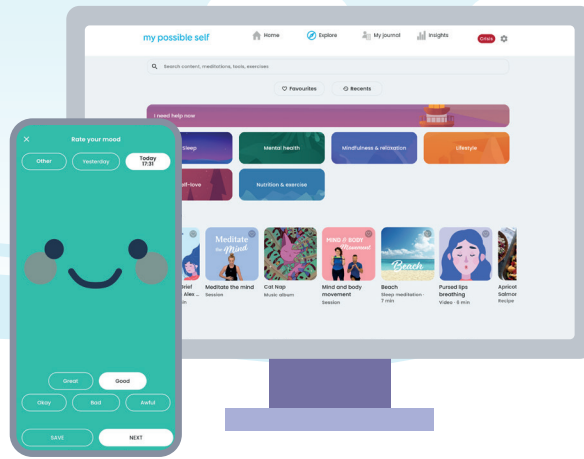


My Possible Self

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



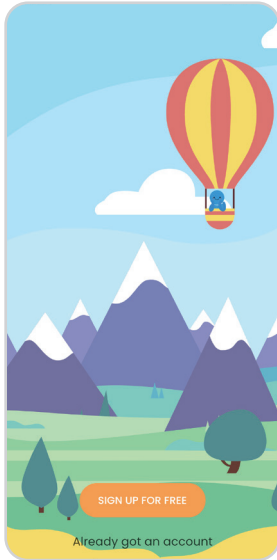
A range of topics including sleep, anxiety, depression, mindfulness & relaxation and stress

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

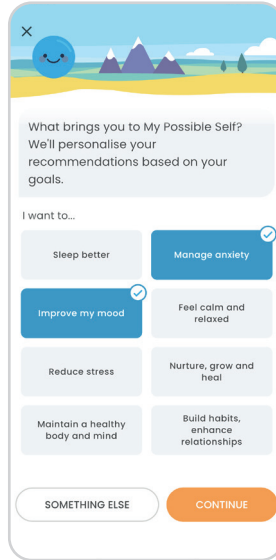


Getting started

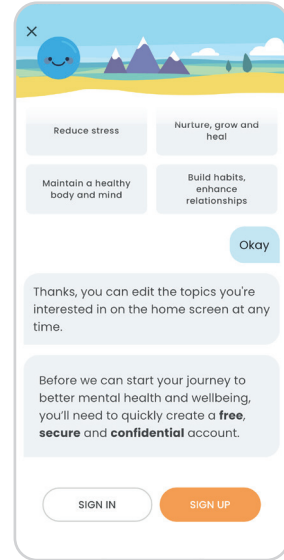
- 1 Access the app via the QR code or <https://app.mypossibleself.com/>



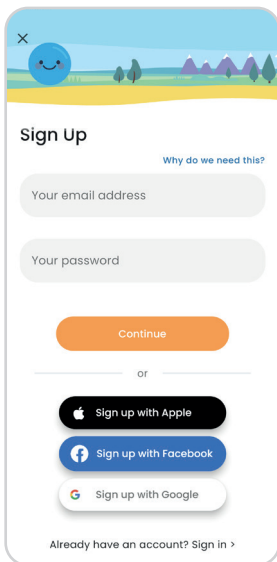
- 2 Click **sign up for free**



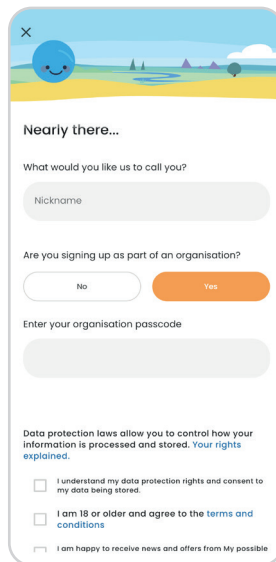
- 3 Read the introduction from **Bloopy chatbot**



