Get ready to enjoy the benefits of myStrength!