

# A Guide to the Unmind Website and App

For Southern Health and Social Care Trust Staff



Take a  
moment for  
yourself

Unmind helps you lead a more  
balanced and fulfilling life by  
nourishing your mind.

Updated 17 December 2022

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Add a Plus One – friend or family member for free

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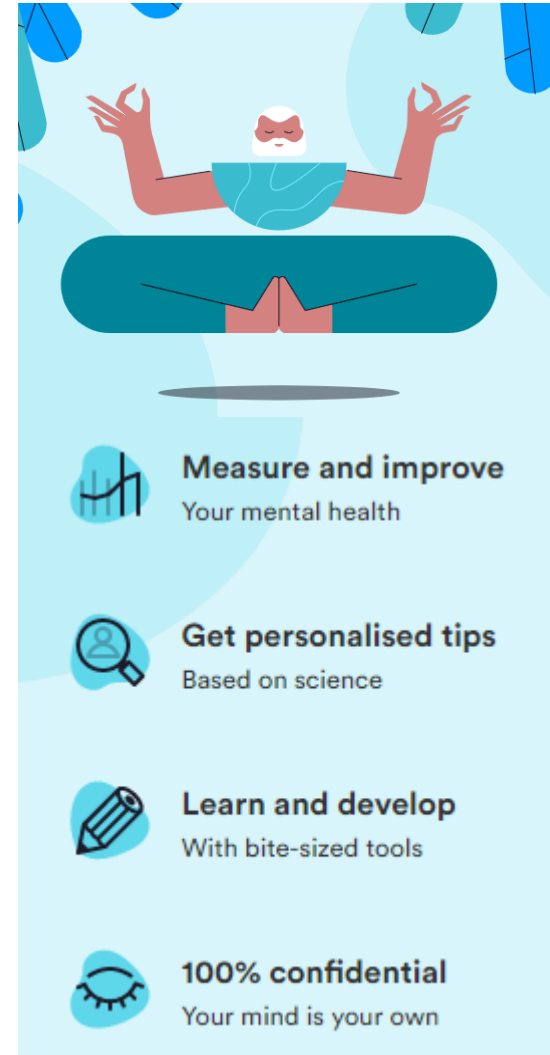
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# How to Get Free Access

Free Unmind access for NHS workers during COVID-19 outbreak <http://nhs.unmind.com/signup>

The Unmind app is being made available for another year up until 31<sup>st</sup> December 2022.

\*\*\*Select the **organisation name nhs** to set up your free account.

You will not incur a charge – the business account is on an ***organisational basis not with the individual staff member.***

You can access Unmind in a browser or as an app (download for free from your app store) <https://nhs.unmind.com>

# Plus One

Once you have set up your own account on Unmind there is the option of adding a Plus One.

## **Why not invite a Plus One to Unmind?**

Give free access to a friend or family member by inviting them as your Plus One.

You will be invited to do this via email.

# What is Unmind?

- Unmind is a workplace mental health and wellbeing platform, empowering employees to measurably improve their mental health.
- Using scientifically-backed assessment tools, you can measure and manage your personal mental health needs, including programmes designed to help with stress, sleep, coping and nutrition.
- They combine latest research from positive psychology, cognitive behavioural therapy, neuroscience, and mindfulness with help from clinicians, academics and authors around the world.
- **NHS Staff can get [free access](#) to this resource until the end of December 2022. Staff will never be charged for access.**

# Learning & Development

Prevention is better than cure.

- Unmind work with world class experts to create scientifically-backed programmes that anyone can use to proactively look after their mental and physical health.
- It could be sleep, stress, productivity, or even your ability to support others during a difficult time – all delivered in bite-sized chunks through audio, video, and interactive content.