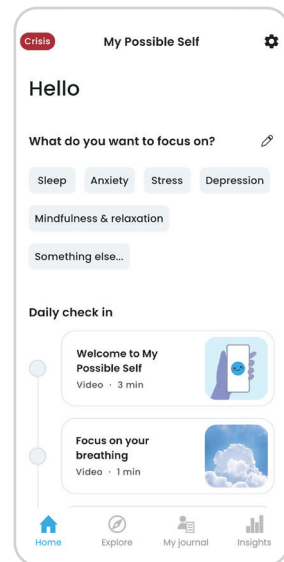
- 4 When prompted choose to **sign up**



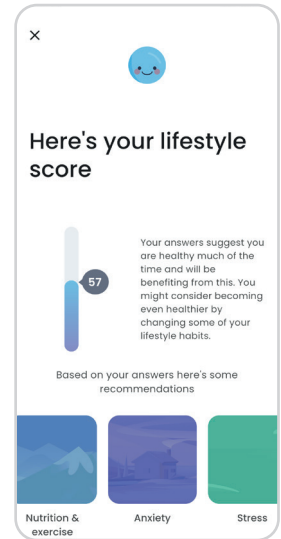
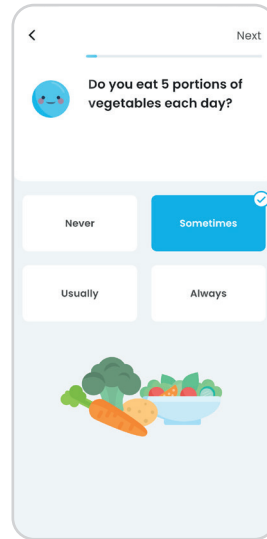
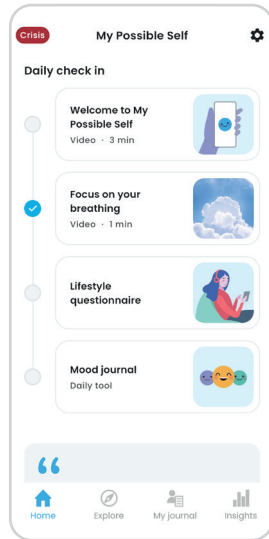
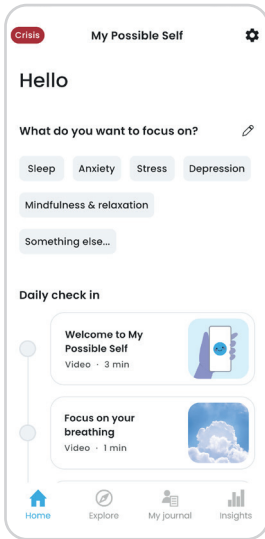
- 5 Enter your **email address**, **password** of your choice



- 6 Enter nickname and organisation **passcode**
- 7 Accept the data protection and terms and conditions
- 8 Press **continue**



- 9 Then you are good to go

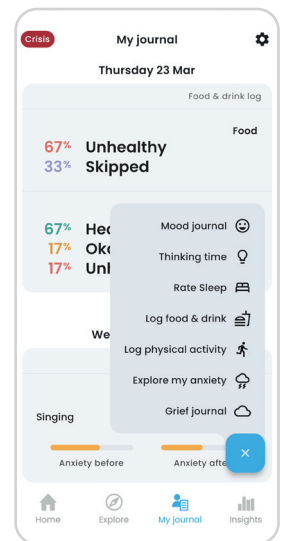
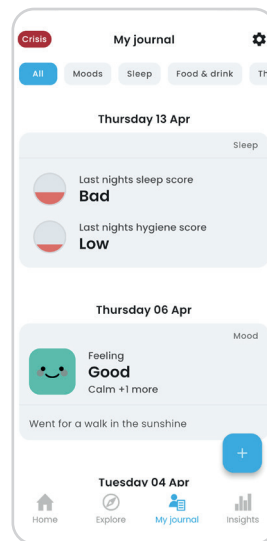
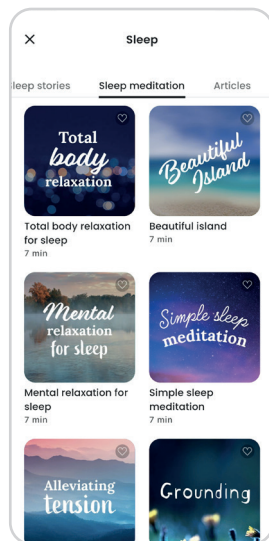
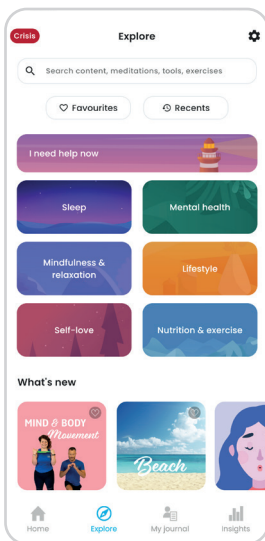


Starting your journey

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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