

MINDERFUL



everything starts with the mind



Personal Profile

Age: 35 years old

Gender: Male

Mental Health Diagnosis

Condition: Bipolar Type II

Key Episodes & Triggers

First Episode: At 21 years old

Likely Trigger: Parents' separation

Number of Depressive Episodes: 8

Number of Hypomanic Episodes: 2 or 3

Treatment History

Condition: Treatment-Resistant Depression

Duration: Several years

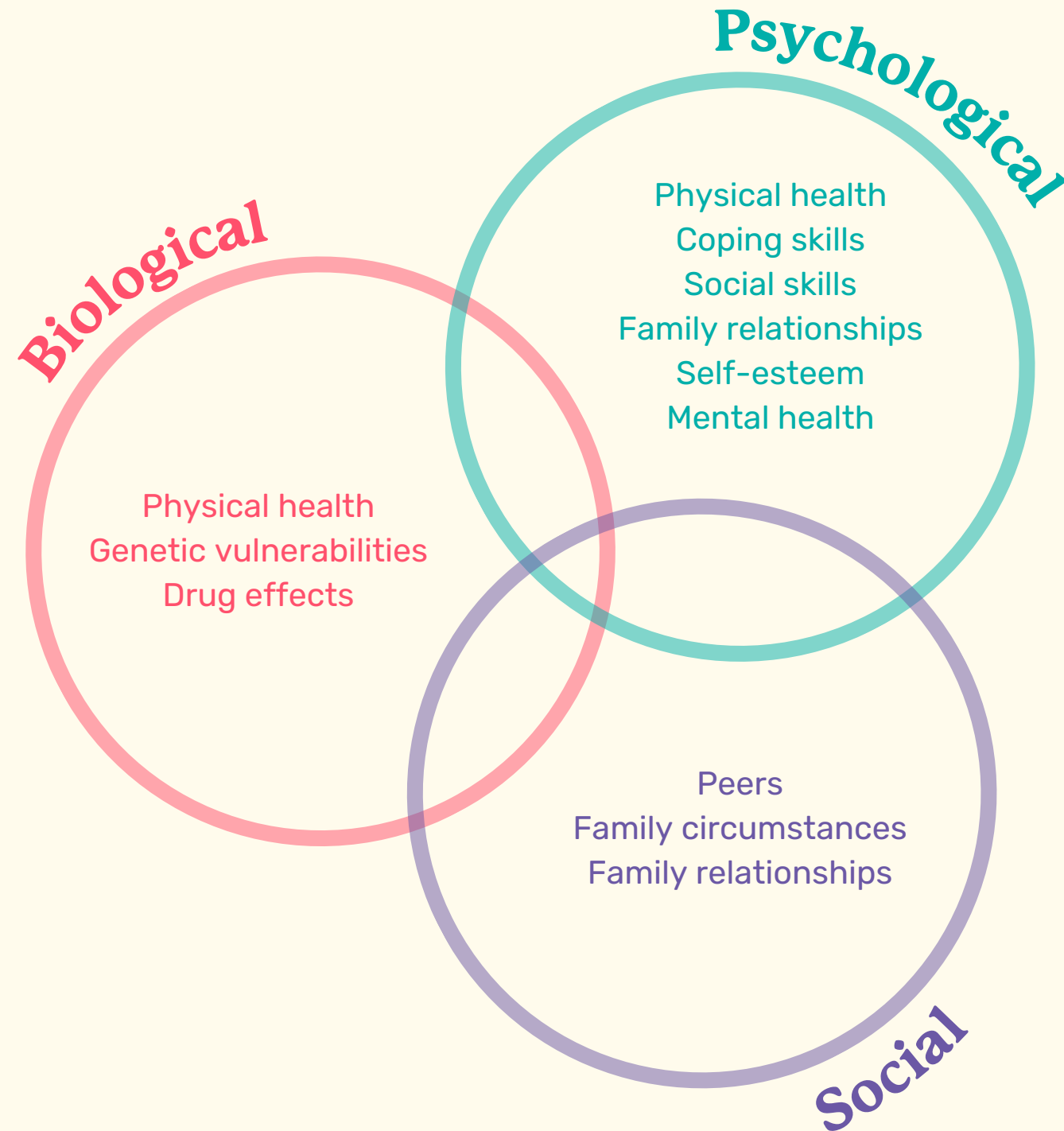
Additional Health Information

Physical Health: No significant issues

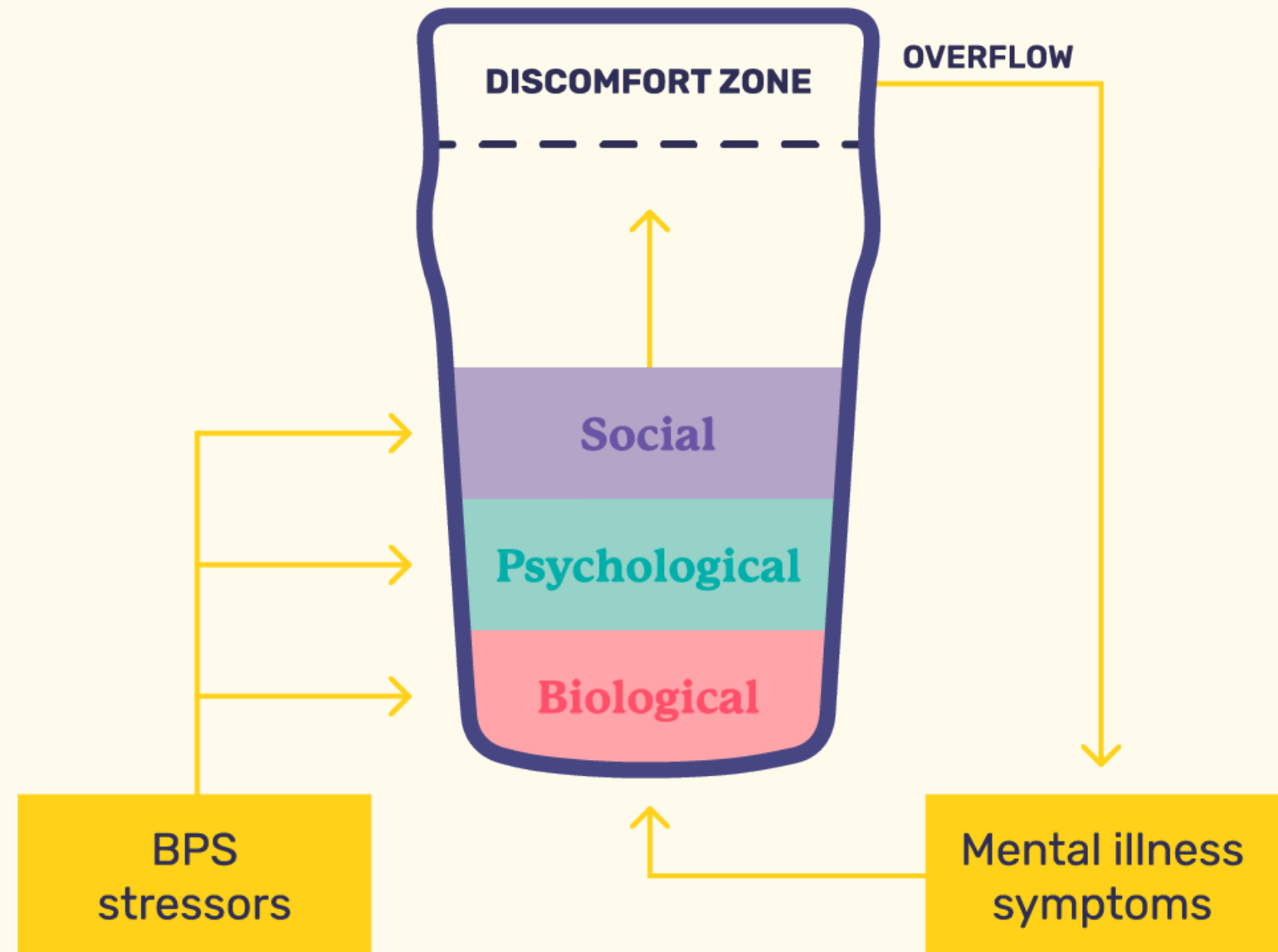
Other Relevant Information: Dyslexic and left-handed