# Tools Menu



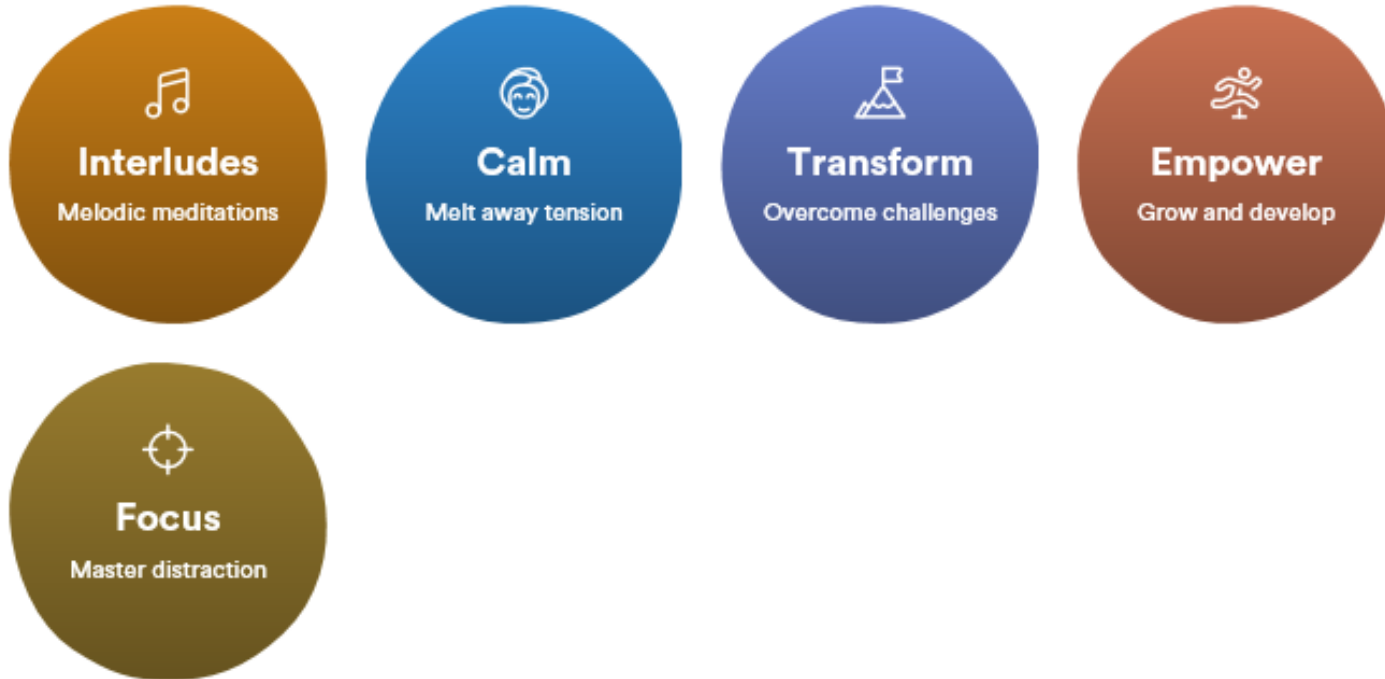
**Pause. Relax. Focus.**

Unmind provides a range of clinically-backed tools and training that have been shown to improve mental wellbeing.

Most sessions and exercises take a few minutes and are designed to enhance relaxation, focus, energy, mood and much more.

Think of it as a gym for your mind... in your pocket. Numerous options are available under each of these tools. See next slide for some examples...

# Tools Menu



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# Examples of Tools



**Daily Boost** - Eg easing-the-worrying-mind (1 minute audio clip). This changes every day.



**Move and Yoga** - With over 50 guided sessions explained with practices / movements lasting from 3minutes (shortest) to 16 minutes (longest). **Including:**

- **Walking awareness** – help calm the mind and connect with yourself and the environment around you.
- **Neck and shoulders** – this yoga routine will help to release tension that builds up in the neck and shoulders
- **Let the day go** – a short yoga routine to help you unwind and relax. Perfect after a long day at work.



**Interludes**– Take 10 minutes for a range of music based meditations to aid your focus, help you feel grounded, start your day the right way.



**Focus** – Master distraction with a range of short attention and focus based practices.



**Sleep** – Choose from around 45 different practices featuring gentle sounds from instruments and nature to help you sleep. **Including:**

- **Switching off from work related thoughts in the evening**
- **Racing mind** – Connect with your body and respond to your thoughts mindfully when facing an overactive mind.

# Series

Choose from a range of series including:

Foundations, Wellbeing, Health, Performance and Relationships

*Details of each series are given below and in the next few slides*

## Foundations

This series provides training on the fundamentals of key mental health topics

### Intro to Mental Health

Learn the fundamentals of mental health.



