

Feeling Good App: positive mindset

To overcome stress, low mood & worry



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 listen to the welcome message on the home screen & watch the **animation & video** -links in the instructions tab.

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 (information & some free tracks including track 1)
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 the information helps our charity.

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

Lthne1

My in-app login password

positive

Now Relax and Restore!