

# THRIVE: MENTAL WELLBEING

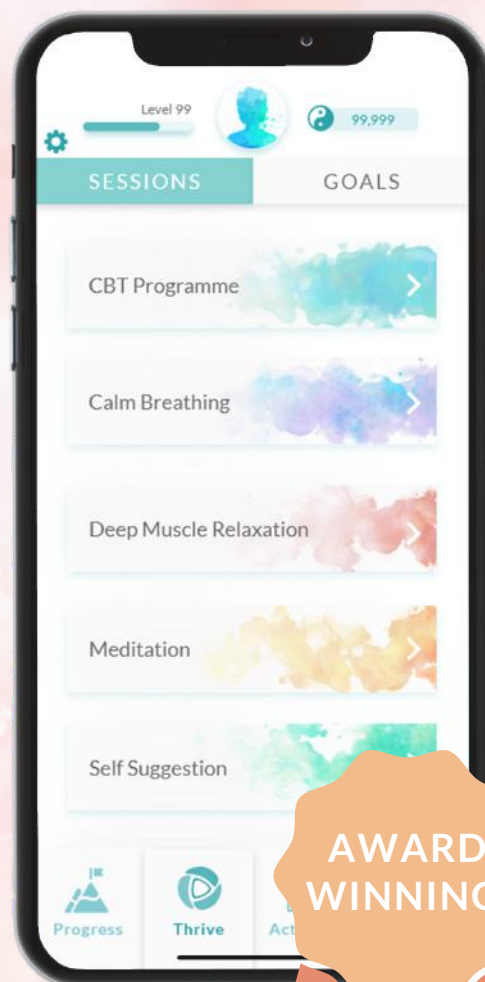
Your **NEW** clinically effective mental wellbeing app

## WHAT IS IT?

Sometimes we can all feel like things are getting on top of us. That's why we have created **Thrive: Mental Wellbeing**, a clinically effective app for building resilience towards stress and tackling common issues.



An effective tool for the prevention, screening and management of mental health conditions and stress.



AWARD  
WINNING

## HOW DOES IT WORK?

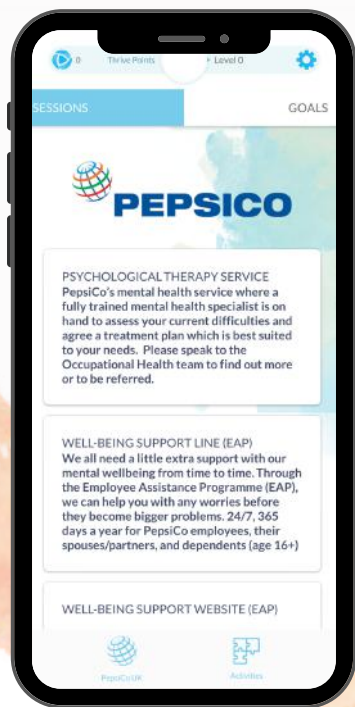
Thrive can work in many ways depending on the user. For the best results we recommend you follow the CBT programme and unlock sessions one at a time.

You can try some of the relaxation sessions, games or activities and see what works best for you. If a session appears 'locked' simply click on it to unlock it yourself. Training your mind has never been so easy!



# WHAT'S IN THE APP?

- ✓ CBT (Cognitive Behavioural Therapy) programme
- ✓ The ability to seek further support with the touch of a button
- ✓ Over 100+ hours of content including a range of stress-reducing sessions
- ✓ Games to distract your mind - try our 'Wise Words' game (it's harder than you think!)
- ✓ A progress journal tracking your moods, stressors and reminding you of the good days



## GET THE HELP YOU NEED

There are a range of support services you can access from within the app simply by clicking the PepsiCo icon at the bottom of your screen.

The app will also signpost you to external support if it detects you may have symptoms of anxiety or depression, enabling to seek help as early as possible. It will also set you personalised goals within the app to teach you effective ways of self-managing.

**DOWNLOAD NOW!**

1. Download **Thrive: Mental Wellbeing** from your Apple or Android app store.
2. Scan the QR code below, or visit [pepsico.thrive.uk.com](https://pepsico.thrive.uk.com), to create an account using your email and a password of your choice and select your location from the dropdown menu.
3. Follow the instructions to verify your account.
4. Return back to the app, log in and get started!

