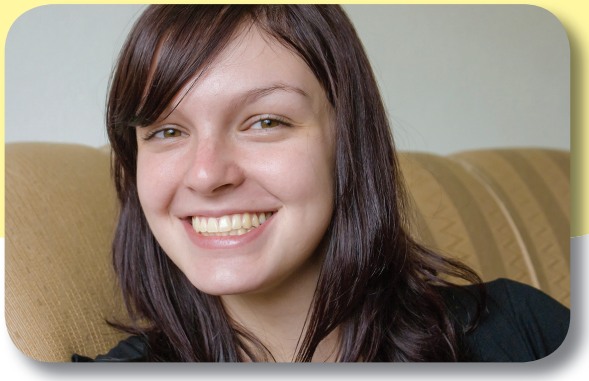
Feeling Good about YOURSELF



Your thoughts are IMPORTANT, like all your daily health choices.

What you think affects how you feel. Positive thoughts can make you happier. Sometimes just being thankful for what you have can make you more content.

myStrength can help you learn these skills.

By understanding your emotions, it is possible to have more control over them. Then you can feel more comfortable with yourself. For emotional goals, decide what you need help with. It could be you have difficulty with ***anxiety*** and need to learn to relax more. Or you might get ***depressed*** and would like to learn how to feel better and manage negative thoughts.

Acceptance Commitment Therapy (A.C.T.) is easy to implement and the skills you develop will help you set and reach your personal goals. Here are five ways to set goals using **S.M.A.R.T. actions (*see your myStrength site for information*):**

S = start with a **small** and **specific** goal.

M = have a **meaningful** goal for YOU.

A = know your goal is **adaptive,** or flexible, if circumstances change.

R = be **realistic** about your goal; is this something you can do?

T = set a **time frame,** or deadline, so your accomplishments can be measured.

SIGN UP TODAY

1. Visit www.mystrength.com and click on "Sign Up."
2. Enter **Access Code: NCNCommunity**
3. Complete the myStrength sign-up process and personal profile.

Feeling Healthy and Happy

myStrength
The health club for your mind™

NorthCare Network

For more information, call Katreena Hite, Integrated Care Specialist, at (906) 225-7344