



Live well

Support all through the year School Employee Guidance Program

It can seem as if it's getting harder and harder to meet test requirements, manage behavior and still inspire children to achieve. Whether you work in the classroom, the cafeteria, the playground or on the bus, myStrength™ can help.

Intense demands at school and at home don't leave a lot of time for you to recharge. That's why in addition to the other services the School Employee Guidance program provides, we also offer myStrength as part of the package.

Whenever you have a few minutes, access it on your phone or computer and get instant support for your mind, body and spirit. Best of all, it's a free part of your program.

Build resilience

myStrength offers tools to improve your emotional health and help you overcome stress, anxiety, depression, substance misuse, insomnia and/or chronic pain. myStrength is:

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

Once you get set up with myStrength, you'll log on to a home page created just for you. Read articles, watch videos and try eLearning programs. Or just get inspired by the daily quote.

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Get inspired on the go

With the myStrength app you can:

- Get custom inspiration based on your mood
- Track your mood over time
- Upload your own inspiring photos and videos
- Opt to receive check-in reminders

Easy access

You can register for myStrength from the link on your member website.

Now you're ready to use myStrength to help you give your best at home and at school.



*"myStrength.com is a great wellness tool
for your mind, body and spirit!
I love the daily inspirational quotes and
wellness articles. [It's] a great way
for me to proactively take care of myself."*

— myStrength user



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