

## 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 can improve your ability to focus on a task, to feel positive about yourself when talking to others, 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.

**For more info** and a good preparation watch our collection of [videos](#); our [animation](#) explains how our Olympic Coaching origin can help distress, [this video](#) demonstrates our relaxation, both 3½ mins.

### Get the app! Downloading the app is free

1. **Visit** your app store on your phone or tablet.
2. **Search** on 'feeling good:positive mindset' 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. **Please complete the questionnaire** – all results are anonymous and you can track your improvement.

**NB** your device needs to be set up to use the app store, this requires registering with google or apple.

My in-app login username

wellgood

My in-app login password

positive

## Now Relax and Restore!