### Common Problems

Learn about depression, anxiety, and stress.



### Supporting Others

Increase your confidence in supporting others.



### Talking About Suicide

With Jonny Benjamin MBE.



# Series

## Wellbeing

This series helps improve mental health across a wide range of topics from disorders through to thriving. This series may be useful for staff feeling anxious after shielding or those returning to work, *see the next slide*.

### Life After Lockdown

Adjusting to life after lockdown.



### Building Self-Esteem

Step-by-step guide to boosting self-esteem.



### Finding Fulfilment

Using ACT to find fulfilment in life.



### Building Resilience

Growing through challenging times.



### Navigating COVID-19

Manage your wellbeing in uncertain times.



### Mind Your Mood

Improving mood by tackling thoughts.



### Better With Money

Improve your financial wellbeing.



### Activate Your Mood

Improve your mood with behavioural activation.



### Social Anxiety

Face social situations with more confidence.



# Series

## Wellbeing

This series helps improve mental health across a wide range of topics from disorders through to thriving.

### Combatting Stress

Learn evidence-based stress-busting tips.



### Tackling OCD

Stand up to your OCD.



### Growing Gratitude

Learn to develop this powerful state of mind.



### Cultivate Mindfulness

With Buddhist monk, Choden.



### Tackling Panic

Overcome panic attacks and panic disorder.



### Positive Body Image

Develop a more positive body image.



### Working with Worry

Tackling worry one step at a time.



### Coping in Hard Times

Adjust to stressful life events.



# Life After Lockdown

*(can be found in the wellbeing series )*

## Life After Lockdown

This Series, created by Dr Kate Daley, is designed to *help you navigate through some of the challenges of life after lockdown. It aims to help you address worry and anxiety, and to manage your mood during these new times of change.*

- **Approx. 5 daily x 10 minute sessions or back to back**
- **Pre and post assessment on how you are feeling**
- **Free information pack with resources and key learning points via email →>>**

### **A few known benefits:**

- Learn how to tackle anxieties around life after lockdown
- Target worry and negative thought processes
- Take practical steps to manage upcoming situations

1	Practical Exercises
a.	Reflection
b.	Worry Tree
c.	Anxious Predictions
d.	Mindful Breathing
e.	Loving Kindness
f.	Self-compassion Journal
2	Unmind Resources
3	Useful Websites

# Series

## Health

This series helps to facilitate positive change across health & lifestyle-related topics that impact mental health.

### Boost Your Fitness

Get stronger to feel your best.



### Food For Thought

Experiment with brain boosting meals.



### Rejuvenating Yoga

Rejuvenate your body and mind.



### Body Balance Yoga

Balance your body and mind.



### Eat for Energy

Foods to fire you up and keep you going.



### Sleep for Shift Work

Managing sleep as a shift worker.



### Maximising Short Sleep

Make the most of your short sleep.



### Optimising Sleep

Boost your sleep superpower.



### Understanding Sleep

Are you getting enough sleep each night?



# Series

## Health

This series helps to facilitate positive change across health & lifestyle-related topics that impact mental health.

### Health Anxiety

Tackle your health-related worries.



### Understanding Menopause

With Professor Myra Hunter.



### Food to Boost Mood

Eat for your mind.



### Persistent Pain

Learn to manage pain.



# Series

## Performance

This series is designed to deliver more in-depth psychoeducation across work and achievement-related topics.

### Beat Procrastination

Getting the right things done.



### Your Best Self

How to optimise your potential.



### Choosing Growth

Embracing our capacity for positive change.



### Imposter Syndrome

Understand and overcome imposter syndrome.



### Transforming Habits

Change your life one habit at a time.



### Getting Gritty

Let's grow your grit muscles.



### Ease Perfectionism

Break the vicious cycle.



### Switching Off

With Professor Mark Cropley.



### Flourishing at Work

With Geoff McDonald.



### Overcoming Burnout

Why burnout happens and how to overcome it.





# Series

## Relationships

This series to help facilitate meaningful reflection across social and relationship-related topics.

### Transforming Conflict

Dealing with conflict at work.



