



## Empowering your whole life to shine

**ShinyMind is a wellbeing and empowerment resource co-created with the NHS. It is already helping thousands of healthcare professionals improve their mental health and wellbeing with over 100 evidence-based masterclasses and activities.**



Laura Cooper, GPN lead for Central Bedford

As a practice nurse I started to use the ShinyMind app as I needed to start taking care of my mental well being. It is helping me which in turn helps my role at work and with family life.

- ★ Receiving an inspire message sometimes is just what I need.
- ★ When looking after others it is so easy to forget about yourself.

- ★ I use the masterclass in stress and sleeping if I am particularly anxious.
- ★ The mood bath is one I often use listening to sounds of the sea is very relaxing.

I use the ShinyMinds App because it helps me both in my personal and professional life:

- ★ The daily 'Inspire Me' message is like a positive pep talk from a friend to start each day.
- ★ The Box Breathing help me slow down and the deep breathing helps me calm down in stressful situations.

- ★ I take a short break out of my day to do a Meditation.
- ★ The daily Shine is a great way of tracking my mood and helps me to take stock daily of both positives and negatives and reflect on these.



Bethany Buddery, Early Careers GPN Strategic Lead & Practice Nurse

Scan the QR code to get access to the Nursing Version today!  
or get in touch with us at [hello@shinymind.co.uk](mailto:hello@shinymind.co.uk)

