



# Relieve stress and be your best with myStrength



## If you're busy, stressed and not getting enough sleep, you're not alone!

Too often we get bogged down in the chaos of everyday life and forget to make our health and well-being a priority. Trying to keep up with our day-to-day responsibilities and manage everyday stressors can take a toll on all aspects of our well-being, especially our mental health.

Poor mental health can affect all areas of your well-being, including your physical health, spending habits, and your personal and professional relationships. When you're suffering from anxiety, depression and stress, you may find it difficult to cope with even the simplest tasks and you may find it even more difficult to ask for help. Simply ignoring the symptoms and warning signs can worsen the situation over time.

AECOM has partnered with ComPsych, our GuidanceResources EAP administrator, to offer myStrength, a clinically-based Computerized Cognitive Behavioral Therapy (CCBT) program that helps you build resilience, improve your sleep, manage your health and cope with your emotions.

Through myStrength, you can complete short mental exercises, interactive activities and guided training modules to help you check your health status, get a personalized plan to make healthy lifestyle changes, build community and track your progress over time.

Here are some of the many ways myStrength can help you achieve better mental health

- Manage stress, depression and anxiety
- Get help with substance abuse
- Cope with intense emotions
- Manage chronic pain
- Get better sleep
- Increase emotional resilience
- Cope with PTSD
- Practice mindfulness
- Navigate the coronavirus

### Get started

**Take control of your mental health by participating in myStrength today.** Employees and their immediate family members are eligible to participate and can register for an account by going to [myStrength.com](https://myStrength.com), selecting *Sign Up* and entering AECOM as the Access Code.