

THE still human

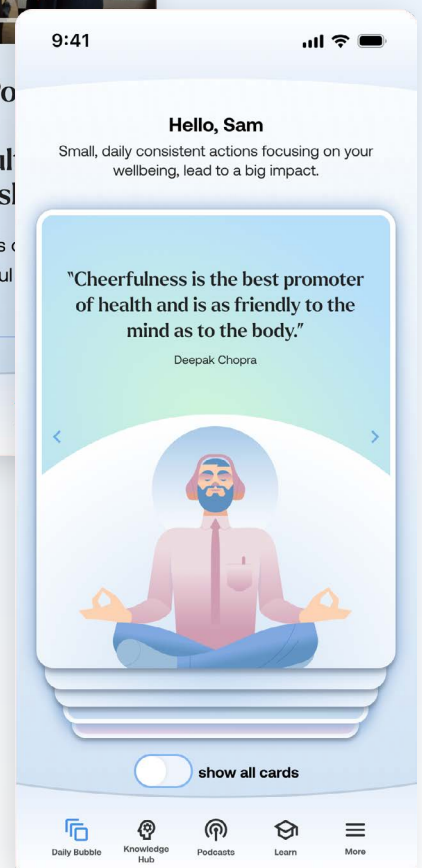
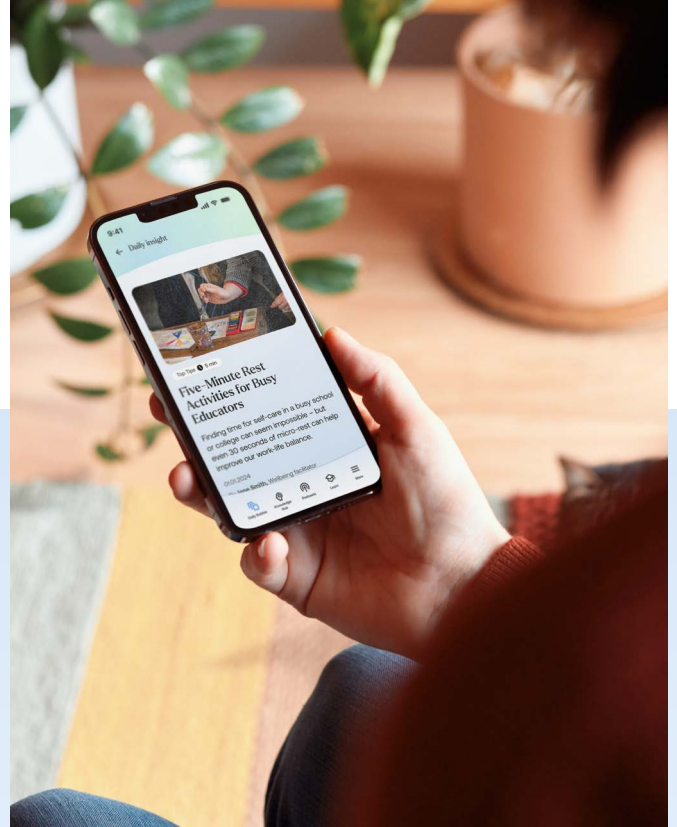
Part of Edwin APP

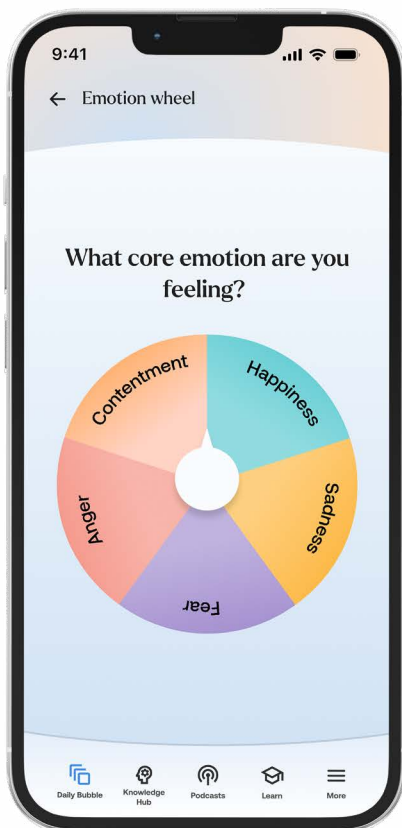
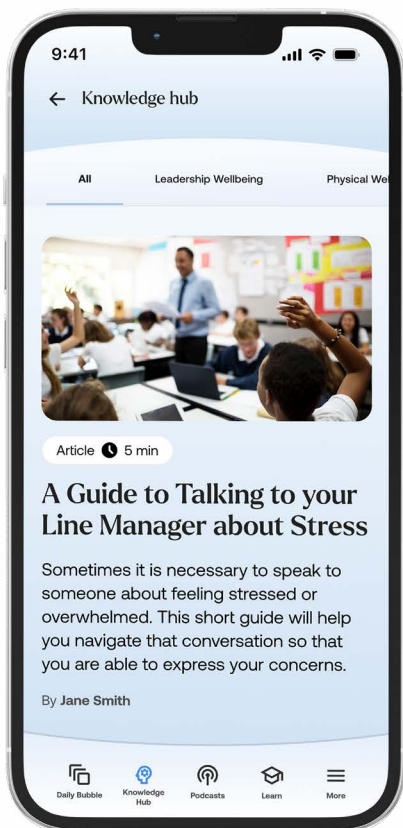
At Still Human, we recognise the demands of education roles and the challenges in prioritising wellbeing amidst a busy schedule. The Still Human App provides practical tools to support your physical, emotional, and social wellbeing, encouraging small, impactful habits that can be integrated into your daily routine.

CREATED BY EDUCATORS, FOR EDUCATORS

We understand the complexities of working in education, from the individual level to organisational dynamics. Our resources focus on 'controlling the controllables', helping you to nurture your wellbeing.

- **Daily Bubble:** Start each day with a mindful check-in that's quick yet impactful. Engage in rotating 'Mindful Minute' activities, track your emotions with the Emotion Wheel, and enjoy daily inspiration with short, uplifting reads.
- **Knowledge Hub:** Access a library of articles, tips, and guides focused on physical, emotional, social, and professional wellbeing. Gain insights into the science behind wellbeing practices, helping you build a healthier routine with an understanding of why it works.
- **Podcasts and Courses:** Listen to podcasts featuring experts in wellbeing and education, and explore short courses for deeper insights into specific wellbeing topics - all designed to fit within your schedule.
- **Enhanced Staff Surveys:** Have your say through regularly timed questions that reflect wellbeing trends over the year. Provide open feedback and suggest topics, ensuring your voice directly influences positive change.





STEPS TO GET STARTED

1.

Download The Still Human App

Find it on the App Store or Google Play.



2.

Sign up using your email

You can use a personal or work email to create your account.

3.

Enter the registration code

When prompted, enter the following code to create your account:

QADX8S

For any queries about The Still Human App contact support@app.stillhuman.co.uk