What is Mental Health by Mindset?

Mental Health by Mindset is a digital therapeutic program based on clinical research that helps you to manage feelings of depression, stress or anxiety.

People feel better and do better when they are equipped with the necessary skills to cope well with life challenges.

The program will guide you through 12 specific skills that are foundational to living well. The program uses Cognitive Behavioural Therapy (CBT) and Hypnosis and will play an important role in your mental health toolkit.

Mental Health by Mindset is a 6-week program and is a complement to the work that you do with your healthcare provider.

- ✓ Tool for continuous improvement
- ✓ Access anytime, anywhere
- ✓ Based on decades of clinical practice

Developed with *Dr. Michael Yapko,* clinical psychologist internationally recognised for his work in advancing clinical hypnosis and outcome-focused psychotherapy.

What is CBT? What is Hypnotherapy?

Cognitive Behavioural Therapy (CBT) is a widely popular and highly effective form of therapy. CBT works by changing unhelpful or unhealthy ways of thinking, feeling and behaving.

Hypnosis is a state of awareness where your mind is more open to receiving suggestions. A hypnotherapy session will help you to visualise and absorb suggestions about your mental health and wellbeing.

And no, you will not be under any mind control while in hypnosis.

There is strong clinical evidence[1] in the use of CBT & Hypnosis in combination leading to more positive outcomes than using either on their own.

How does Mental Health by Mindset work?

The program includes 12 focus areas, with each skill completed over the course of 3 days:

- ✓ Daily 15-minute audio sessions to help you acquire new skills
- ✓ Practical Learn by Doing exercises to apply these new skills.
- ✓ Daily Pause and Reflect moments to consolidate learnings.

1. Building positive expectancy
2. Building frustration tolerance
3. Tolerating ambiguity
4. Taking action
5. Reducing global thinking
6. Countering helplessness
7. Improving decision making
8. Redefining self-image
9. Relationship skills
10. Improving sleep
11. Curiosity over fear
12. Thinking ahead
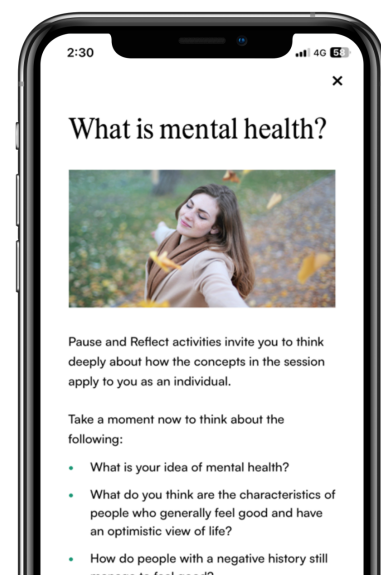
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Available on Google Play

*Contraindicated in patients with active/history of psychosis

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