

# Wellbeing Wednesday

## ISSUE : My Possible Self App

Following on from last weeks self care, we're excited to tell you that you have access to the all-new **My possible self-platform** and it's completely free to use!

Using recognised psychological strategies and clinically backed methods from Priory Healthcare the new My possible self app will teach you coping mechanisms to handle situations life may throw your way.

You will also discover interactive tools, helpful tips, visual and mental exercises, and engaging activities. These include meditation exercises, mindfulness exercises, breathing exercises, toolkits to identify behaviours and monitor progress, mood trackers, and much more.

The app/platform is completely confidential - your use of the app or any personal information given will not be shared with your employer or any third party. For more information watch the video <https://youtu.be/W-Rk8XSAzQg>

### CREATE YOUR ACCOUNT AND TRY YOUR FIRST GUIDED SERIES TODAY!

#### How to get started:

1. Log into your company registration page
2. Create your account
3. Verify your email address
4. Download the app - available on iTunes or Google Play – search for My Possible Self: Mental Health. If you'd prefer to use the programme from your desktop, follow this link [www.my-possible-self.com](http://www.my-possible-self.com)
5. Select 'Already got an account and log in using your account information'

