

**Feeling Good: Positive Mindset App** – and [NHS accredited app](#) available for all key workers and patients/clients across the UK until August

An NHS Lothian & Borders service provision since 2015, this audio relaxation based mental training app, based on Olympic sports coaching, contains **12 evidence-based tracks that help reduce stress, worry, depression and burnout and increase vitality.**

You can access the Feeling Good app here. There are 2 information sheets depending where you live with identical information but different access codes.

If you are living in Scotland please [link to this document here](#)

If you are living in the rest of the UK please [link to this document here](#)