

## Shiny Mind Health and Wellbeing App: A Question-and-Answer Session with Linda Smith

### Linda, can you tell us about yourself and your role?

I am a Training and Development manager in Primary Care in Lincolnshire. I have spent the majority of lockdown working from home and living alone.

### What challenges have you faced as a result of COVID in your day-to-day work over the last year?

My role over the last year has changed, giving me more responsibility. When we first went into lockdown, my role focused a lot of the time on discharges from secondary care and Covid loss of patients. This came shortly after losing my sister, so it was very challenging at times.

### How did you hear about the Shiny Mind health and wellbeing app?

Through a work email.

### How long have you been using the Shiny Mind app?

Around 5 months.

### In what ways have you found the app beneficial in terms of improving health and wellbeing?

I find the Box Breathing really helpful; it helps me relax and focus, and also helps me to get to sleep more easily. The Gratitude Board makes you realise that even on a difficult day, there are always things we can be grateful for. I like the reflective opportunities, I tend to keep them as I find it helpful to look back after a stressful day and say to myself, well you got through that so we can get through this.

### In which situations do you typically use the app and how often do you use it?

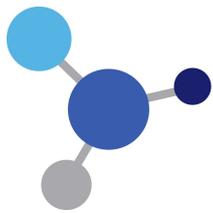
I usually use it in the evening a couple of hours prior to bedtime to help me offload stresses of the day.

### Do you have a favourite masterclass or exercise within the app?

I enjoy the Sleep and Meditation masterclasses.

### Would you recommend the app to colleagues?

Most definitely, its free, it's easy to use, I share some of the wellbeing quotes on my Facebook and several of my friends have said they find them helpful. Sometimes just knowing someone has thought about you that day cheers you up.



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## What is the ShinyMind App?

The ShinyMind App is a uniquely interactive tool designed specifically for NHS staff that improves wellbeing, resilience and teamwork. It's proven to help reduce the stress and anxiety of everyday life, leaving people feel happier and more productive. The app's foundation is built on a blend of science and research carried out by leadership psychotherapists into what makes people feel better, their teams work better and ultimately sees organisations perform better.

The Mindset Resilience programme has helped over 2000 NHS staff deal with the pressures they face and look after their wellbeing and resilience. The Resilience Masterclass has been proven to reduce stress and anxiety-related sickness absence.

The Shiny Mind app is fully funded by Lincolnshire Training Hub and is available free of charge to ALL General Practice and PCN staff.

## Sign up & Access to the ShinyMind App

To sign up for the app, please complete the form at the following link:

<https://forms.gle/HBMAgJFRmfqyqZJ59>