### Nurturing Friendships

Developing meaningful connections.



### Better Communication

Become a pro at communication.



### The Art of Listening

Become a better listener.



### Positive Parenting

Tips to help you on your parenting journey.



# Assessments & Insights

What gets measured gets managed

- How is your mental health today? What about two weeks ago?
- Unmind offers a range of ways for anyone to assess their mental health and wellbeing – from standardised questionnaires to everyday mood diaries.
- This helps to reduce stigma and ambiguity, whilst also providing actionable insights and personalised tips.
- The app provides a summary of what series you've completed and can display your mood chart if you have checked in and submitted how you are feeling over a period of time

# Support & Signposting

## The right help, at the right time

- Just like physical health and dental health, we all encounter difficulties with our mental health from time-to-time.
- Unmind offers confidential information about 24/7 helplines and local healthcare providers.

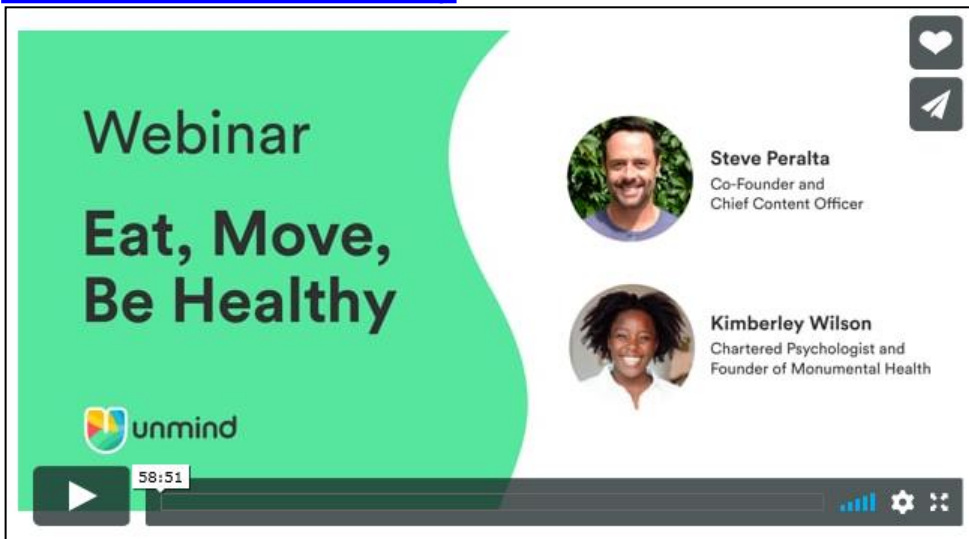
# Webinars

*Six hour long webinars are on Unmind see the three examples outlined below and in the next two slides*

## **Eat, Move, Be Healthy**

The connection between physical health, nutritional health and our mental wellbeing.

Part of the Healthy Mind, Healthy Body campaign Chartered Psychologist, author and Monumental Health founder, Kimberly Wilson, presents this webinar. Listen to the discussion on topics around food groups, exercise and the impact it can have on our overall wellbeing. With top tips and some wonderful insights. <http://help.unmind.com/en/articles/4276907-webinar-eat-move-be-healthy>



The screenshot shows a video player interface for a webinar. On the left, a green graphic contains the text "Webinar" and "Eat, Move, Be Healthy" in white. Below this is the Unmind logo. On the right, two circular profile pictures are shown. The top one is for Steve Peralta, Co-Founder and Chief Content Officer. The bottom one is for Kimberley Wilson, Chartered Psychologist and Founder of Monumental Health. In the top right corner of the player, there are icons for a heart and a share symbol. At the bottom, there is a play button, a progress bar showing 58:51, and icons for volume, settings, and full screen.

