



# Welcome to the ShinyMind App

## Co-designed with the NHS for the NHS

In 2015 we started our journey to support the wellbeing and resilience of hardworking NHS staff whose amazing care keeps the NHS going 24/7, 365 days of the year and looks after each and every one of us. Our Mindset Resilience programme has helped over 2000 NHS staff deal with the pressures they face, and to look after their wellbeing and resilience levels in all areas of their lives.

This has now been expanded into the ShinyMind App, co-designed with NHS staff from all levels so it fits their needs, and that's why our longitudinal research shows it works - we're proud to have co-designed it with The Walton Centre NHS Trust - who are Gold Investors in People and CQC "Outstanding".

## Why asking NHS staff what they want makes a difference... only they know what will help them:

**They didn't want generic, non-personalised corporate approaches.**

**They wanted personalised, community, connection, belonging and purpose.**

So, what does it have?... 100-plus activities and exercises co-designed and created by NHS staff...

- **A positive community** helping people feel connected with a sense of belonging, via a unique messaging function so people can send Positivity Posts, Shout-Outs across their community.

- **Improved Teamwork and Morale**

The community means people look out for each other and feel connected in difficult times - especially with home working and self-isolation.

- **An 'SOS' button** which delivers help and support within 5 minutes, where everything is backed by science and evidence, so people know that their time on the App will help them 24/7.

- **Expert Science-backed Masterclasses** - interactive, proactive masterclasses which build as a personal resource, **Getting to Know Me** - my thinking, my triggers, my purpose, my coping strategies as well as **Stress, Calm, Mindset, Relationships, Self-compassion**.

- **Help with sleep - meditation and breathing** to help create calm and promote good sleep.

- **Especially for You** input your mood and advanced diagnostics give you an exercise activity to help within seconds.

- **Daily Shine** is an evidenced-based 5-step, 5-minute positivity exercise driven by a diagnostic based on your mood tailoring everyday support specifically to staff needs.

- **Daily Inspire Me** posts to lift mood and boost connection.

- **Inbuilt wellbeing campaign** - weekly positivity nudges, Friday Refresh, monthly wellbeing news.

## We know it works...

- 100% record of daily active use.
- 100% record of out of hours usage.
- Tens of thousands of positive messages already sent.
- Nurses use it to connect with their teams to keep up morale.

- 24/7 non-disclosure accounts mean hard-to-reach roles such as consultants and senior and junior medics are being helped.

- **The Resilience Masterclass** which is on the App shows that nurses who undertook the masterclass reported a **75% reduction in sickness absence rate in relation to stress and anxiety** - whereas a control group of nurses who didn't take the masterclass saw their rate increase by 20% over the same period.

- Recognised as 'outstanding practice' at The Walton Centre by CQC.

- Finalist and Highly Commended in the International Employee Engagement Awards in the Innovation and Digital Technology categories.

## How do I get started?

You can create your ShinyMind App Wellbeing Community and get set up within a few days - simply email [hello@shinymind.co.uk](mailto:hello@shinymind.co.uk) and quote #OneNHSFamily to get more detailed information and access our COVID help package for 24/7 support for a whole year.

**Engagement is key...** so to help we've a download page of resources - PDF fliers and materials that can be accessed to spread the message, as well as the ability to create bespoke video voices engagement with senior leaders and teams on the ground talking about App features and how it helps.

**Our offer of help** is extended to the wider public sector which is also working hard to keep our communities and loved ones safe, so please feel free to share widely with your public sector partners in social care, councils, education, police and prison service.

A hug in an App

# Proud of the

# NHS

## What staff are saying

It's an exciting tool that can help us all in difficult times, and bring us together to help understand one another

It's a 'must-have' app!! - Helps with your stress and mindset

Helps you cope with everyday work and life stresses

An app that helps reduce day-to-day stresses, gives you time for yourself, and has a positive effect on self

Just helps you to take control – bringing calmness and improving wellbeing

A supportive and reflective space to work on yourself, and strategies to help cope with day-to-day life

I believe the app is hugely valuable in giving us all tools to approach daily scenarios and develop a more positive mindset

It's a useful, positive tool to help you to be more positive and kinder to yourself

Yes – I seem to perform more proactively

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Yes, I feel stronger in myself and understand the need to take a 5-minute break if needed

More motivated and positive with everyday aspects

Yes – coping mechanisms when things get tough

I now try and be more positive in difficult situations

Happier, calmer, feel good within myself

It has kept me motivated through challenging times

When I'm in a bad run of days I use the ShinyMind App daily

Yes, I deal with my job a lot better due to thinking positively

Felt more productive in my day-to-day work, and has had a positive impact on my team