

TROUBLE FOCUSING?

Thoughts flying in all directions?

Sometimes, things can get on top of us and cloud our mind.

Don't worry, relax your mind with short mindfulness sessions and gain control of your mindset.



Download the **Thrive: Mental Wellbeing** app by scanning the QR code and creating an account with your access code.

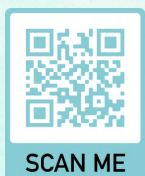


HAVING A BAD TIME?

Sometimes, life can do that.
But don't let it go on for too long.

Ask yourself - **what's made you feel that way? Is there another way to think about it?**

It can be hard to always see the positives, but keeping track of your moods, thoughts and feelings can help you spot unhelpful patterns of thinking.



Download the **Thrive: Mental Wellbeing** app today
and sign up by using your access code.



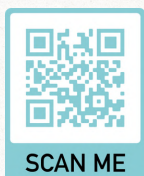
HAD A DIFFICULT MEETING?

Bad experiences can make us tense.

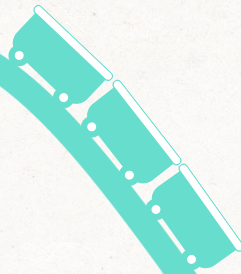
Take a few minutes, find a quiet place and try a session of '**Deep Muscle Relaxation**'.

Tensing and relaxing your muscles relaxes your body, and in turn, your mind.

Allow yourself to re-fuel and feel motivated for your next challenge.



Download the **Thrive: Mental Wellbeing** app today
and sign up by using your access code.



ARE YOU ON AN
**EMOTIONAL ROLLER
COASTER?**

Have you ever experienced moments where you reacted in certain ways which you later regret?

With the Thrive app you will learn to understand your emotions, regulate them and learn to differentiate between helpful and unhelpful thoughts.



DOWNLOAD NOW

Download the **Thrive: Mental Wellbeing** app today and sign up by using your access code.



Waltham Forest



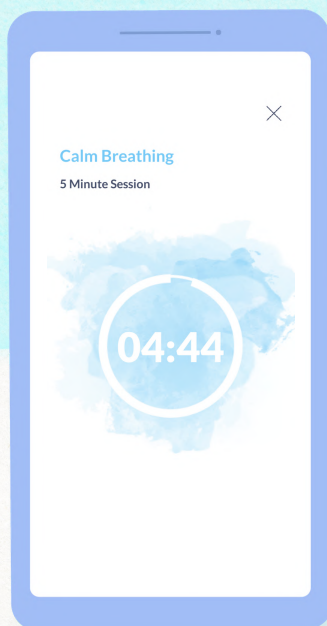
Thrive ×



NEED A BREATHER? TAKE 5 WITH THRIVE!

Deep breathing from as little as 5 minutes can help reduce stress and anxiety and help you feel relaxed.

Follow along with Thrive's **Calm Breathing** guided sessions with your friends, family or teammates!



Easily fit a 5 minute session into your daily routine.

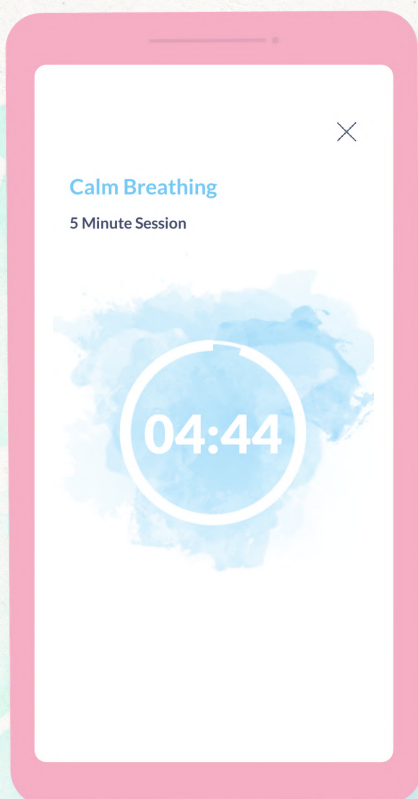
- ☒ **Great way to start everyone's day.** Try it as a family when getting ready for the day or after breakfast.
- ☒ **Group sessions before a big event or meeting** to help calm nerves and relieve stress.
- ☒ Switch off all devices a few minutes earlier and relax **before going to sleep.**

Download the **Thrive: Mental Wellbeing** app today and sign up by using your access code.



UNWIND WITH THRIVE

Boost your resilience and manage
your stress effectively



Practising **short, regular relaxation techniques** are proven to reduce stress and help you to get over life's bumps.

Thrive App contains lots of different activities to help you **de-stress** and **switch off**.



Download the **Thrive: Mental Wellbeing** app today
and sign up by using your access code.

