

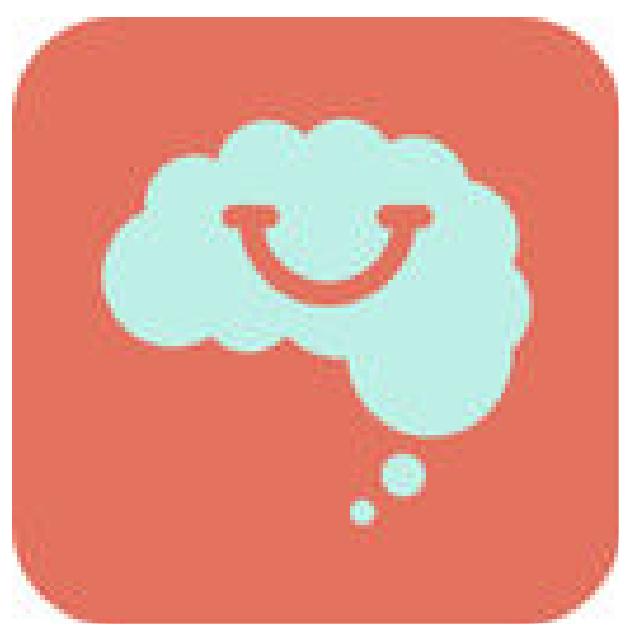


Blackpool Teaching Hospitals
NHS Foundation Trust

Support and Help IN Education
Fylde Coast Mental Health Support Team

APP of the Month

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



Smiling Mind App

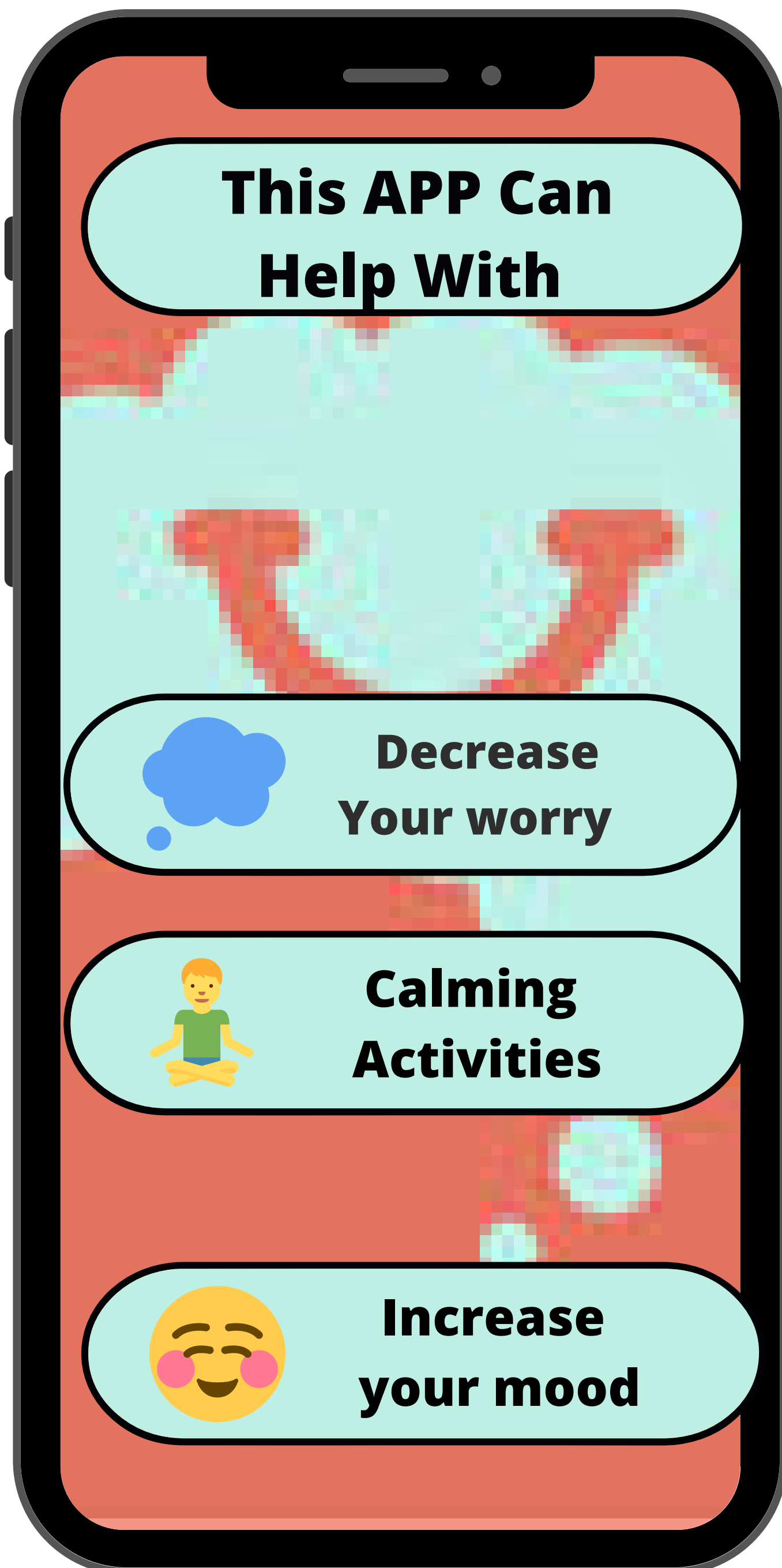
Smiling Mind is designed to help people with pressure, stress, and challenges of daily life. This app has a fantastic section on Mindfulness in the Classroom. An especially good choice for the younger users out there, as it was created specifically with students in mind.

Smiling Mind offers programs for a variety of age groups, including 7-9, 10-12, 13-15, 16-18 and adults. The app has an easy-to-use interface for keeping track of your progress over time, both in terms of how many sessions you complete and how your emotions change.

The app provides graded engagement, starting with an explanation of mindfulness and shorter meditations. It does move onto longer meditations, however the shorter meditations are still available. The meditations are targeted to the age of the individual logged on. There are limited visual prompts for this app. A timer is shown for the meditations, a graph is shown to rate well-being and written prompts. The Smiling Mind Website also provides support for schools and work places to increase participation for groups.

Disclaimer

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