




 **Feeling Good**



**Free App through the NHS**

**Relaxing Mind Coaching**

**Originally Developed for Top Athletes**

-  Sleep better
-  Reduce worry
-  Increase mood & self-confidence



 **How to get it**

1. Download Feeling Good Teens app from your app store.
2. Unlock all the tracks - click on a locked track & put the following codes into the referral section: -

**Username: youngedin**

**Password: youngedin**

