

Feeling Good App – Depression Anxiety & Stress App

Available on our website 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 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. We can however develop new skills which can help us change our mood and see events in a different way at any point in our lives we can develop these skills and become more resilient. This programme can help you develop new skills, to calm your mind and body, lift your mood, 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 short video (on website or information tab of app) and then listen to a track 1. 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.
2. Click on the link to the app on the homepage.
3. Install the app free to your device it comes with the first track of Positive Mental Training and some shorter tracks.
4. To unlock the rest of the Positive Mental tracks put in the **username and password** your doctor/health professional has given you into the login boxes at the foot of the page on the 'download' tab – note this username and password are only for the app, and will not work on the website.
5. Next you will be asked to **complete a questionnaire – voluntary** but helpful to us – all results are held anonymously.

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 have in app purchases even though our app is free.

My app username

My app password

Now Relax and Restore!

