



## Kaiser Wellness Resources

### Self-care Tools, Tips, & Activities

These are stressful times. Feeling off-kilter while navigating this new world of COVID-19 telework, homeschooling and isolation? **Take a moment. Take a breath. Take time for self-care.** Explore Kaiser's broad range of self-care resources, including apps, audio activities, articles, and more. All designed to help you thrive in mind, body, and spirit.

### Free Online Wellness Resources

Access helpful **online wellness resources** tips to help with the following:

- managing stress
- sleeping better
- parenting
- mindfulness and meditation
- self-compassion



### Classes & Support Groups

Connecting with others who share similar experiences can be incredibly powerful. Kaiser's classes and support groups are taught by trained instructors, designed to help you strengthen relationships, change unhealthy behaviors, cope with stress, and more. (Some classes may require a fee.)

### Personalized Health Lifestyle Programs

Create an action plan to reach your health goals. **Kaiser's personalized online programs** give you advice, encouragement, and support to help you make healthy changes.

- manage symptoms of depression and learn coping skills
- learn what causes you stress and build skills to manage it
- quit smoking
- lose weight
- manage health conditions

### Wellness Coaching by Phone

Making healthy lifestyle changes can have big mental health benefits. A **Kaiser wellness coach** can help you get started, overcome obstacles and achieve your goals:

- reducing stress
- quit smoking
- losing weight



### My Strength App



Kaiser members can access the [myStrength app](#) at no cost. [myStrength](#) offers personalized, interactive programs for mental health and emotional wellness, including tools designed to help ease fear and anxiety about COVID-19 specifically.

### **Additional COVID-19 Resources**

Kaiser's [dedicated COVID-19 preparedness & resources webpage](#) is full of helpful videos and resource links to help you navigate this challenging time. They are working closely with the [Centers for Disease Control and Prevention](#) to provide the latest guidance to members. Your health is Kaiser's top priority.

### **Questions?**

For more information, visit [www.kp.org/selfcare](http://www.kp.org/selfcare) or contact Kaiser by phone at 301-468-6000.