

Care first *Zest*

provided by  my possible self

Let's get you registered and ready to go

When you download the my possible self: mental health app from the app store, log in using your email and password



Create your account and try your first guided series today!

Hi,

We're excited to tell you that you have access to the all-new Care first Zest platform provided by My Possible Self. This has been provided by your company and it's completely free to use!

Using recognised psychological strategies and clinically backed methods from Priory Healthcare the new Care first Zest app will teach users coping mechanisms to handle situations life may throw their way.

But that's not all - whilst you discover our interactive tools, helpful tips, visual and mental exercises and engaging activities. Each designed with you in mind. These include meditation exercises, mindfulness exercises, breathing exercises, toolkits to identify behaviours and monitor progress, mood trackers and much more.

The app is completely confidential - your use of the app or any personal information given will not be shared with your employer or any third party.

To start using the app:

1. Download the app - available on iTunes or Google Play - search for My possible self: Mental Health. If you'd prefer to use the programme from your desktop, follow this link
2. Log into your company page with the registration code below
3. Create your personal account
4. Log in with your personal account information

Here are your company registration credentials:

Company Link:
Passcode:

That's it, you're all ready to start your journey to becoming the best version of you.

Click on the link enter your passcode and press submit.



my possible self

Organisation Name

Enter your registration passcode here

.....

Show passcode

I'm not a robot

reCAPTCHA
Privacy - Terms

Submit



Now create your account

[Why do we need this?](#)

Email address

Password

Confirm password

Data protection laws allow you to control how your information is processed and stored

Your rights explained

I understand my data protection rights and consent to my data being stored.

I am 16 or over and agree to the [terms and conditions](#).

I am happy to receive news and offers from My Possible Self via email.

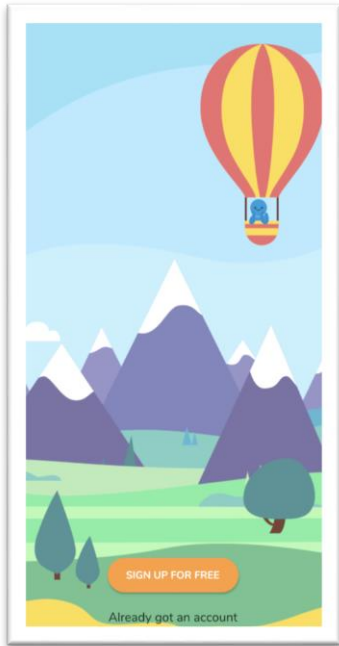
Continue

[FAQs](#)
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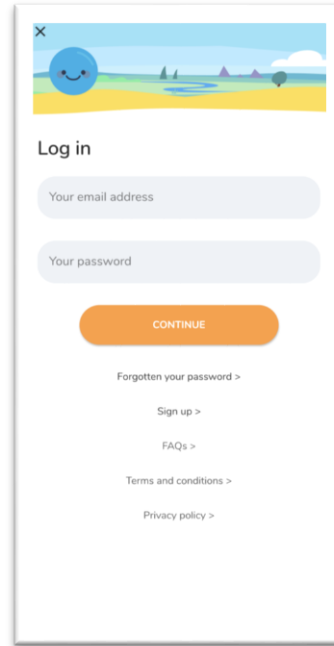
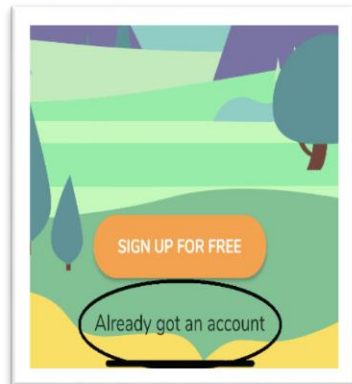
You will soon receive information containing a link to your company zest registration link and passcode

Create your confidential account. You can use your own email and create a password

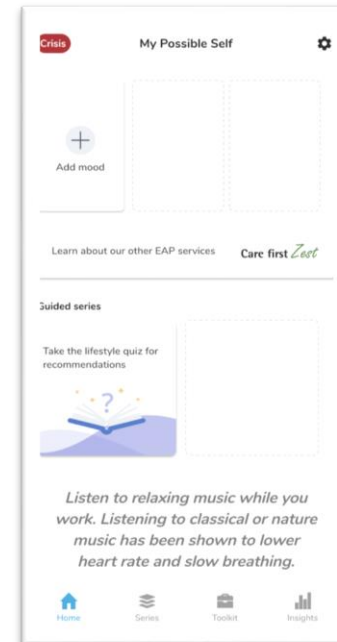


As you have already created an account, click 'Already got an account'

