

# Lower stress



## What is stress?

Stress is the body's physical response to a real or perceived threat, demand or danger. When you feel threatened, your body releases stress hormones, which prepare the body to respond. This is called the 'fight or flight' response.



Scan the QR code to get more advice about stress from Good Thinking.

## Free resources



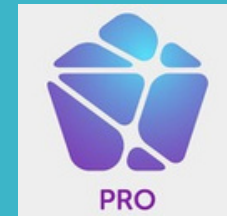
### Stress Self-Assessment

Answer a few questions to help you understand what causes you stress, then get personalised recommendations to help you reduce it.



### Be Mindful (app)

If you feel stressed, Be Mindful takes you through an intensive course of mindfulness therapy to help you feel calmer and happier.



### MyCognition PRO (app)

MyCognition PRO uses brain training exercises to help lower stress, improve your focus and build resilience.



### My Possible Self (app)

My Possible Self helps you to understand stress better and guides you through ways to reduce it.



### Why a micropause can help your mental health today (podcast)

Listen to an expert in mindfulness share the small things you can do every day to reduce stress.

### **Urgent support**

If you are struggling and would like to talk with someone confidentially, please don't wait.

You can find out more about the urgent support that is available [here](#).

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# Improve sleep



## What is a sleep disorder?

Sleeping too little or too much? Waking in the night? Feeling irritable during the day? Sleep disorders can occur for lots of different reasons, including illness and stress, and may affect your hormone levels, mood and weight.



Scan the QR code to get more advice about sleep from Good Thinking.

## Free resources



### Sleep Self-Assessment

Answer a few questions to help you understand your sleep better, then get personalised advice to help improve it.



### Meditainment (app)

Be guided to an island paradise, secret garden or tropical sands to help you achieve calm at bedtime.



### My Possible Self (app)

My Possible Self has a library of advice and support to help you improve your sleep.



### tomo (app)

The Reflection module in tomo helps you to develop healthy habits that keep you calm and aid better sleep.



### Benefits of healthy sleep patterns (podcast)

Listen to an expert in sleep medicine and learn what you can do to improve your sleep.

### **Urgent support**

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# Boost mood



## What is a mood disorder?

If you have a mood disorder, you may feel sad, hopeless or irritable or you may alternate between feeling very low and excessively happy. Your emotional state and mood may be out of character and may make your daily activities more difficult.



Scan the QR code to get more advice about low mood from Good Thinking.

## Free resources



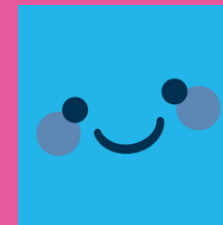
### Depression Self-Assessment

Answer a few questions to help you understand why you feel down, then get personalised advice to help improve your mood.



### Be Mindful (app)

If you feel anxious, Be Mindful takes you through an intensive course of mindfulness therapy to help you feel calmer and happier.



### My Possible Self (app)

My Possible Self helps you to understand your depression and guides you through ways to overcome it.



### tomo (app)

tomo helps you to do more positive activities that lift your mood.



### Build mood boosting habits (podcast)

Listen to the founder of the tomo app explain how developing healthy habits can boost your mood.

### **Urgent support**

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# Reduce anxiety



## What is anxiety?

Anxiety can be described as a feeling of unease that can be mild or severe. It's natural to feel worried or scared in certain situations and at certain times but, if you have an anxiety disorder, intense feelings of anxiety might become overwhelming.



Scan the QR code to get more advice about anxiety from Good Thinking.

## Free resources



### Anxiety Self-Assessment

Answer a few questions to help you understand your anxiety better, then get personalised advice to help reduce it.



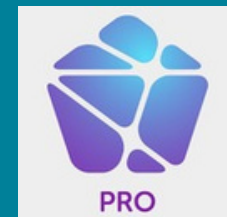
### Be Mindful (app)

If you feel anxious, Be Mindful takes you through an intensive course of mindfulness therapy to help you feel calmer and happier.



### Meditainment (app)

Be guided to an island paradise, secret garden or tropical sands to help you achieve calm when feeling anxious.



### MyCognition PRO (app)

MyCognition PRO uses brain training exercises to help you feel calmer and improve your focus.



### Why a micropause can help your mental health today (podcast)

Listen to an expert in mindfulness share the small things you can do every day to reduce anxiety.

### **Urgent support**

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