

Free mental health app **My Possible Self**, is helping people across the globe...

My Possible Self is the mental health app that helps manage anxiety, tackle depression, reduce stress and improve sleep. We've teamed up with Priory Healthcare, world leaders in mental health, to deliver our app globally.

On World Mental Health Day 2021 we launched the popular My Possible Self Podcast. Guests we've had so far include Ashley James, Gemma Oaten, Alastair Campbell, Dr Hilary Jones, Joshua Fletcher, Dr Uma Naidoo, Prof Rory O'Connor and Owen O'Kane, to name a few.



Toolkit including - a mood tracker, movement videos, meditations and grounding exercises.



Guided series including - Overcoming my anxiety, Tackling my depression, Managing my stress and Sleeping well.



A comprehensive library of mental and physical wellbeing content and podcasts from leading mental health experts and influencers.



The app is available worldwide and has over **210,000** users.



Rated 4.5 in the Google Play Store and **Rated 4.6** in the App Store.



Best Mental Health App
GLAMOUR Wellness
Power List 2022.



Download My Possible Self



visit us www.mypossibleself.com



My Possible Self App

Included within your Employee Assistance Programme is the My Possible Self (MPS) App

MPS is the mental health app using clinically certified content from Priory Healthcare to help reduce anxiety, stress and low mood. Plus all the tools, information and support you need to make positive changes.

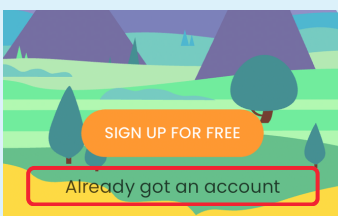
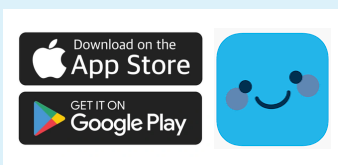
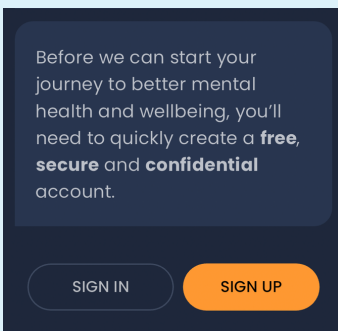


How to use the My Possible Self App

1. Scan the QR code using your mobile device.
2. In the field asking 'Enter your registration passcode here' type (including the exclamation mark!)

SoD2021!

3. The app will then ask you to create an account.
4. 'Sign up' to create an account using your Cemex email address and a secure password of your choice.
5. You will then receive an email from My Possible Self to verify your email address.
6. Verify your email address.
7. Next step is to download the app from your device's app store - search 'My Possible Self'.
8. Once downloaded to your device, open the app and click 'Already got an account' then log in using your Cemex email address and the password you created.

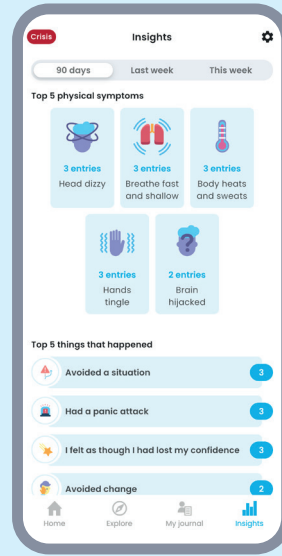
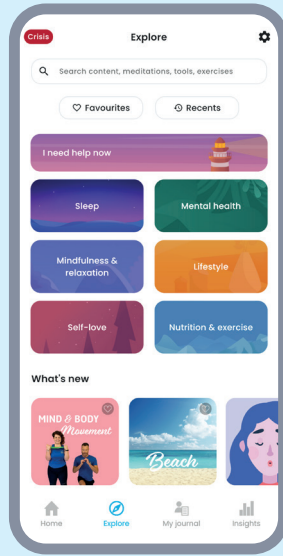
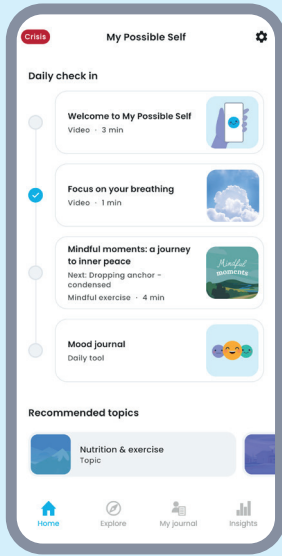


Want to find out more?

Visit: www.cemexlifestyle.co.uk

Call: 01908 303531

Wellbeing
Strategy
GroupUK

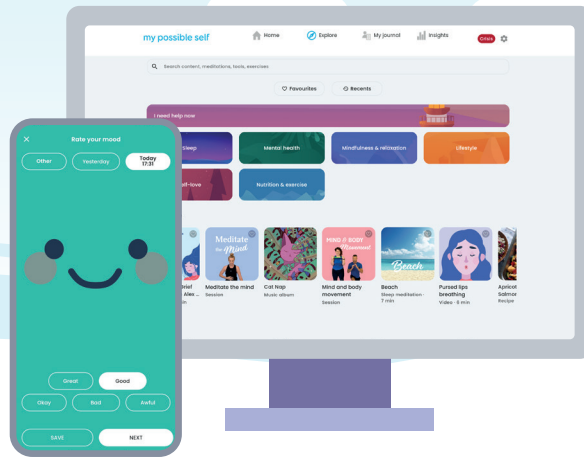


My Possible Self

The Mental Health App – User Guide



In partnership with Priory Healthcare



My Possible Self

The mental health app designed with you in mind

Discover interactive tools and techniques, using **cognitive behavioural therapy (CBT)**, customised for digital use.



