Feeling Good: positive mindset App

To overcome stress, low mood & worry

The app consists a series of audio tracks, Positive Mental Training (PosMT), to help you build essential skills, not only to deal with mental stresses and strains, but to bounce forwards and become mentally stronger and more resilient to stress.

Listening to the app 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 is based on an Olympic coaching programme and can help improve performance, ability to focus on a task and self-confidence. Read our blog on positive emotions & immunity.

How to Use: Find a place to make yourself comfortable and start by listening to 1. Guided Body Relaxation, track 1 of PosMT). You will be asked to close your eyes and relax. Make sure you're in a safe environment in case you fall asleep. If you can, listen at least once a day, for a few days before moving onto the next track, 2 Mindful Body Scan. Listen to each track in turn for a few days before moving to the next track. There are 12 tracks in PosMT, each 20 mins, but most people tell us their sleep & mood quickly become better.

Watch our 3½ min animation and our video in the app: Or go to vimeo.com/showcase/6867790 to see a collection of 4 short videos including one on the origins from Olympic sport.

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': look for the logo with a blue sky and sun (picture above)
3. **Install** the app free to your device. It comes with some shorter tracks and track 1 already unlocked.
4. **Unlock** the rest of Positive Mental Training tracks by putting the **username and password** below into the login boxes in the 'download' tab. (NB this username and password are *only* for this app.)
5. **Complete the questionnaire** – all results are anonymous.

My in-app login username | coboost1 | **My in-app login password** | positive

Now Relax and Restore!