




 **Feeling Good**

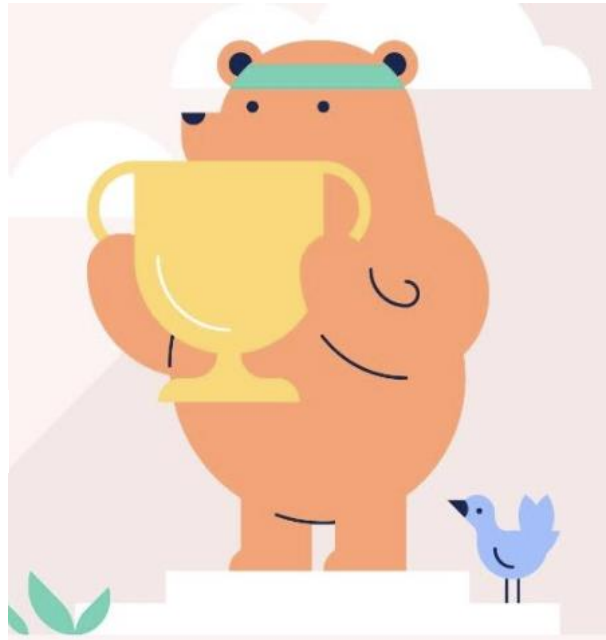


Free App through the NHS

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 by clicking on a locked track & using the codes: -
Username: nthteen Password: nthteen

