



# Be Mindful

Online Mindfulness Course

**Introducing Be Mindful - an online mindfulness course used by over 12,000 people**



Rated 4.6 out of 5

Proven to reduce anxiety by up to 58%, depression by up to 57% and stress by up to 40%.

- 10 easy-to-follow sessions with videos and interactive exercises
- Training delivered by Ed Halliwell and Tessa Watt - two of the world's leading mindfulness teachers
- 5 mindfulness and guided meditation audio downloads
- Can be completed in as little as 4 weeks...

*"This course has totally changed my life! I can honestly say that after 10 years of struggling with depression and anxiety that mindfulness has been a life changer. It's changed how I view the world in such a positive way! I'm so grateful I got the chance to take this course!"*

**Tamara**

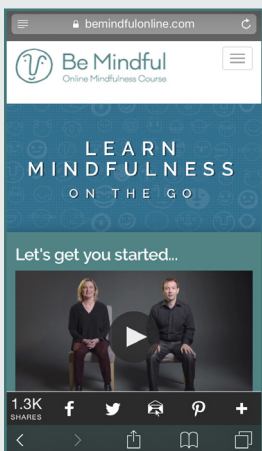
[www.BeMindfulOnline.com](http://www.BeMindfulOnline.com)

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Mental Health  
Foundation

# How to save Be Mindful to your phone / tablet home screen

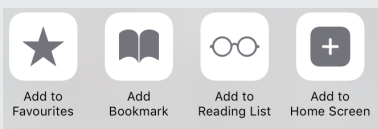


## For iOS on an iPhone / iPad

- 1) Go to [www.BeMindfulOnline.com](http://www.BeMindfulOnline.com)
- 2) Tap on the Share/Open In button at the bottom of the screen



- 3) Scroll across and tap "Add to Home Screen"

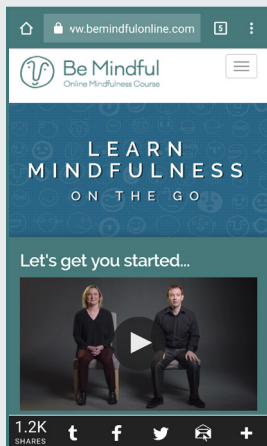
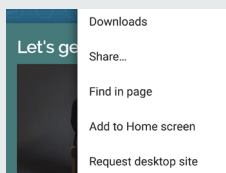


## For Samsung phones / tablets:

- 1) Go to [www.BeMindfulOnline.com](http://www.BeMindfulOnline.com)
- 2) Tap the Options button (usually three dots in the top right-hand corner of the screen)



- 3) Tap "Add to Home screen"



If your phone or tablet uses a different system please go to [www.bemindfulonline.com/FAQs](http://www.bemindfulonline.com/FAQs) to get step by step instructions that'll help you to easily save Be Mindful as an icon on your home screen.