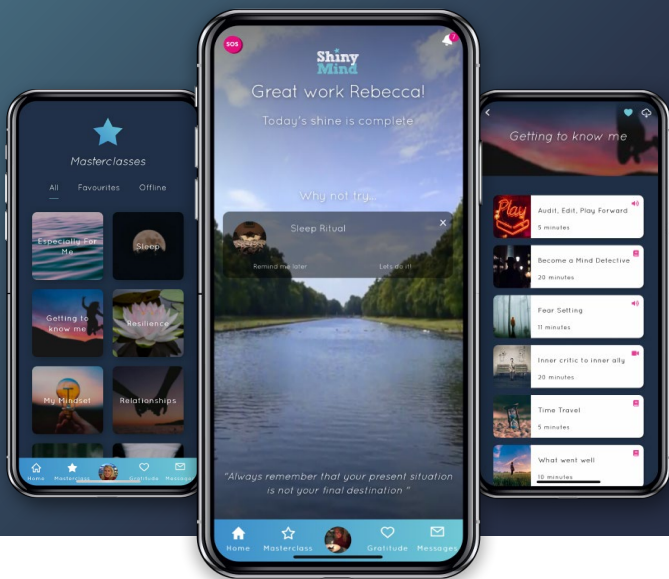




# ShinyMind – Helping staff in Greater Manchester to shine bright



**We are proud to be able to launch ShinyMind to support our hard working Primary and Community nursing teams across Greater Manchester!**

ShinyMind is a uniquely interactive mindset app that improves wellbeing, resilience and teamwork, and is proven to reduce the stress and anxiety of everyday life, leaving people feeling happier and more productive.

**“ShinyMind helps you to take control, bringing calmness and improving wellbeing.”**

The app is your own personal, secure space to reflect on your thoughts, feelings and explore over 100 exercises and masterclasses to get to know yourself a little better. It gives you the tools to become more resourceful so you can deal with pressures and challenges in your personal and work life, helping to improve your wellbeing and resilience on a daily basis.

The app’s foundation is built on a blend of science and research carried out by psychotherapists into what makes people feel better, their teams work better and ultimately sees organisations perform better.

Not just mental health, more than meditation and beyond helping you sleep – although that’s covered too, ShinyMind is grounded in evidence, science and research equipping you to thrive by changing the way you think. It helps build teamwork, morale and mutual support with its positive messaging and community functions, as well as being a confidential, safe space.

**“Just the reassurance of knowing it’s there if I need it. I feel so lucky to have it available to me.”**

To find out more about this offer join the GM Nurse Forum, 12th October 21, 12pm – 2.30pm

## Help when you need it most

We can all have bad days. The app delivers effective support in minutes when your people really need it 24/7, 365 days a year.

- **Interactive exercises and masterclasses - delivering support in under 5 minutes**
- **Mood Baths – to calm and reduce stress**
- **Positivity Well – connection to your purpose**
- **Coping Well – science-based bite-size advice**
- **Signposting to further help if needed.**

**“I feel more productive in my day to day work and it’s had a positive impact on my team”**

**“I feel far more motivated and able to do things which before I wondered if I could”**

**“Happier, calmer, feel good within myself”**

**“Made me have a more can-do attitude”**



would recommend to colleagues



said ShinyMind makes them feel more positive and motivated



reduction in short-term absence rates due to stress and anxiety



turnover rate amongst staff groups using app (compared to 18%)



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