

## Thriving Mind – resources for well-being

“Thriving Mind brings together a range of wellbeing resources for you, your service users, colleagues, family, and communities to support well-being.

It is for anyone across Northern Ireland who can benefit from looking after their wellbeing.

Some of the tools are written resources. Some are visual media clips. Some are on-line interventions that are free to use at the users pace.

There are short clips for relaxed breathing, an introduction to mindfulness, calming skills, the revised Dealing with Worry Booklet, four online interventions including Self-compassion and Bend Don't Break and more.

It is not a one size fits all. What it is not is crisis intervention.

Have a look and decide if anything in Thriving Mind would be helpful for you. If you do find something useful or have any comments please contact us.

Thriving Mind is **available via the Healthy Living (mental health) section of the South Eastern Trust's website**". <https://setrust-hscni.pagetiger.com/thrivingmind/1>

Or .... <https://setrust.hscni.net/healthy-living/mental-health-and-emotional-well-being/> - choose Resources, Links and Self-Help section.

