

Feeling Good App— for Depression, Anxiety & Stress

Links to app store from www.foundationforpositivementalhealth.com

For iphones, ipads android phones and tablets.

This app contains the audio programme - Positive Mental Training

How does it work? The **Positive Mental Training** programme consists of a video and a series of sound (audio) recordings which can help you build the essential skills not only to deal with mental stresses and strains, but to bounce forwards, and become stronger. If we see difficult events in our lives as a worry or a disaster, then we may see only bad outcomes. We may then avoid dealing with the situation, and also avoid dealing with new events, increasing our stress, spiralling downwards into low mood, negative thinking and depression. Or, we can take the opportunity to grow stronger, to develop new skills which can help us change our mood and see events in a different way, such as a challenge, or an opportunity to learn; at any point in our lives we can develop these skills and become resilient. This programme can help you develop these skills, using your body *and* your brain to calm your mind, lift your mood, see a brighter future, and more easily deal with events and let go of your worries.

How do I start? It's easy! Just find a place you can make yourself comfortable, watch our video (on home page of our website or on the information tab of the app) and then listen to the first audio track. Listen once a day (safe to do it more if you want) for a week and then move on to the next track, listening every day. There are 12 tracks in all; some things such as sleep can improve rapidly. The first 2 tracks build the ability to calm your body whenever you choose; this can simultaneously relax the mind and boost your brainpower. As you build on this relaxation you can develop the ability to see things differently, to transform uncomfortable feelings connected to past events to helpful positive feelings, which can then protect you from stress and change your outlook from gloomy and negative to positive and optimistic. After the first 6 tracks you may begin to notice you have established a good way of dealing with stress, but it's good to continue with the course, the evidence suggests that the full course can help stress anxiety and depression.

How do I get the app? Downloading the **app is free**, the easiest way is:

1. Go to www.foundationforpositivementalhealth.com on your phone/tablet/device.
 2. Clicking on the link to the app on the homepage will take you to the app page on Google Playstore or the Apple Store.
 3. Install App free to your device with the first track of Positive Mental Training and short sample tracks.
 4. To unlock the rest of the Positive Mental Training tracks put in the code your doctor/health professional has given you into the **voucher code** box at the bottom of the 'download' tab. The whole process takes less than 2 minutes.
- Remember to watch the video, 'Positive Mental Training Explained', (8 mins) just once, link on the 'instructions' page, which also has more information on using the app. You can also set up listening reminders and track your progress.

NB your device needs to be able to use the app store, this requires registering with google or apple which requires a bank card entered (as some apps need purchasing or in app purchases) **even though our app is free.**



Now Relax and Restore!