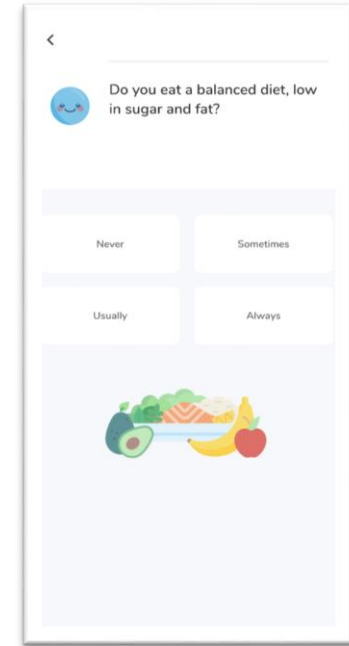
Download the new Zest app from the iTunes or Play Store and enter your organisation code



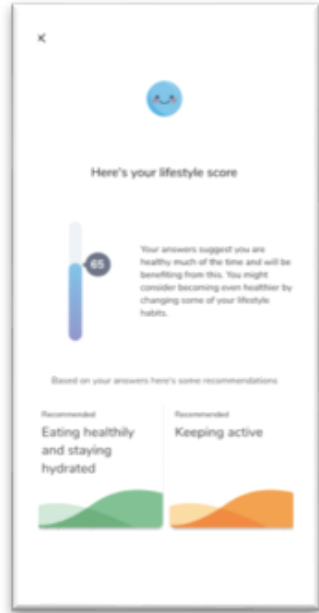
Take a lifestyle questionnaire



simply log in using the username and password you created

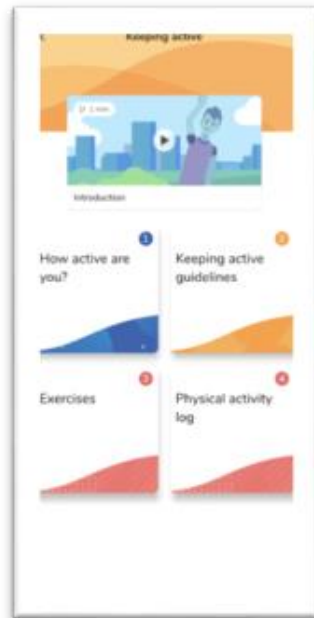


The questionnaire is easy to do and only takes a few minutes



Use one of the series to make positive changes to your overall wellbeing

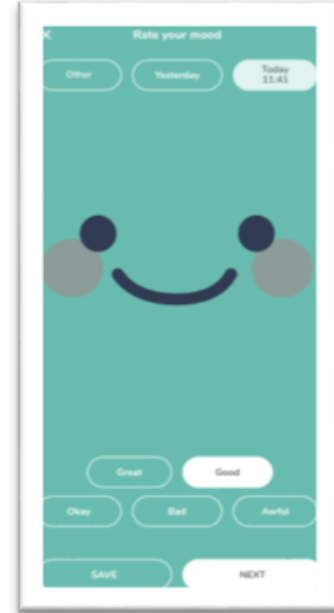
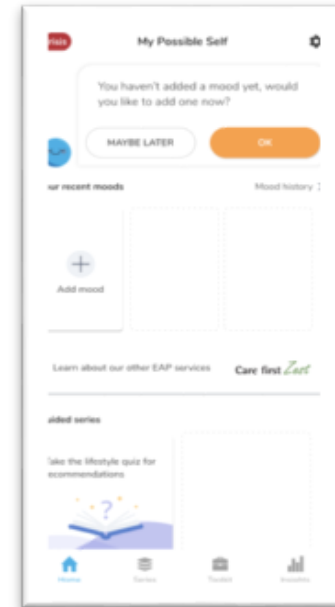
When you have completed the questionnaire you will be given a score. Use the recommendations below your score to make improvements



The Zest series include, keeping active, managing my stress, eating healthily and staying hydrated



Track your moods each day to find out if there are themes or trends to the way you feel



