



Hi, We hope you're well.

We're excited to tell you that you have access to **My Possible Self**, which has been provided by your company - in other words, it's completely free to use!

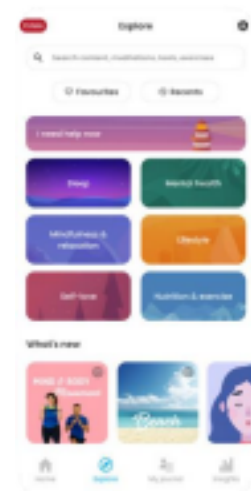
Using recognised psychological strategies and clinically backed methods from **Priory Healthcare** the **My Possible Self app** will teach users coping mechanisms to handle situations life may throw their way.

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 many many 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 - on the App Store or Play Store - but if you'd prefer to use the programme from your desktop, [follow this link](#)
- 2 Read the introduction from Bloopy Chatbot
- 3 When prompted choose to sign up
- 4 Enter your email address, password of choice, and organisation passcode
- 5 Accept the data protection and terms and conditions
- 6 Press continue and you are good to go



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

The My Possible Self Team