

# Mind, Body, and Spirit

KAISER PERMANENTE • DIABLO SERVICE AREA • HEALTH EDUCATION DEPARTMENT



## Classes and Resources



### Pathways to Emotional Wellness

Daily life can bring many stressors and affect your wellness. In this 1-session class, we'll help you identify your sources of stress and learn simple techniques to help you relax, deal with anxiety, and the symptoms of depression. We'll also provide an overview of available resources. *Available in Spanish.*



### Managing Depression

Depression is common, real, and treatable. In this multi-session series, you will learn about depression as well as ways to manage your symptoms. We will help you learn to challenge negative thoughts and add more pleasant activities to your life. You'll also learn techniques to relax and approach your life with mindfulness.



### Understanding Anxiety

In this multi-session series, you'll learn to identify what triggers anxiety for you as well as ways to manage your symptoms. We'll help you explore your thoughts and learn to approach instead of avoiding what you fear. You'll also learn techniques to relax, reduce your response to triggers, and approach your anxiety with mindfulness.



### Managing Your Stress

Enjoy life more. Emotions, thoughts, and behaviors can affect your health. In this multi-session series, you'll learn to recognize the sources of stress in your life, manage stress-related symptoms and illnesses, develop healthy lifestyle habits, and take better care of yourself. *Available in Spanish.*

## My Doctor Online Shortcuts to better health

### [kp.org/mydoctor](https://kp.org/mydoctor)

- Email your doctor
- Schedule routine & lab appointments
- View most lab results
- Check preventive health screenings

[kpdoc.org/videovisits](https://kpdoc.org/videovisits) – prepare for and join a video visit with your doctor

[kpdoc.org/mobile](https://kpdoc.org/mobile) – get health reminders and information on the go with the My Doctor Online App

[kp.org/diablo](https://kp.org/diablo) – Kaiser Permanente's Diablo Service Area website

[kp.org/mindbody](https://kp.org/mindbody) – information on mind-body and emotional wellness

[kpdoc.org/stress](https://kpdoc.org/stress) – tools and resources to help manage stress

[kp.org/depression](https://kp.org/depression) – tools and resources to help manage depression

[kpdoc.org/sleep](https://kpdoc.org/sleep) – tools and resources to get healthy sleep

[kpdoc.org/anxiety](https://kpdoc.org/anxiety) – tools and resources to help manage anxiety

[kp.org/healthylifestyles](https://kp.org/healthylifestyles) – personalized assessments & action plans to help manage stress, insomnia, & depression

[kp.org/listen](https://kp.org/listen) – watch videos or listen to podcasts on a variety of health topics

[kp.org/selfcare](https://kp.org/selfcare) – self-care tools, tips, and activities

[findyourwords.org](https://findyourwords.org) – depression help and support

[kpdoc.org/espanol](https://kpdoc.org/espanol) – resources in Spanish

### KP Online Store



Purchase health products recommended by your provider  
Visit [kponlinestore.com](https://kponlinestore.com) or call 925-556-4297

**Health Education strives to improve the total health of our members and the communities we serve. We encourage you to be an active partner in managing medical conditions, preventing disease, and promoting health.**

 **Couples Communication**

The heart of a healthy relationship is good communication. Learn ways to bring up difficult topics, reduce defensiveness, and understand each other's perspective. This 4-session series is specifically designed for couples in committed relationships.

 **Improving Your Sleep**

Want to fall asleep quicker, sleep more soundly, and wake up feeling more refreshed? Learn how nighttime habits and thinking patterns affect your sleep and how to change them. This 4-session class does not address medical conditions that interfere with sleep.

 **Wellness Coaching by Phone**

Ready to lose weight, eat healthier, lower stress, sleep better, move more, or quit smoking? Talk with a wellness coach over the phone to build your motivation and create a customized plan to make lifestyle changes. Schedule your appointment online at

[kp.org/mydoctor/wellnesscoaching](http://kp.org/mydoctor/wellnesscoaching) or call 1-866-251-4514.

*Available in Spanish.*

 **Anger Management Resources**

[kp.org/mydoctor](http://kp.org/mydoctor)

- Search "Anger"

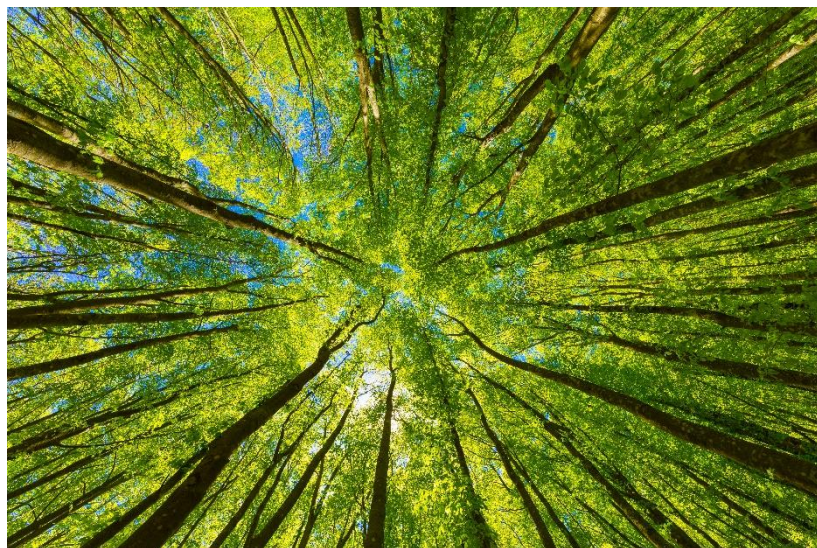
[mycourtclass.org](http://mycourtclass.org) – anger management online classes

 **Mental Health/Chemical Dependency Information**

Antioch Medical Center: 925-777-6300

Pleasanton Medical Offices: 925-847-5051

Walnut Creek Medical Center: 925-295-4145



**Call the Health Education Center at 1-866-248-0721 for class schedules, registration, and fees, if applicable.**

***To protect our members and community, class offerings are subject to change based upon local guidelines and policies.***

## **Health Education Centers**

**1-866-248-0721**

Health Education Centers are open to members and the community. We carry a variety of health information to support you and your family.

### **Antioch Medical Center**

4501 Sand Creek Road  
Deer Valley Building  
Antioch, CA 94531

### **Dublin Medical Offices and Cancer Center**

3100 Dublin Boulevard  
Dublin, CA 94568

### **Martinez Medical Offices**

200 Muir Road  
Ensenada Building  
Martinez, CA 94553

### **Park Shadelands Medical Offices**

320 Lennon Lane  
Yosemite Building  
Walnut Creek, CA 94598

### **Pleasanton Medical Offices**

7601 Stoneridge Drive  
South Building  
Pleasanton, CA 94588

### **San Ramon Medical Offices**

2300 Camino Ramon  
San Ramon, CA 94583

### **Walnut Creek Medical Center**

1425 South Main Street  
Walnut Creek, CA 94596