

IN-APP TIPS AND TRICKS

Making the Most of your Thrive: Mental Wellbeing App



You can **unlock any of the relaxation sessions** just by clicking on them. If you'd like to try Meditation, Deep Muscle Relaxation, Calm Breathing, Applied Relaxation or Self Suggestion, simply unlock the session by clicking on them.



By **shaking your device** while the app is open, you can **send feedback/bug reports** straight to our team. It is the best way to get in touch with us!



If you don't fancy completing your goals for the day, **click the 'Change Goal' button and find something you DO want to do**. You're more likely to succeed if you are doing what you enjoy!

The **progress area** is just for you, but you could share this information with your in-app coach to work together to see what helps/doesn't help and create a treatment plan that's fit for you. You can also request for Thrive to send your progress report to you via email if you would like to show someone else. The progress report is yours and is completely confidential to you.



There is **no set way to use the Thrive app**, or a specific time commitment you should put aside to use it. We recommend that you practice the techniques as often as possible as, like anything, the more you use it, the more you will get from it. Many of our users may only use the app whenever they feel they particularly need it. That could be once a day, several times a week, once a week, once a month, or whenever it suits them.

Wise Words is a positive distraction therapy game, rewarding you for finding positive words rather than negative ones. It's been known to replace games such as Candy Crush for those who have played it! The psychology is that it can help you to think more positively when you may be feeling a little down or worried.





Deep Muscle Relaxation is a particularly helpful technique for sleep, especially if used an hour or so before bed. It's proven as an impactful session to try if you're having problems sleeping. It's important to note that you may need to do it more than once, and it can take practice.



Applied Relaxation is a more advanced tool, but has been proven as being highly effective for anxiety, worry, nerves, etc. It should be considered more as a 'life skill', something you may only need to learn once, but will help to change your outlook and ability to deal with any worries you may have in a proactive way.



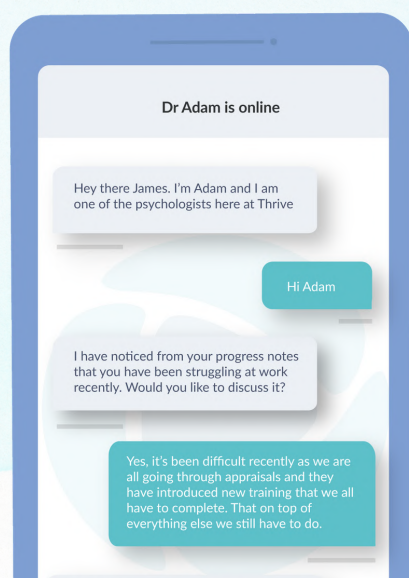
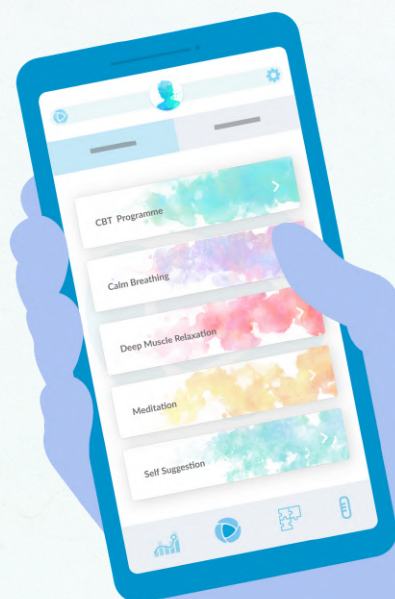
Calm Breathing is a quick, easy, but highly effective 'in the moment' technique to learn. Great to do before a big meeting or presentation and easy to learn and start using. It can set you up well without the nerves or worries you may usually feel.



Unguided Meditation is ideal if you just need some calming sounds to distract your mind away from the 'noise'. The 'rain' soundscape, for example, can be helpful when setting the session length for 20+ minutes using that time to relax. There are quite a few different sessions to choose from.



Meditation isn't just about listening to someone speak. We provide unguided meditation where you can select sounds to listen to, as well as other forms of meditation to help you to learn how to use mindfulness in a variety of ways. If you've tried meditation before and didn't find it helpful, it could be that the form of meditation you tried simply wasn't something you got on with. It can be worth trying a few sessions if the first doesn't grab you. Meditation does require practice, just like playing the piano or riding a bike, but it's important that you're doing something you enjoy and can see a benefit from.



You don't need to wait until you're not feeling well to chat to a coach. Maybe you know someone who is struggling but want to say the right things. The Coaching team can help with starting the conversation and give you some guidance to support others. Just click 'request chat' to get started.



SCAN ME