

Feeling Good App

To overcome stress, low mood & worry



The Feeling Good App contains the evidence based audio programme **Feeling Good for Life**, which is the new name for Positive Mental Training, a series of 12 audio tracks to help you build lasting skills for wellbeing and recovery; not only to deal with mental stresses and strains, but also to experience more positive emotions, bounce back more quickly and become mentally stronger and more resilient. There are other modules on the app, all contain the same beginning tracks from Feeling Good for Life.

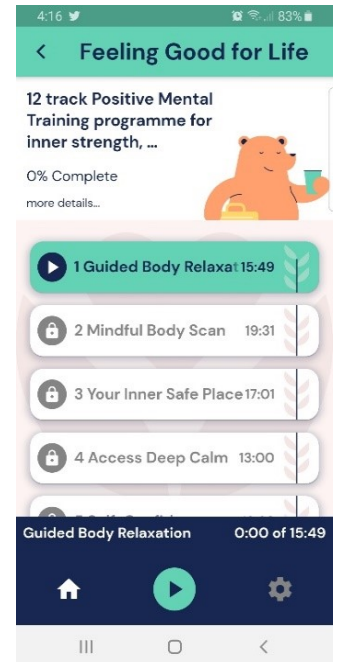
Research shows that this programme can help relax & calm your mind and body, lift your mood, help you feel more positive, let go of worries, sleep better and deal with stresses more easily. It can also help with physical symptoms of stress, such as headaches, irritable bowel, fatigue, and chronic pain. 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 listening to track 1 on **Feeling Good for Life**. You will be asked to close your eyes and relax, so make sure you're in a safe environment in case you fall asleep. It's good to listen at least once a day, listening to the same track for a few days before moving onto the next track. There are 12 tracks in all but most people say their sleep & mood quickly improve in 1-2 weeks.

To get the most from the app go to 'users guide' listen to the 'welcome' & watch the videos in 'settings' (7 mins). Or see <https://vimeo.com/showcase/6867790>.

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
3. Install the app **free** to your device. It comes with free stuff.
4. **Unlock** the rest of the tracks by putting in the referral **username and password** below into the referral screen which comes up as soon as you get the app
5. **Complete the questionnaire** – voluntary but helpful to us and you – all results are anonymous.



My in-app referral username

edinchpf1

My in-app referral password

positive

Now Relax and Restore!