

Feeling Good: positive mindset App

To overcome stress, low mood & worry



Used by NHS
doctors & nurses.
Safe & effective,
given to over
75,000 patients.

The app consists a series of audio tracks, Positive Mental Training, to help you build essential skills, not only to deal with mental stresses and strains, but to bounce forwards and become mentally stronger and more resilient to stress.

Listening to the app can help relax & calm your mind and body, lift your mood, help you feel more positive, let go of worries, sleep better and deal with stresses more easily. It can also help with physical symptoms of stress, such as headaches, irritable bowel, fatigue and chronic pain. It improves your ability to focus on a task, to feel positive about yourself when talking to others. It is based on an Olympic Coaching Programme and helps you to perform at your best when you need to.

Start now: Find a place to make yourself comfortable and start by listening to track 1. You will be asked to close your eyes and relax. Make sure you're in a safe environment in case you fall asleep. Each track is 20 mins. If you can, listen at least once a day. Listen to the same track for a few days before moving onto the next track. There are 12 tracks in all but most people tell us their sleep & mood quickly become better.

Watch our 3½ min animation and our video in the app: Or go to vimeo.com/showcase/6867790 to see a collection of 4 short videos including one on the origins from Olympic sport.

Get the app! Downloading the app is free

1. **Visit** your app store on your phone or tablet.
2. **Search** on 'feeling good' and look for the logo with a blue sky and sun (see picture above)
3. **Install** the app free to your device. It comes with free stuff.
4. **Unlock** the rest of the tracks by putting the **username and password** below into the login boxes in the 'download' tab. (NB this username and password are *only* for this app.)
5. **Complete the questionnaire** – all results are anonymous.

My in-app login username

nthmtnan

My in-app login password

positive

Now Relax and Restore!