



# Summertime:

## A nice time to practice mindfulness.

### Practice mindfulness and meditation.

Take a moment every day to focus on what's happening around you. Pay attention to the sights and sounds of nature, smelling freshly cut grass and feeling the heat of the sun on your face will help ground you and put a stop to ruminating thoughts. **Your EAP, in partnership with myStrength, provides resources in order to assist you in becoming more mindful and learning how to manage stress through meditation.**

### Sign up to try myStrength today.

Visit [EAP4YOU.com](https://EAP4YOU.com)

Click "Go" under myStrength

Follow instructions to register

Create a personal profile

Download the app from the app store

**Upon registration:** You will go through a short self-assessment. After the initial assessment, you may select a personalized journey of recommended content based on your assessment results and personal interests, or you may explore on your own.

### More about myStrength:

- It is a self-management tool that can be accessed online or through the myStrength mobile app from a computer, tablet or smart phone
- It offers personalized resources to improve your mood
- It is an individualized experience that includes:  
**interactive programs, in-the-moment coping tools, inspirational resources and community applications**
- It has interactive programs that help you overcome:  
**Depression, Anxiety, Stress, Substance Use, Opioid Recovery, Chronic Pain, Insomnia, Balancing Intense Emotions and encourages Mindfulness & Meditation and programs for Pregnancy and Early Parenting**
- myStrength is safe and secure

