

These days we use apps in our everyday life. Have you ever considered using them to look after your mental health and wellbeing?



Mood Fit App

Moodfit also allows you to track your moods. Over time, you'll better understand what types of things affect your feelings. The app offers actionable insights into what affects your mood and provides strategies for feeling better

You'll also learn new skills, like gratitude and mindfulness, in just a few minutes per day.

You can even use the app to create and test your own experiments. For example, if you suspect a certain food may be affecting your mood, the app allows you to track that.

Disclaimer

The app developer is solely responsible for their apps advertisement, compliance and fitness for purpose. Unless stated otherwise, apps are not supplied by the NHS, and the NHS is not liable for their use.



SHINE_MHST



SHINE_MHST

