

HealthMatters

AN EVERSIDE HEALTH & WELLNESS RESOURCE | 2022



Everyone needs help sometimes. At Everside Health, we are here to stand by you and support you however we can. We also want to supply you with the best resources to help you along your way to better overall health and wellness.

Mental Health Resources

Apps

Calm

Improve sleep quality and reduce stress or anxiety

CBT-i coach

Improve your insomnia

Headspace

Practice meditation and mindfulness

I am – Daily Affirmations

Helps rewire your brain, build self-esteem, and change negative thought patterns

Moodfit

Track mood and learning exercises to address negative emotions and build resilience

MoodMission

Learn coping skills to better manage stress and improve your mood

Most Days

Creating a Daily Routine: Backed by the science of behavior change, Most Days has proven effective to help you change your habits to change your life.

PTSD Coach

App for PTSD

Sanvello

Clinically proven therapies for managing stress, anxiety or depression

Shine

Support mental and emotional health with daily meditations and self-care courses

Todoist

Create to do lists to help organize work and life

Websites

Anxiety and Depression Association of America:

<http://www.adaa.org>

National Institute of Mental Health:

<http://www.nimh.nih.gov>

American Psychological Association:

<https://locator.apa.org/>

Podcasts

- Daily Boost
- The Science of Happiness
- How to Be a Better Human
- Work/Life with Adam Grant
- A Bit of Optimism

Contact your Everside Health provider today to learn more.

Mental health resources

YouTube Channels

Calm:

<https://www.youtube.com/c/calm/videos>

Great Meditation:

<https://www.youtube.com/c/GreatMeditation/videos>

Headspace:

<https://www.youtube.com/c/headspace/videos>

Healing Vibrations:

<https://www.youtube.com/c/HealingVibrationsMedia>

The Honest Guys:

<https://www.youtube.com/c/TheHonestGuys/videos>

Mooji:

<https://www.youtube.com/c/Moojiji/videos>

Tara Brach:

<https://www.youtube.com/c/TaraBrach-meditation/videos>

Yoga with Adriene:

<https://www.youtube.com/c/yoga-with-adriene/videos>

Suicide Hotline

National Suicide & Crisis Lifeline

Call or text 988

Want to learn more?

Contact your provider for more information and how to improve your mental health!

Self-Help Books

Be Calm

Designed to be used as a reference book, this option is the result of techniques that the author has seen work for her patients.

Negative Self-Talk and How to Change It

The author condenses his years of experience into a 60-minute read with simple language and effective techniques.

How to Be Yourself

This pick teaches readers how to internally access everything they need to be successful in social situations.

Retrain Your Brain

Clinical Psychologist Seth Gillihan shows readers how to recognize anxiety-causing thoughts and replace them.

Cognitive Behavioral Therapy Made Simple

Dr. Gillihan uses a holistic approach to help readers identify patterns of thought that are holding them back from their goals.

Your Happiness Toolkit

With techniques included for people in drug and alcohol recovery, this book focuses on drug-free methods of coping.