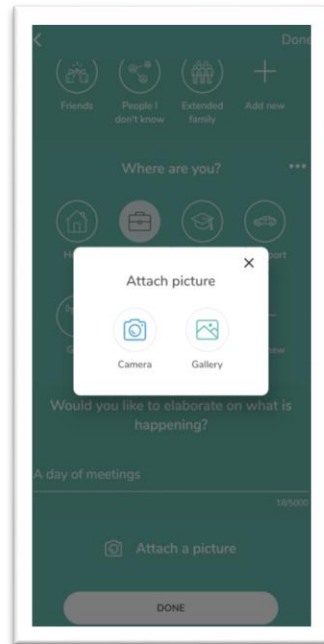
Entering your mood is easy and gives you great results really quickly





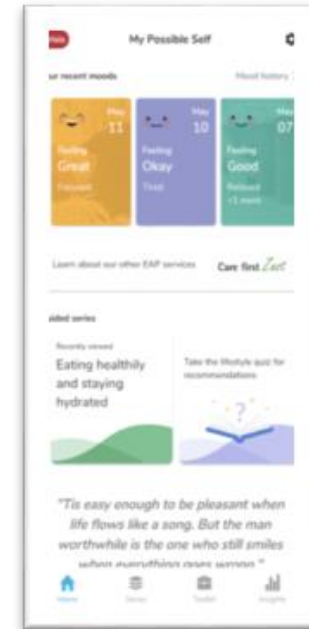
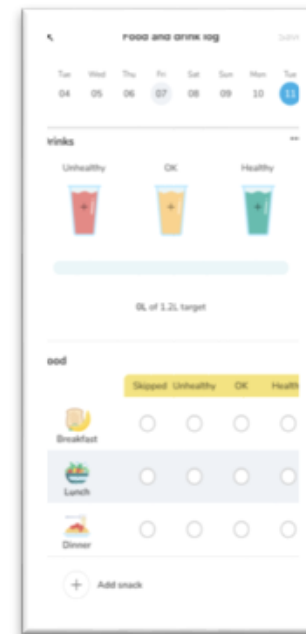
You can even take a photo to remind you of something you were doing that made you feel the way you did

When you enter your mood, you will be asked things like how you feel and what you are doing to make you feel that way



Track your food and fluids to see if you are staying hydrated and making positive meal choices

Tracking your mood will give you some great insights into what you did that made you feel that way and allows you to make positive changes



Your home page will start to build a picture of your daily choices and impact of making positive life choices



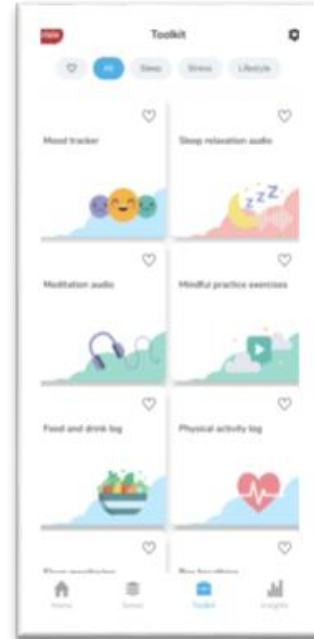


These guided series include practical tips and advice using articles or videos created by the Priory Group

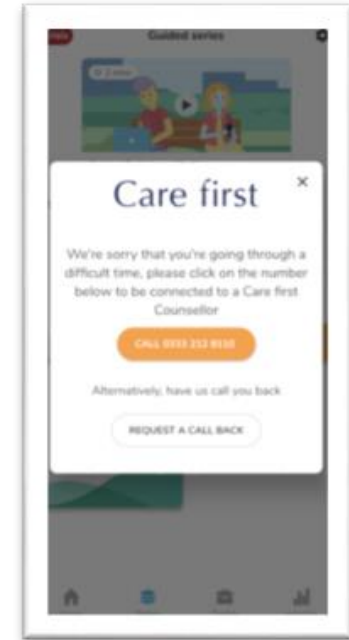
Within each of the series tabs, there are guided exercises you can use to make improvements to the parts of your life that you choose



Finding the tools you need is easy. Just select the toolkit button at the bottom of your screen. Everything you need is in one place



Find out more about the services available to you from Care first, by clicking the Care first Zest button



Contacting Care first is easy. If you want to talk with us, select the crisis button and you will be connected