




 **Feeling Good**



Free App through the NHS

Relaxing Mind Coaching

Originally Developed for Top Athletes

-  Sleep better
-  Reduce worry
-  Increase mood & self-confidence



 **How to get it**

1. Download Feeling Good Teens app from your app store.
2. Unlock all the tracks - click on a locked track & put the following codes into the referral section: -

Username: youngedin

Password: youngedin

