

A man with a beard and curly hair, wearing a green t-shirt and white pants, is in a yoga or stretching pose. He is looking towards the camera. In the background, two women are also in similar poses, one in a white shirt and the other in a pink shirt. They are in a bright, airy room with a wooden floor and a white wall.

**ASURIS
MOTIVATE®**

Stress less for better health

Maintaining health isn't just physical. Taking care of your mental health is just as important as healing a broken leg or keeping your heart healthy. If stress is having a negative impact on your life and health, we're here to help. Asuris Motivate® has programs and activities to help you improve and strengthen your mental well-being.

Sign in to asuris.com and go to **Asuris Motivate** to get started with these activities.



Enriching Your Emotional Well-being Self-Guided Program

Emotional well-being is an essential component of a healthy lifestyle. This interactive program introduces practical tools and techniques to help you enhance your well-being with mind-body wellness, the power of optimism, gratitude and more.



Building Resilience Self-Guided Program

Challenges are a natural part of life, but how come some people manage them better than others? It may be because they've built up inner resilience. The good news is you can, too. Try this six-week program to learn how to use sleep, nutrition, exercise and more to become more resilient yourself.



Create healthy new habits with personal challenges

When you're trying to improve your health, building new habits is a great place to start. With personal challenges, you can work on something every day for a set time period to help you stick with it. Check out challenges like 60 Seconds to Less Stress, Social Media Time-Out, Break for Energy (for Caregivers), Pinching Pennies, Mastering Mindfulness and more.

Go at your own pace

If joining an activity isn't your style, Asuris Motivate offers an educational health library that you can access at any time. Search for "Manage stress" or "Mental and behavioral health" to find dozens of articles and resources that can help you.



Ready to get started?

It all starts with your Asuris account. Sign in at asuris.com and go to **Asuris Motivate**. In the My Health Journey section under Browse All Activities, you'll find self-guided programs, personal challenges, a comprehensive health library and more. We're here to help you feel your best in body and mind.



If you live life on the go, keep well-being at your fingertips by downloading our Asuris Motivate app today! Available for both iOS and Android.



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