

The swan that moves gracefully upon a lake is a picture of calm and elegance in motion, but hidden from the eye is the frantic activity going on beneath the water's surface.

MindSet

MAGAZINE

A revolutionary new publication for the **1 in 4 people**
who experience a mental health problem each year

MEDIA PACK 2021



Happy Holidays

The season of goodwill is almost upon us, and for most that means a well-earned break away from the office. Whether you'll be spending the time at home or in someone else's, here are 10 ways to get your brain a holiday.

1. Think of your holiday as a mandatory break for the sake of your health and wellbeing >>>

2. Turn off your phone >>>

3. Plan ahead >>>

4. Get some exercise >>>

5. Eat well >>>

6. Spend time with loved ones >>>

7. Take a break from work >>>

8. Get some fresh air >>>

9. Practice gratitude >>>

10. Take a break from work >>>

11. Get some fresh air >>>

12. Practice gratitude >>>

13. Take a break from work >>>

14. Get some fresh air >>>

15. Practice gratitude >>>

16. Take a break from work >>>

17. Get some fresh air >>>

18. Practice gratitude >>>

19. Take a break from work >>>

20. Get some fresh air >>>

21. Practice gratitude >>>

22. Take a break from work >>>

23. Get some fresh air >>>

24. Practice gratitude >>>

25. Take a break from work >>>

26. Get some fresh air >>>

27. Practice gratitude >>>

28. Take a break from work >>>

29. Get some fresh air >>>

30. Practice gratitude >>>

31. Take a break from work >>>

32. Get some fresh air >>>

33. Practice gratitude >>>

34. Take a break from work >>>

35. Get some fresh air >>>

36. Practice gratitude >>>

37. Take a break from work >>>

38. Get some fresh air >>>

39. Practice gratitude >>>

40. Take a break from work >>>

41. Get some fresh air >>>

42. Practice gratitude >>>

43. Take a break from work >>>

44. Get some fresh air >>>

45. Practice gratitude >>>

46. Take a break from work >>>

47. Get some fresh air >>>

48. Practice gratitude >>>



The battles behind the beauty

Cara Delevingne may come from a privileged background, but her maternal grandmother was Princess Margaret's lady-in-waiting and her godmother is Jane Collins. But she is refreshingly open about the mental struggles that have plagued her family. And in this frank and courageous talk about her mental health, find beauty and truly trendy years after another, Dava's battle with bipolar depression and Cara's world at school that has her on the administration from her owners of society.

1. I have a very good relationship with my mother, but I have a very difficult relationship with my father. >>>

2. I have a very good relationship with my mother, but I have a very difficult relationship with my father. >>>

3. I have a very good relationship with my mother, but I have a very difficult relationship with my father. >>>

4. I have a very good relationship with my mother, but I have a very difficult relationship with my father. >>>

5. I have a very good relationship with my mother, but I have a very difficult relationship with my father. >>>

6. I have a very good relationship with my mother, but I have a very difficult relationship with my father. >>>

7. I have a very good relationship with my mother, but I have a very difficult relationship with my father. >>>

8. I have a very good relationship with my mother, but I have a very difficult relationship with my father. >>>

9. I have a very good relationship with my mother, but I have a very difficult relationship with my father. >>>

10. I have a very good relationship with my mother, but I have a very difficult relationship with my father. >>>

11. I have a very good relationship with my mother, but I have a very difficult relationship with my father. >>>

12. I have a very good relationship with my mother, but I have a very difficult relationship with my father. >>>

13. I have a very good relationship with my mother, but I have a very difficult relationship with my father. >>>

14. I have a very good relationship with my mother, but I have a very difficult relationship with my father. >>>

15. I have a very good relationship with my mother, but I have a very difficult relationship with my father. >>>

16. I have a very good relationship with my mother, but I have a very difficult relationship with my father. >>>

17. I have a very good relationship with my mother, but I have a very difficult relationship with my father. >>>

18. I have a very good relationship with my mother, but I have a very difficult relationship with my father. >>>

19. I have a very good relationship with my mother, but I have a very difficult relationship with my father. >>>

20. I have a very good relationship with my mother, but I have a very difficult relationship with my father. >>>

21. I have a very good relationship with my mother, but I have a very difficult relationship with my father. >>>



Compassionate MINDS

Although our society seems very keen on pushing us to be competitive, self-focused, socially comparative and on wanting more and more, the evidence is clear that taking a compassionate interest in ourselves and others is a path to genuine happiness.

