

# Take a Moment for Yourself

We know how hard it can be to find a moment for yourself. With Spring Health, you have access to **Moments**, a library of short, self-guided exercises for wellbeing support.

Tap into Moments directly with the Spring Health mobile app or your desktop for quick support whenever you need it.

Moments exercises can make your therapy or other care more effective, too.

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## Anxiety cues

Learn to identify situations that trigger your anxiety, signs you're already feeling anxious, and ways to work through these feelings.

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## Cognitive reframing

This technique helps challenge your automatic thoughts and creates new, more realistic thoughts to consider.

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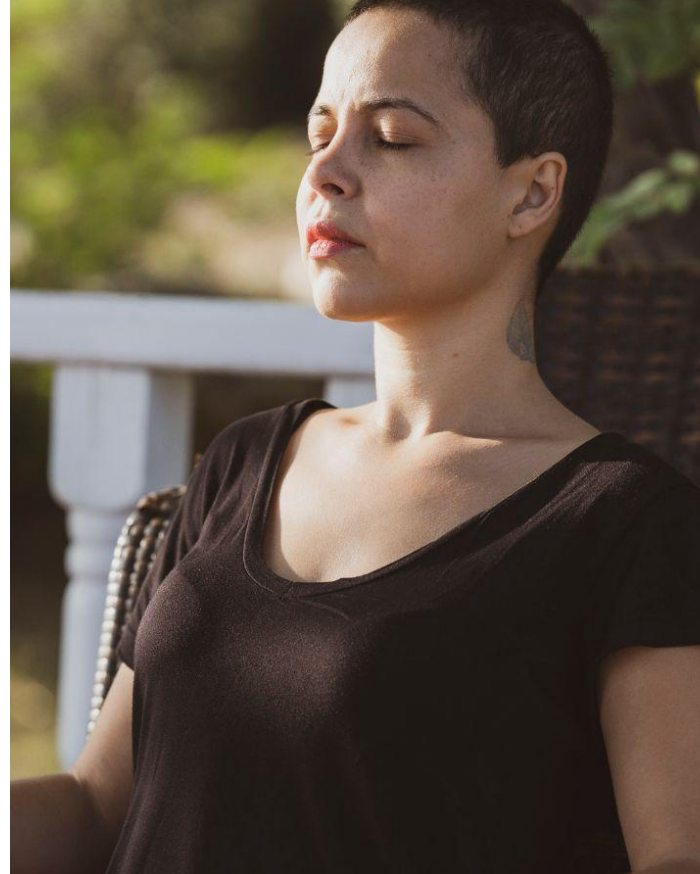
## Scanning your body

Body scanning is a technique many people learn through meditation, but you can do it anywhere to decrease physical tension and stress.

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## The power of pause

Sometimes negative emotions can get in the way of good communication and a clear perspective, so it's important that both adults and children be able to regulate them. Here are some tips for working through intense feelings.



## Get started with Moments

Create or log in to your Spring Health account — it's free and confidential. Complete a short assessment to get a personalized care plan and access to Moments.

Access Moments from the Spring Health mobile app or your computer. Take a Moment (or more) to start feeling better.

Create your account today at [benefits.springhealth.com](https://benefits.springhealth.com) or download the Spring Health mobile app. If you need help signing up, contact the Care Team at **1-855-629-0554** or [careteam@springhealth.com](mailto:careteam@springhealth.com).

Your care with Spring Health is private and confidential.