



# The power to shine

## A wellbeing and empowerment resource - co-created with the NHS, for the NHS

ShinyMind is an evidence-based programme now available to all PNAs so they can support their own mental health and wellbeing, as they support and care for others.

Co-created with the NHS, ShinyMind is already helping thousands of healthcare professionals improve their wellbeing, to feel and cope better, and provides over 150 interactive science-backed masterclasses, tools and activities accessible 24/7, all in the palm of your hand.

We are proud to have launched our dedicated nursing and midwifery version of ShinyMind including reflective supervision resources.



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)



**I enjoy using the ShinyMind app for the meditation and Resilience Masterclasses. These really help build on personal wellbeing, helping leave any negative thoughts after a bad day behind**

**Lizzie says why not try sending a positivity post to a colleague and make their day.**

Lizzie Roberts, Practice Nurse, Milton Keynes



**Janet Thornley ANP in Milton Keynes recommends...**

★ **I enjoy listening to the Mindset Masterclasses to improve my confidence & self awareness**

★ **I enjoy relaxing after a busy day with one of the meditations**

★ **I enjoy the 'Bottling your happiness' to help when times are difficult**

★ **I enjoy 'Writing your story' to celebrate all my achievements**

★ **I enjoy listening to the Resilience Masterclasses to improve my overall wellbeing and positivity**

Janet Thornley ANP in Milton Keynes

