

Feeling Good: positive mindset App

Covid 19 Pandemic

Used by NHS
doctors & nurses.
Safe & effective,
given to over
75,000 patients.



In light of limited face to face consultations, to make it easier for your patients to have access to the resources in the Feeling Good App, we are pleased to issue a [new code and information sheet](#) that primary care, psychiatry and care workers can insert into any information that can be **accessed online**, i.e. GP and practice **websites**, psychiatry and psychology **information sites**.

In app login username – **coboost1** password - **positive**

Please share this via your websites and information sites.

Existing codes are still active of course.

Listening to the app 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 can also help with physical symptoms of stress, such as headaches, irritable bowel, fatigue and chronic pain. It is based on an Olympic coaching programme and can help improve performance, ability to focus on a task and self-confidence.

Read our [blog on positive emotions & immunity](#).

Please contact us for information and access to our online **RCGP accredited online training modules & webinars**.

The Feeling Good: positive mindset App is NHS digital accredited and is included in the NHS apps library as an aid to recovery from emotional distress. It is commissioned by NHS Lothian and NHS Borders. For more information contact mail@foundationforpositivementalhealth.com