

Mental-Fitness App (MyMindPal)

# Strengthening mental wellbeing through daily habits and practical skills

**MyMindPal** is an evidence-informed mental-fitness mobile application designed to support everyday working people in managing stress, building resilience and enhancing overall emotional wellbeing.

The app brings together simple exercises, tools and techniques grounded in behavioural science and positive psychology, offering a practical way for individuals to care for their mental wellbeing in small, sustainable steps.

## What it is

MyMindPal provides users with a personalised digital space where they can access mental-fitness activities that suit their individual needs. This includes stress-management techniques, mindfulness practices, relaxation exercises and cognitive approaches that help strengthen positive thinking styles.

Accessible via smartphones on both iOS and Android, the app is designed for everyday use, requiring only a few minutes a day to begin building beneficial habits that contribute to longer-term wellbeing.



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## Core features

- **Practical wellbeing exercises:** a range of simple, engaging activities that help users relax, re-centre and respond to everyday stressors.
- **Mindfulness and resilience tools:** techniques designed to nurture present-moment awareness and build emotional resilience over time.
- **Positive habit building:** tips and challenges that encourage consistent engagement and long-term wellbeing habits.
- **Personalised experience:** users can explore a dashboard of exercises that match their needs and preferences.



## Who it supports

The app is intended for organisations of all sizes looking to give their people a proactive and inclusive mental wellbeing tool. It can be used as a standalone service or integrated with wider wellbeing programmes such as Employee Assistance Programmes (EAPs). MyMindPal is suitable for anyone seeking practical everyday support, whether they are experiencing elevated stress or simply want to invest in their mental fitness.

## How it works

Users download the app and access it through a unique company code (when deployed via an organisation), which links them to the full suite of mental-fitness resources. The intuitive interface supports individual exploration without requiring scheduled sessions or appointments, making the experience both flexible and discreet.

## Why it matters

Mental fitness complements traditional wellbeing supports by focusing on prevention and daily practice rather than crisis response alone. By embedding simple, science-aligned activities into everyday life, MyMindPal helps people develop skills to cope with stress, enhance positive thinking and maintain emotional balance. For organisations, offering a mental-fitness app like this underscores a commitment to wellbeing that is inclusive, accessible and relevant to modern working lives.

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