

MENTAL HEALTH AND WELLNESS | NATIONAL

# Support your team with self-care resources

## No-cost apps promote emotional well-being

Practicing self-care can help your employees build resilience, set goals, and maintain health and happiness – in everyday life and through challenging times. Kaiser Permanente members receive no-cost access to 2 powerful self-care apps: Calm and myStrength. These evidence-based apps are hand-picked by Kaiser Permanente physicians, easy to use at work or at home, confidential, and proven effective.



A research-based meditation and mindfulness app that can help users develop self-care skills:

- Lower stress
- Reduce anxiety
- Improve sleep quality
- Practice mindfulness and meditation
- Practice mindful movement
- Learn from leading experts



A program based on cognitive behavioral therapy offering guided resources and tools for a range of mental health needs and challenges:

- Manage depression
- Control anxiety
- Reduce stress
- Improve sleep
- Balance intense emotions
- Manage chronic pain

## More information

Your employees can get the apps at [kp.org/selfcareapps](https://kp.org/selfcareapps) and explore more great tools at [kp.org/selfcare](https://kp.org/selfcare).

Your employees also have access to many more self-care tools and resources on [kp.org](https://kp.org)

Articles

Podcasts

Videos

Guided meditations

Self-assessment tools

Healthy lifestyle programs

The Calm app is not available to Kaiser Permanente Washington members at this time.

myStrength® is a wholly owned subsidiary of Livongo Health, Inc.

[kp.org/choosebetter](https://kp.org/choosebetter)

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