Toolkit – Tools to identify behaviours and monitor progress



Tags – Recognise the activities, people and places that influence your mood



Mood journal – Record how you feel and help you understand your moods



Visual and audio exercises – Boost your mood, relax your mind or drift off to sleep



Insights – Understand yourself better and do more of the things you like



Journals – Record worries, emotions and actions in the moment



Nutrition, hydration and physical activity guidelines, exercise videos, lifestyle quizzes and logs – Make lifestyle changes to improve your wellbeing



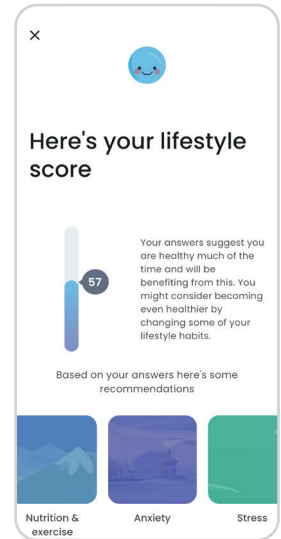
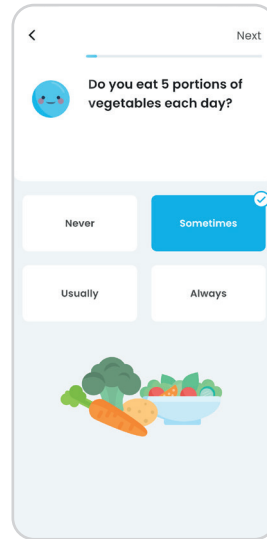
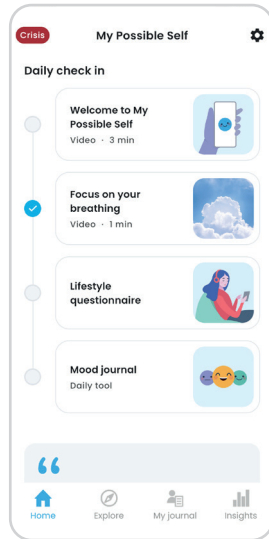
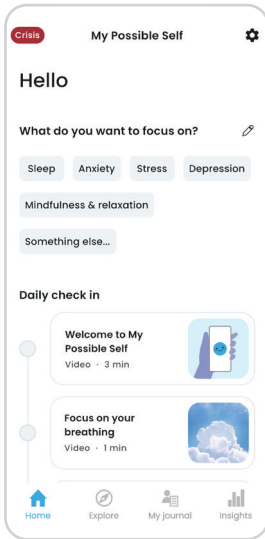
Motivational messages and tips – Encouraging you every step of the way



A range of topics including sleep, anxiety, depression, mindfulness & relaxation and stress

My Possible Self is available for **Android™** and **iOS** devices, as well as a **web app** through your favourite browser.



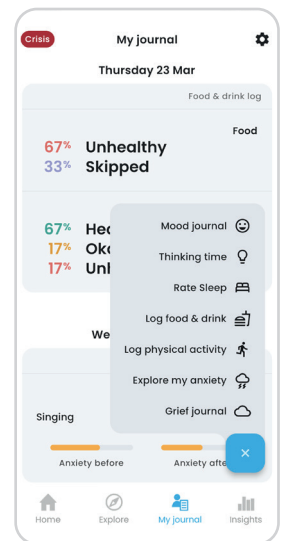
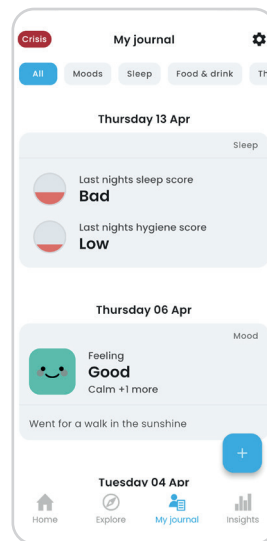
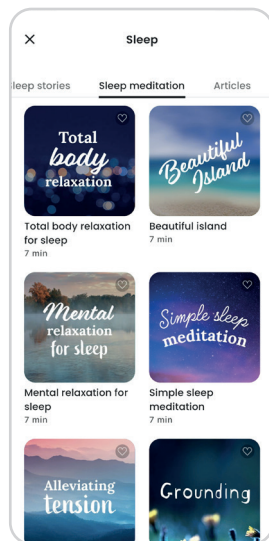
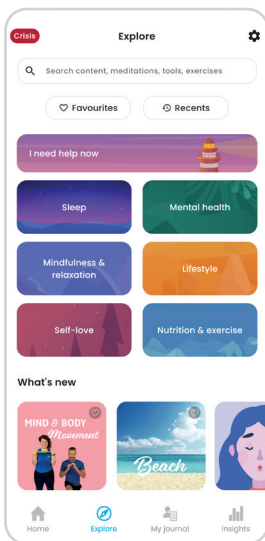


Starting your journey

Once you're logged in, you can start to explore all of My Possible Self's features. The 'Home' screen provides quick and easy access to your interests and daily suggestions.

Lifestyle questionnaire...

We suggest that you start your journey by completing the **lifestyle questionnaire** this helps us recommend areas of your life you should focus on.



Explore

The 'Explore' tab is categorized by topics including sleep, mental health, mindfulness & relaxation and much more...

Tools you can use everyday

'My journal' includes a collection of tools in one central location for easy filtering and journal entry additions.



visit us www.mypossibleself.com

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