



ShinyMind Wellbeing App

What is the ShinyMind App?

The ShinyMind App was co-designed with NHS staff, for NHS staff. The app helps to support the wellbeing and resilience of staff in all areas of their lives. The Mindset Resilience programme has helped over 2000 NHS staff deal with the pressures they face, and to help look after their wellbeing and resilience. The Resilience Masterclass has proven reduction in stress and anxiety related sickness absence.

When will it become available?

The ShinyMind App will launch on **Tuesday 2nd June 2020** in both Herefordshire and Worcestershire.

Sign up & Access the ShinyMind App

In order to sign up to the ShinyMind App, please use the following link and complete the required form: <https://bit.ly/HWShinyMind>
Once you have submitted your details, you will be notified via email and will receive your login details. You will need to download the ShinyMind App from your app store before being able to access it.

Privacy Policies | Data Protection | GDPR

Privacy policies, Data protection & GDPR are now all on the ShinyMind App COVID-19 Workforce page under ShinyMind:
<https://teamnet.clarity.co.uk/Topics/ViewItem/dba2e64f-a9a8-4742-afd9-ab8800eabe21>

“A hug in an app”

“A supportive & reflective space to work on yourself, and strategies to help you cope with day to day life”



Your Own Personal Space To Resource Yourself 24/7

Personalised, Community, Connection, Belonging & Purpose...

100-plus activities and exercises co-designed and created by NHS staff.

A Positive Community...

Helping people feel connected with a sense of belonging, via a unique messaging function so people can send positivity posts and shout-outs across their community.

Improved Teamwork and Morale...

Community means people look out for each other and feel connected in difficult times - especially with home working and self-isolation.

An 'SOS' button...

Delivers help and support within 5 minutes - everything is backed by science and evidence, so people know the App will help 24/7.

Expert Science-backed Masterclasses...

Interactive, proactive masterclasses which build as a personal resource, Getting to Know Me – my thinking, my triggers, my purpose, my coping strategies as well as Stress, Calm, Mindset, Relationships, Self-compassion.

Help with sleep - meditation and breathing...

To help create calm and promote good sleep.

Especially for You...

Input your mood and advanced diagnostics give you an exercise activity to help within seconds.

Daily Shine...

Evidenced-based 5-step, 5-minute positivity exercise based on your mood tailoring everyday support specifically to staff needs.

Daily Inspire Me...

Posts to lift mood and boost connection.

Inbuilt wellbeing campaign...

Weekly positivity nudges, Friday Refresh, monthly wellbeing news.

