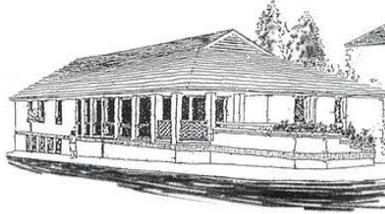


# MORNINGSIDE MEDICAL PRACTICE

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## WHAT IS POSITIVE MENTAL TRAINING

Positive Mental Training is a self help programme for stress, depression and anxiety and for building confidence, coping and wellbeing. It can build resilience and decrease burnout, and is also used for a wide range of illnesses related to the effect stress has on our body including sleeping problems, chronic pain, migraine, fibromyalgia, and irritable bowel syndrome.

Positive Mental Training brings together proven therapeutic techniques of relaxation, mindfulness, visualisation and cognitive behavioural therapy. It was developed from a Swedish Olympic Sports performance programme, so is non-stigmatising with a positive self development focus, rather than a clinical illness based approach.

Research with Edinburgh University in 2004/2005 established Positive Mental Training's efficacy in depression in primary care. Results showed a significant improvement in depression for those listening to Positive Mental Training and this effect was similar to other psychotherapeutic treatments such as counselling, CBT and medication.

The programme consists of an initial 13 minute video explaining how Positive Mental Training works, and then 12 audio tracks either on 3 CDs or mp3s. Each CD/mp3 track, lasting 18 minutes, is ideally listened to 5 times a week, and in this way the whole programme takes 12 weeks to complete. However research has shown that there is considerable benefit after 4 weeks.

## HOW TO ACCESS POSITIVE MENTAL TRAINING

1. Go to [www.foundationforpositivementalhealth.com](http://www.foundationforpositivementalhealth.com)
2. Click on "downloads", then "register". Once registered, you will be invited to download the tracks.
3. In the first box, you need to put in the voucher codes:

	MALE VOICE	FEMALE VOICE
CD1	edinchpm1	edinchpf1
CD2	edinchpm2	edinchpf2
CD3	edinchpm3	edinchpf3

4. In the second box, you need to put in Morningside Medical Practice's post code: **EH10 5ER**
5. Click "download CD" and you will be asked to complete a questionnaire before you are able to download the CD.

If you have a Smart phone, you can download the app called "feeling good". To unlock the tracks, at the bottom of the download tab type: username '**edinchpf1**', and password '**positive**'.