2nd April 2020

Hi All,

I hope you are all doing well and have been able to access and complete your work over the last two weeks. Routine is important and especially when we can't control other factors in our lives.

This week I wanted to introduce you to a really sweet little app which I have been using since CAMHS sent it over a couple of days ago. It's called 'Think Ninja' and can be downloaded for free (along with Headspace which I mentioned last week) on app stores. You create a profile and a ninja gives you advice on how to raise your mood, boost your energy and least skills, linked to CBT, that will hopefully allow you to feel more in control of your thoughts and feelings- especially if those tend to be of worry or anxiety at the moment.

It's really easy to use and gives you challenges to complete to fill up your backpack which I find quite useful (and cute!) I have attached some screen shots from my profile so you can see it before you download. There are a number of really helpful videos on there re. low mood, anxiety, thinking patterns and how/ where to find more specific support whilst we are being asked to #stayhome

Which apps for wellbeing do you rate? Let me know and I'll add them to next week's email. Also, as always, any feedback on podcasts, shows, websites and social media accounts that you have found helpful is always appreciated- it's a team effort :)

Jen



