**Wellbeing**

**The Nursewell App**

The Nursewell app contains useful information and activities targeted at addressing health concerns and the wellbeing of nurses and midwives including: better sleep, back health, mindfulness, wellbeing, better thinking and mindful eating. It also contains a number of short meditations, reframing thinking and Pilates exercises which can be practiced daily before, during, or after work, either by themselves or with their teams.

