

Northwest Permanente Wellness Passport Guidelines

September – November 2016

Emotional: Emotional Wellness app

Download an Emotional Wellness related app

Emotional wellness is an important, yet forgotten, topic. It is valuable to have tools to manage your emotional wellness 24/7, even when you're on-the-go. Positive emotional wellness is important for happiness, mental stability and overall well-being. Considering the non-stop, hectic day-to-day lives of many clinicians and staff it is important to have quick access to easy-to-use tools for dealing with emotions in the present moment. One of the simplest ways to accomplish this is through the use of smartphones apps. Download and use an emotional wellness related app for a minimum of one week. The NWP Wellness website has some great suggestions for Emotional related apps.

To receive credit, submit the following via email to NWPWellness@kp.org
Write a short review of the app including the name of the app, if you'll continue to use it and what (if anything) you got out of using the app

**Click here to go to the NWP Wellness website
and check out their app suggestions!**

Please submit all documentation to NWP Health & Wellness, KPB 16
or e-mail us at: nwpwellness@kp.org