

## Sorted: mental health app

### To overcome stress, low mood & worry



The **Sorted: mental health app** (formerly the Feeling Good App) contains the evidence based audio programme Positive Mental Training, a series of 12 audio tracks 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. It is based on an Olympic Sports Coaching Programme. Adapted by a GP and a psychologist It has been in use in Scotland over 15 years.

This programme 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 is effective for depression and anxiety and can also help with physical symptoms of stress, such as headaches, irritable bowel, fatigue, and chronic pain. It can improve

your ability to focus on a task, to feel positive about yourself when talking to others, to perform at your best when you need to at work and at home.

**Start now:** Find a place to make yourself comfortable and start listening to track 1 on the **Feeling Good for Life** module. You will be asked to close your eyes and relax, make sure you’re in a safe environment in case you fall asleep. It’s good to listen at least once a day, listening to the same track for a few days before moving onto the next track. There are 14 tracks in all, most people tell us their sleep & mood quickly improve.



**More info** visit [www.feelinggood.app](http://www.feelinggood.app) find research and helpful videos (new website coming soon)

**Get the app!** Downloading the **app is free**

1. **Visit** your app store/google play on your phone or tablet.
2. **Search** on **Sorted: mental health** and look for the logo
3. **Install** the app free to your device. It comes with free stuff.
4. **Unlock** the rest of the tracks by putting in the referral **username and password** below into the referral section
5. **Complete the questionnaire** –helpful to us and you – all results are anonymous.



**My in-app referral username** lothianwidef1      **My in-app referral password** positive

**Now Relax and Restore!**