



The Power to Shine

ShinyMind is a digital 'Wellbeing prescription', co-created with the NHS, to reduce anxiety and stress levels and improve health and wellbeing.

Already helping thousands of NHS doctors and nurses feel better, happier and more resilient, it's now available to help you too!

It's free to NHS patients in your practice so if you'd like to Shine Brighter, just ask a member of the practice team for details.

www.shinymind.co.uk