# Webinars

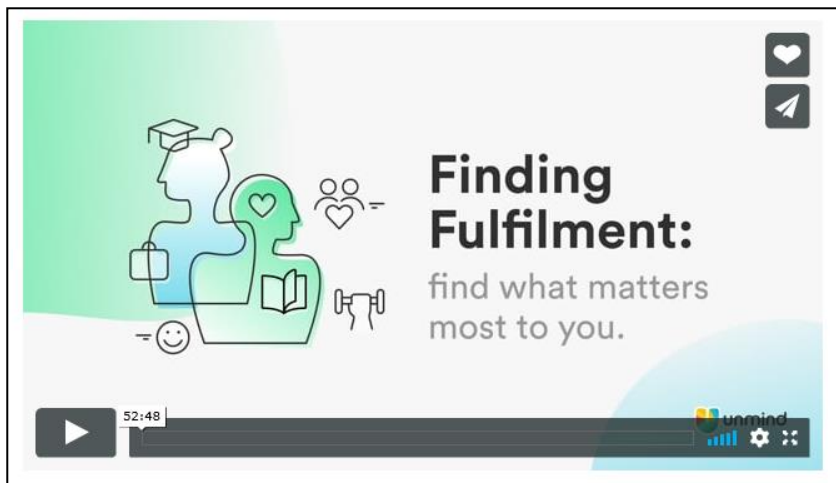
## Finding Fulfilment

Unmind Co-Founder Steve Peralta and Dr Hazel Harrison covering topic of fulfilment.

### In this webinar we you'll learn more about:

- Finding fulfilment in emotions, relationships, goals and flow.
- The most common questions about fulfilment such as "what questions can I ask myself to help find out what matters most to me?"
- What factors *you* thought lead to a fulfilling life.

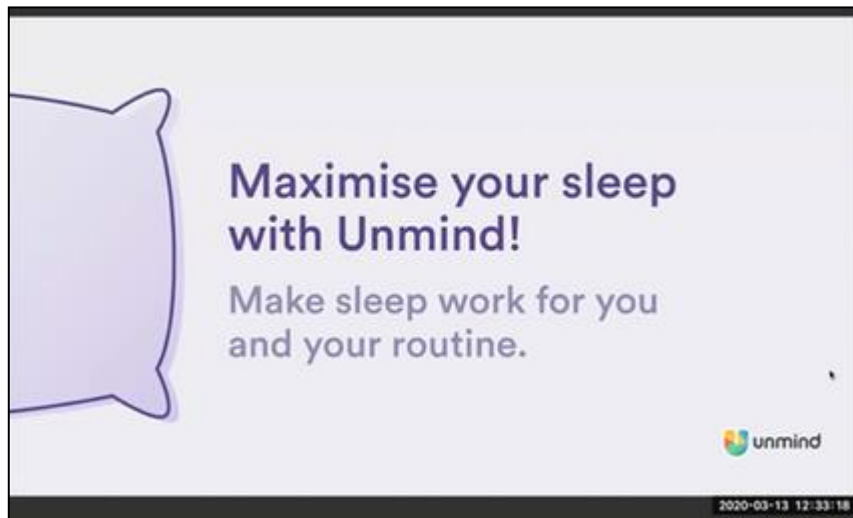
<http://help.unmind.com/en/articles/4067564-webinar-finding-fulfilment>



# Webinars

## Maximising your Sleep: World Sleep Day webinar

- This webinar with Professor Jason Ellis, answering your questions on the popular topic of sleep!
- To celebrate World Sleep Day 2020, Unmind hosted a webinar to talk about all things sleep!
- Professor Jason Ellis, professor of sleep science, addresses common questions to help us all sleep better – in whatever shape or form that looks like for us.
- <http://help.unmind.com/en/articles/3810896-maximising-your-sleep-world-sleep-day-webinar>



# Webinars

## Overcoming Burnout - Webinar from UNmind - Understanding the key signs and strategies to help keep burnout at bay webinar

- This webinar with featured Dr Kate Daley, Clinical Psychologist and Cognitive Behavioural Therapist and Mindfulness and Compassion expert, Choden, A Tibetan Buddhist Monk who will guide you through a discussion on how to get the balance just right to keep burnout at bay.
- They also spoke to Dr Khushbu Haria, Counselling Psychologist on her previous experience of burnout and how she navigated this period in her life.
- <https://u-matter.org.uk/news/overcoming-burnout-webinar-unmind-understanding-key-signs-and-strategies-help-keep-burnout-bay>





For further information on mental health and available support for Trust staff

see [Umatter](#)

(access via a browser or the Trust's Staff App SHSCT Connect)