1. Compassion is one of the most powerful forces in the world. >>>

2. Compassion is one of the most powerful forces in the world. >>>

3. Compassion is one of the most powerful forces in the world. >>>

4. Compassion is one of the most powerful forces in the world. >>>

5. Compassion is one of the most powerful forces in the world. >>>

6. Compassion is one of the most powerful forces in the world. >>>

7. Compassion is one of the most powerful forces in the world. >>>

8. Compassion is one of the most powerful forces in the world. >>>

9. Compassion is one of the most powerful forces in the world. >>>

10. Compassion is one of the most powerful forces in the world. >>>

11. Compassion is one of the most powerful forces in the world. >>>

12. Compassion is one of the most powerful forces in the world. >>>

13. Compassion is one of the most powerful forces in the world. >>>

14. Compassion is one of the most powerful forces in the world. >>>

15. Compassion is one of the most powerful forces in the world. >>>

16. Compassion is one of the most powerful forces in the world. >>>

17. Compassion is one of the most powerful forces in the world. >>>

18. Compassion is one of the most powerful forces in the world. >>>

19. Compassion is one of the most powerful forces in the world. >>>

20. Compassion is one of the most powerful forces in the world. >>>

21. Compassion is one of the most powerful forces in the world. >>>

22. Compassion is one of the most powerful forces in the world. >>>

23. Compassion is one of the most powerful forces in the world. >>>

24. Compassion is one of the most powerful forces in the world. >>>

25. Compassion is one of the most powerful forces in the world. >>>

26. Compassion is one of the most powerful forces in the world. >>>

The importance of TEARS

When tragedy occurs many people cry during a storm of crisis. But tears your body's release valve for stress, sadness, grief, anxiety, and frustration, and should be taken as a sign of courage, strength and authenticity.

1. Crying can release your emotions. >>>

2. Crying can release your emotions. >>>

3. Crying can release your emotions. >>>

4. Crying can release your emotions. >>>

5. Crying can release your emotions. >>>

6. Crying can release your emotions. >>>

7. Crying can release your emotions. >>>

8. Crying can release your emotions. >>>

9. Crying can release your emotions. >>>

10. Crying can release your emotions. >>>

11. Crying can release your emotions. >>>

12. Crying can release your emotions. >>>

13. Crying can release your emotions. >>>

14. Crying can release your emotions. >>>

15. Crying can release your emotions. >>>

16. Crying can release your emotions. >>>

17. Crying can release your emotions. >>>

18. Crying can release your emotions. >>>

19. Crying can release your emotions. >>>

20. Crying can release your emotions. >>>

21. Crying can release your emotions. >>>

22. Crying can release your emotions. >>>

23. Crying can release your emotions. >>>

24. Crying can release your emotions. >>>

25. Crying can release your emotions. >>>

THE ANXIOUS BRAIN

Anxiety. We all experience it. It's a common, even vital feature of the standard human brain. But how has the modern world and the human brain conspired to make it such a common and often debilitating part of our lives? **ANXIETY IN THE MODERN WORLD**

