

Shiny Mind

The power to shine brighter

Supporting the wellbeing of thousands
of NHS staff every day. Now available
to you as a Wellbeing Prescription



I love knowing that I've got the ShinyMind app to hand regardless of the kind of day I've had. It's a great way to reflect, explore your mind and recharge.

Dr Shankari Maha, GP in Luton



Using this anywhere is helpful, it has made me feel less alone in dealing with stuff, and when I'm stressed it's my 'go-to' for dealing with it. I have been surprised how much it has helped me."

Patient

What is ShinyMind?

ShinyMind is a digital wellbeing prescription, co-created with NHS staff with over 100 resources to choose from to help you feel better and live well.

Why should I use it?

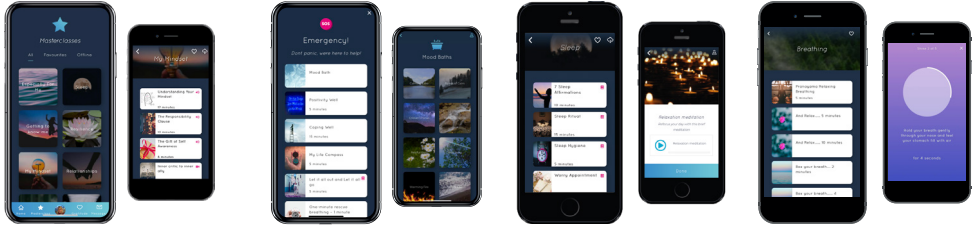
Already being used by the NHS to help and support frontline doctors and nurses in their work and lives, ShinyMind is proven to help with stress, anxiety, and coping with long-term conditions, providing tools to feel happier and more positive. It's confidential to you, flexible, and easy to use – as little or as much as you like, anytime 24/7.

How do I know it will work?

As well as supporting NHS staff, ShinyMind is now helping patients who are experiencing anxiety, stress, depression and a range of long-term conditions - many of whom have reported improved wellbeing and positivity.

**What if you could feel better, cope better with your condition, and be happier and more positive?
Ask your practice team for details.**

Empowering your wellbeing journey



Feel better

Masterclasses to think better and feel better by understanding why we think as we do.

Explore **My Mindset** and **Getting to Know Me**

to understand the impact of our thinking and find help to deal better with **Relationships**.

Be **Confident and Happy**, use the **Daily Shine** to choose the right exercise for your mood, and our **Resilience**

masterclass has improved positivity in 99% of people.

'SOS' button

If things are getting a bit much, get help quickly with short exercises to feel better in minutes, or use **Mood Baths** – images and sounds of nature proven to relax you in 60 seconds.

De-stress

Listen to audio or use tips to help you relax, achieve **Calm**, and **Sleep** well - science shows that sleep is vital to both our physical and mental health.

Breathing

Simple video exercises to relieve stress - research shows it is easy to learn, and a quick and easy way to calm your nerves and feel back in control.



Here's what people think...

"The Inspire Me quotes are great keep me thinking and positive."

"Helping with sleeping and also looking at parts of ShinyMind make you think! Which is good for the mind in reminding me to do things"

"Helped me to relax and release anxiety. I enjoyed using the Calm and Stress classes"

"Giving me techniques to deal with my anxiety. I think as I use it more, it will keep making me feel better."