



Coping with the uncertainty of COVID-19?

Use myStrength to manage your emotional well being

Beacon Health Options is pleased to offer you and your family members FREE access to the myStrength COVID-19 and Mental Wellness resources.

With myStrength you can track your mood, find inspirational videos, articles, and quotes, and work at your own pace on eLearning programs. Plus, myStrength is secure and confidential.

You can explore a variety of topics to help you and your family address the heightened sense of stress, feelings of isolation, and parental challenges that have become more common during COVID-19 including:

- Managing overwhelming thoughts and emotions
- Mindfulness and meditation
- Juggling family and parenting responsibilities
- Staying connected with others

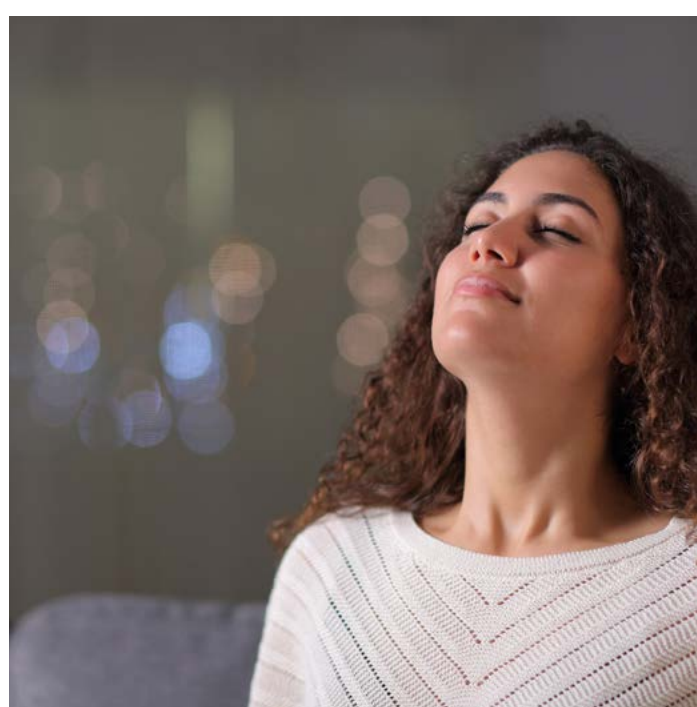
Once you register, your free membership is active from **May 1, 2020 until September 30, 2020** (you need to register by **August 31, 2020** to have access through September).

Register today

Online at: <https://bh.mystrength.com/beaconcovidsupport>

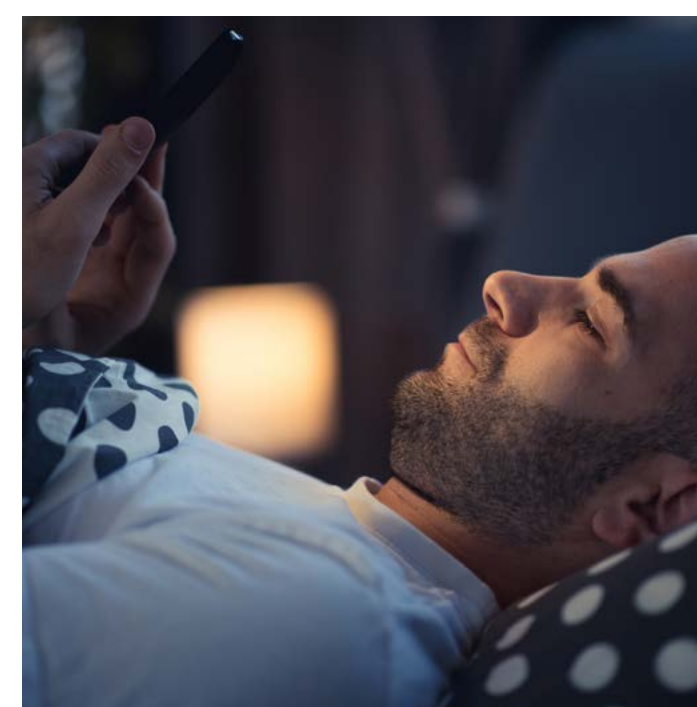
Download the myStrength app and register with the access code: **beaconcovidsupport**

Quick tips offered by myStrength that you can try:



Breathe deeply.

Take a minute to pay attention to your breath moving in and out. Don't try to control your breathing or thoughts.



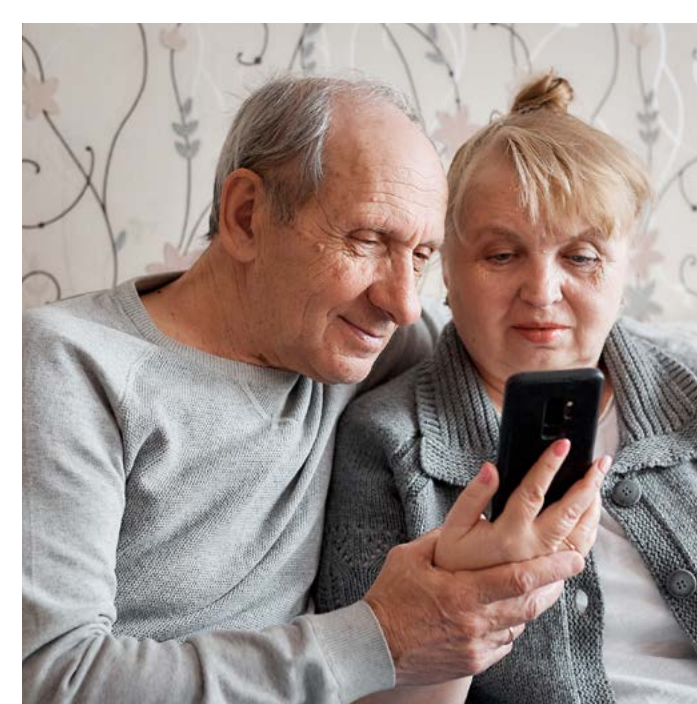
Feel gratitude.

Instead of going to bed worried, recall and reflect on one good thing that happened or came your way that day.



Establish routine.

To overcome boredom, make a calendar for yourself and follow it. Routines have been shown to keep us happier and healthier.



Stay connected.

Use your phone or internet device to stay connected to the outside world. Look for creative ways to support others and get support.