1. Anxiety is a natural part of the human experience. >>>

2. Anxiety is a natural part of the human experience. >>>

3. Anxiety is a natural part of the human experience. >>>

4. Anxiety is a natural part of the human experience. >>>

5. Anxiety is a natural part of the human experience. >>>

6. Anxiety is a natural part of the human experience. >>>

7. Anxiety is a natural part of the human experience. >>>

8. Anxiety is a natural part of the human experience. >>>

9. Anxiety is a natural part of the human experience. >>>

10. Anxiety is a natural part of the human experience. >>>

11. Anxiety is a natural part of the human experience. >>>

12. Anxiety is a natural part of the human experience. >>>

13. Anxiety is a natural part of the human experience. >>>

14. Anxiety is a natural part of the human experience. >>>

15. Anxiety is a natural part of the human experience. >>>

16. Anxiety is a natural part of the human experience. >>>

17. Anxiety is a natural part of the human experience. >>>

18. Anxiety is a natural part of the human experience. >>>

19. Anxiety is a natural part of the human experience. >>>

20. Anxiety is a natural part of the human experience. >>>

21. Anxiety is a natural part of the human experience. >>>

22. Anxiety is a natural part of the human experience. >>>

23. Anxiety is a natural part of the human experience. >>>

24. Anxiety is a natural part of the human experience. >>>

25. Anxiety is a natural part of the human experience. >>>

Mindset is a revolutionary magazine created to disseminate authoritative, accurate, beautifully presented, easily assimilated information, about all aspects of mental health. With a world class Editorial Advisory Board, the journal is information-led and offers readers factual advice, insights and support. It covers everything from the latest news, research and development; prevention and diagnosis; up-to-the-minute treatments and rehabilitation; case studies and readers' letters; financial and legal advice; workplace initiatives; book reviews; complementary therapies; philosophy; and much more.

THE YOUNG ONES

Many of us think of university as a wondrous time of new experiences and great freedom to explore new ideas and find out who you really are. However, research shows that nearly one in five students are affected with anxiety or depression. So why are these disorders so prevalent in our young adults?

1. University is a time of great change and growth. >>>

2. University is a time of great change and growth. >>>

3. University is a time of great change and growth. >>>

4. University is a time of great change and growth. >>>

5. University is a time of great change and growth. >>>

6. University is a time of great change and growth. >>>

7. University is a time of great change and growth. >>>

8. University is a time of great change and growth. >>>

9. University is a time of great change and growth. >>>

10. University is a time of great change and growth. >>>

11. University is a time of great change and growth. >>>

12. University is a time of great change and growth. >>>

13. University is a time of great change and growth. >>>

14. University is a time of great change and growth. >>>

15. University is a time of great change and growth. >>>

16. University is a time of great change and growth. >>>

17. University is a time of great change and growth. >>>

18. University is a time of great change and growth. >>>

19. University is a time of great change and growth. >>>

20. University is a time of great change and growth. >>>

21. University is a time of great change and growth. >>>

22. University is a time of great change and growth. >>>

23. University is a time of great change and growth. >>>

24. University is a time of great change and growth. >>>

25. University is a time of great change and growth. >>>

UNDERSTANDING THE MIND

MIND POWER

Our minds and mindsets are the most important aspects of who we are, not our relationships or possessions or our position in life. Tend to your mindset and you'll find that happiness in all aspects of your life is within reach. **FOUNDATIONS**

1. The mind is the most powerful force in the world. >>>

2. The mind is the most powerful force in the world. >>>

3. The mind is the most powerful force in the world. >>>

4. The mind is the most powerful force in the world. >>>

5. The mind is the most powerful force in the world. >>>

6. The mind is the most powerful force in the world. >>>

7. The mind is the most powerful force in the world. >>>

8. The mind is the most powerful force in the world. >>>

9. The mind is the most powerful force in the world. >>>

10. The mind is the most powerful force in the world. >>>

11. The mind is the most powerful force in the world. >>>

12. The mind is the most powerful force in the world. >>>

13. The mind is the most powerful force in the world. >>>

14. The mind is the most powerful force in the world. >>>

15. The mind is the most powerful force in the world. >>>

16. The mind is the most powerful force in the world. >>>

17. The mind is the most powerful force in the world. >>>

18. The mind is the most powerful force in the world. >>>

19. The mind is the most powerful force in the world. >>>

20. The mind is the most powerful force in the world. >>>

21. The mind is the most powerful force in the world. >>>

22. The mind is the most powerful force in the world. >>>

23. The mind is the most powerful force in the world. >>>

24. The mind is the most powerful force in the world. >>>

25. The mind is the most powerful force in the world. >>>

Book REVIEWS

1. