



Positive Mental Training: Building Resilience to Stress, Worry and Depression.

Plus: Instructions for Downloading mp3's from website

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, to inwardly learn from your distress 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, find the first audio track on your audio player and follow the spoken instructions. Do this at least once a day (safe to do it more if you want) for a week and then move on to the next track. 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 and depression.

How do I download it?

1. Go to www.foundationforpositivementalhealth.com and pick '**download by voucher**' from the upper bar.
2. If you have not downloaded before, you will need to register first, otherwise login with the password and e-mail address you registered with (*not your voucher code/postcode yet*).
3. You will now be taken to your personal screen ('Hello') where you will be offered the choice to download an mp3 of Positive Mental Training. You will see 2 boxes.
4. Enter the **voucher code** given to you by your Doctor or health professional in the **top box**
5. In the **lower box** put your **health centre or clinic postcode**.
6. Before you download for the first time you will be asked if you would like to help us by completing a questionnaire about your levels of stress, *you do not have to do this, there is an option to skip the questionnaire*, Then Click 'download' (will take 4-6 minutes on broadband). Each mp3 download contains written information as a word document included in the download.
7. Please remember to **watch the video** of us on the homepage just **once before you start**, its 8 minutes long.

Now Relax and Restore!