Minderful Approach: BPS Module

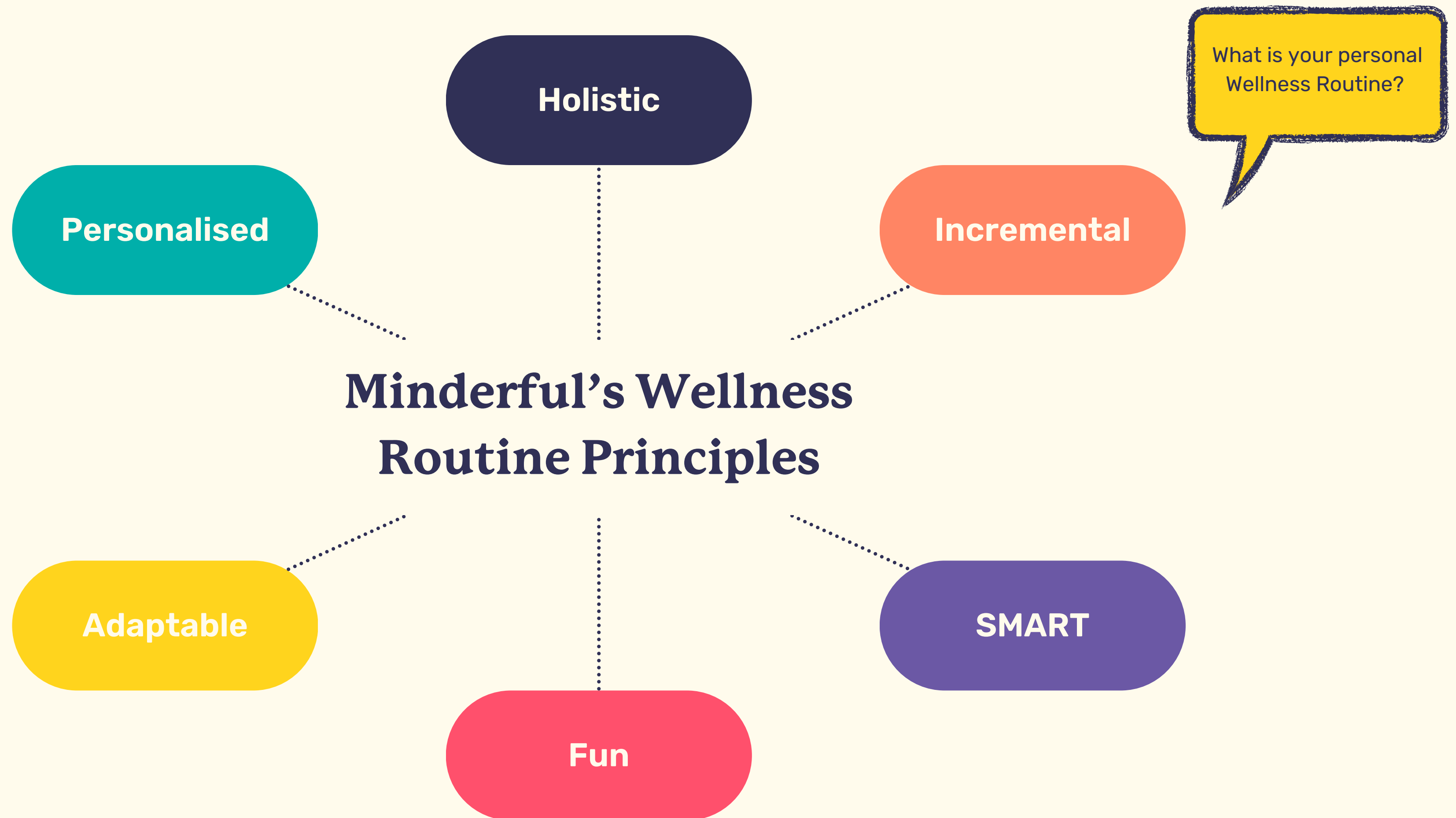
BPS Model



Pint Pot Model



How full is your Pint Pot?



Discover Your Wellness Routine

Premium access to the Minderful App is available for those who joined the APM Broadcast

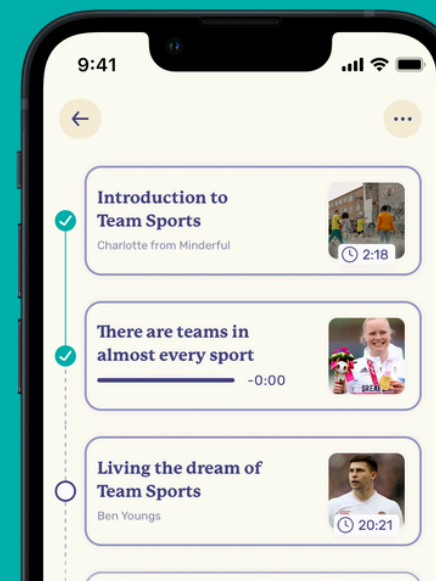
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1
Go to
Minderful app



