



Welcome to our summer newsletter. We're delighted to introduce you to our new 3.5 min animation from Cogni+ive. We love it!



Watch our new resilience animation

We have long been impressed by the potential for scientific communication by animation epitomised in the work of Cogni+ive, the group who produce the Royal Society of Arts animations (RSAnimate).

We asked them to make a very short animation explaining the neurobiology behind Positive Mental Training, focusing particularly on the links between sports excellence, resilience and good mental health. We wanted to explain our recent research on memory to show how Positive Mental Training helps us recover from emotional distress and adverse childhood experiences (ACEs).

As anyone who has been to a workshop will know Alastair manfully struggles to condense the theory behind PosMT into about 1 hour (often more!). So after many months of back and forth when Cogni+ive used their skills to understand and convey the message, it was condensed this into 3 ½ minutes. This process is illustrated by Cogni+ive [here](#). The animation packs a huge amount of information, and is supported by a [2 page explanation](#) of the science.

This is now featured on the home page of the website and in the information tab of the Feeling Good app and forms a key part of the psychoeducation, an essential part of engaging with Positive Mental Training, either as a

professional or a client/patient.



Upcoming workshops - **session 2 - 13th June & session 1 on the 20th June.**

**Details here**

**Email us to reserve your place**



THE UNIVERSITY  
of EDINBURGH

**University students** are very stressed, the costs of studying and the pressure of exams keep mounting.

We met with Sir Professor Timothy O'Shea, the former Principal, last November and agreed that given our latest research, the programme should be made available to all students in Edinburgh University.

We are delighted to be working with Counselling and Wellbeing services along with Sports and Exercise to make this happen.

There are an exciting series of events planned for later this year on the theme of sport and mental health.



**Feeling Good App Update:** You may not have noticed, but there has been a recent upgrade to the app about 2 weeks ago. We've removed a couple of glitches and added these key changes:

1. A requirement that everyone should complete the questionnaires, just after entering a username and password, to unlock the free complete Positive Mental Training programme.
2. Follow up data collection now at 10 weeks, in order to continue accessing the unlocked content. We are asking this so that we can fully assess the impact of the app. All data collected on the app is

anonymous.

3. The new Cogni+ive animation is included in the 'instructions' page making it easy for users to watch this and gain a theoretical framework to engage with the programme.

4. We've added in weight loss, stopping smoking & positive ageing tracks.

Your app may automatically reset, if you lose any tracks please reinstall and restore purchases (even if used a code). This may unfortunately result in losing the leaves and flowers on the tree.

### **Send me more about the Feeling Good App**

**We take your privacy seriously.** Here is a summary of data collected via the website and app.

#### **Privacy for users.**

We do **not** collect any personal information through the app or the Foundation for Positive Mental Health Website. Any questionnaire results cannot be linked to an individual. As we have no personal information we cannot pass this on to any third party. All the information is encrypted by our servers or by google analytics.

#### **Privacy for professionals and others on our mailing list.**

We hold your name and e-mail address (and sometimes job description) to contact you for updates to the use of the app for their patients, new research, and useful information on the outcomes of different groups using the programme. We do not pass this information to anyone in any other organisation. Because such information is important for patients and professionals who are using the programme (and many have been continuously using it for many years) we have completed a risk assessment and deemed that we have legitimate interest in holding this information. However, many of you on the list will not be using the programme for yourselves or for patients and have no interest in continuing to receive information. If you wish to unsubscribe press the button below.

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