



STRESS / ANXIETY / DEPRESSION

At-A-Glance Options
At Kaiser Permanente
In Santa Clara.

INDIVIDUAL APPOINTMENTS

Telephone Wellness Coach

Whether you're trying to get more active, eat better, manage your weight, quit tobacco, handle stress, or conquer sleep concerns, your personal coach can help you create and stick with a plan for reaching your goals. Mon-Fri 7am-7pm and Sat 8:30am-5:00pm. Offered in English and Spanish.

1-866-251-4514

<https://healthy.kaiserpermanente.org/northern-california/health-wellness/wellness-coaching>

ONLINE CLASSES

Pathways to Emotional Wellness

One session. In this class, we'll help you identify your sources of stress and learn simple techniques to help you relax, deal with anxiety, and lessen depression. You'll also explore a variety of other resources to help you feel better and thrive.

Health Education
408-851-3800

Managing Your Stress

Five sessions. Learn about how emotions and thoughts affect health. Learn about stress and stress management.

Understanding Your Anxiety

Five sessions. Overwhelmed by anxious feelings? In this class, learn about causes, symptoms and treatments for anxiety. Find out what you can do to manage your anxiety and fully enjoy your life.

Managing Depression

Five sessions. Depression is very common. This class will help you to feel better and understand causes, symptoms & treatments of depression.

Introduction to Meditation & Relaxation

One session. Learn basic meditation practices. Including body posture and breath awareness, two of the most important aspects of meditation.

Breath of Yoga

Three sessions. Learn a profound breathing technique providing the benefits of yoga without using postures. A powerful energizer to help cleanse deep-rooted stress.

Improving Your Sleep

Four sessions. This class is designed to help improve the quantity and quality of your sleep. This class does not address medical conditions that interfere with sleep.



ONLINE RESOURCES

Relax™

An online HealthMedia® Program with an individually tailored plan for handling stress. Discover what causes your stress & find ways to manage it.

kp.org/healthylifestyle

Overcoming™ Depression

An online HealthMedia® Program that can help you gain greater control over your depression— and work toward feeling better.

kp.org/healthylifestyle

Stress (guided imagery podcast)

A free podcast for stress relief you can download to an mp3 player or listen to online.

kp.org/listen

MOBILE APPLICATIONS

iCope

Inspirational messages. Encouraging words. From the best author to write them...YOU.

Intellicare app

Thought Challenger

A negative thought bothering you? Catch it. Check it. Challenge it.

Intellicare app

Boost Me

When stressed or low, get more pleasure, accomplishment. Get a boost.

Intellicare app