

# Put yourself first

Worn out from trying to be everything to everyone else? Make a commitment to self-care to improve both your physical and mental health.

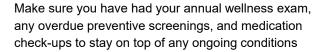


Schedule a visit with your primary care provider (PCP) to check-in on your overall health and wellbeing.

### Focus on the whole you



#### Reduce risk





#### Manage stress

Get help activating your body's natural relaxation response with deep breathing, mindfulness meditation, and progressive muscle relaxation



#### Live healthy

Receive support to follow a balanced diet, improve your sleep, and increase your activity level as these habits can make a big difference in your health

## Not registered?

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All employees (and spouses covered by a General Dynamics medical plan) can create an account.