2
Begin a
journey



3
Gain your
badges



GET IT ON
Google Play



Free access to all content | 50+ activities to boost mental fitness

Username Prefix: APM_[YOUR NAME]

e.g. APM_JohnSmith

Our Solutions



FOR INDIVIDUALS



Coaching



Consultancy



Minderful
App



FOR LEADERS



Wellness
Workshops



Coaching



Minderful
App



Consultancy



FOR YOUR ORGANISATION



Consultancy



360 Wellness
Programs



Wellness
Workshops



Coaching

Reach out to us if you
need any help:
hello@minderful.com

Positive Outcomes



FOR INDIVIDUALS

Improved mental health
and resilience

Reduced stress and
burnout

Increased sense of
belonging and purpose

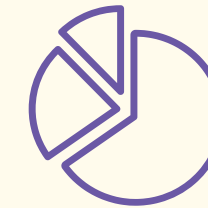


FOR LEADERS

Greater connection and
alignment with your people

Making decisions that
reinforce wellness culture

Providing resources for
employees to reduce burnout



FOR YOUR ORGANISATION

Healthier, more engaged
workforce

Increased productivity and
innovation

Enhanced talent retention
and recruitment

More from Minderful



#REALS

Minderful #REALS features community videos showcasing a whole range of wellness practices to encourage real-world wellness.

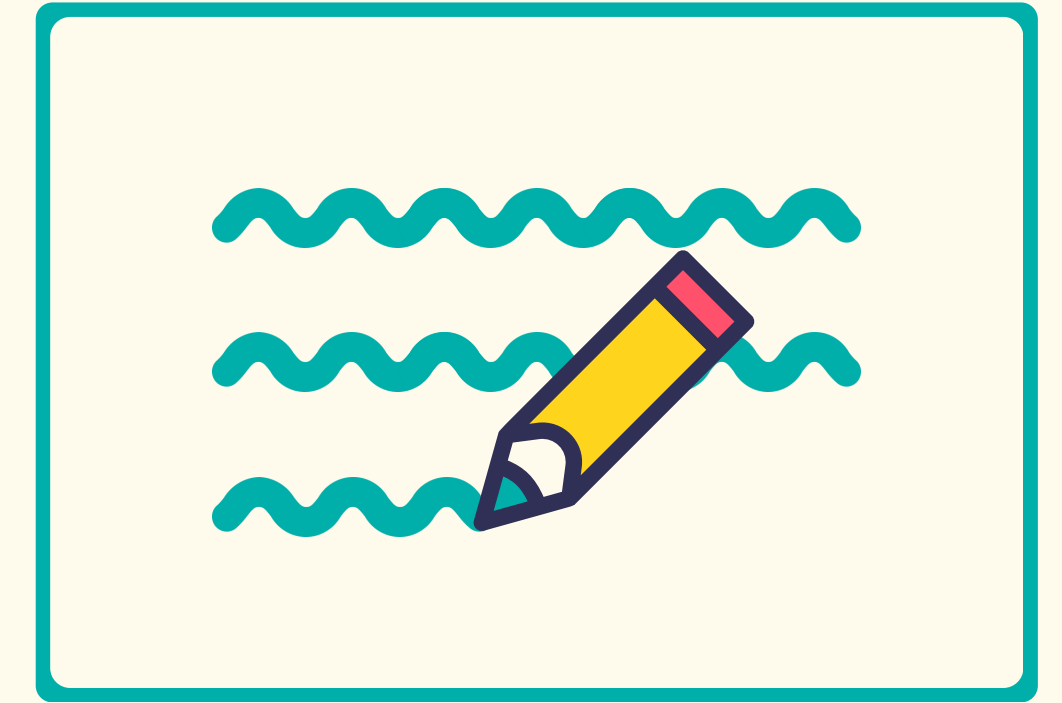
 [@minderfulworld](https://www.instagram.com/minderfulworld)



Minderful Voices

Our Minderful Voices podcast shares bite-sized audio stories to inspire and provide a relatable toolkit for prioritising your wellness.

LISTEN ON  [Spotify](https://open.spotify.com/show/1a2b3c4d5e6f7g8h9i0j)



Thoughts

Minderful's Thoughts blog features insights on mental health and culture from experts and advocates.

minderful.com/blog

Look after your mind

If you need to you can get in touch with us:
hello@minderful.com

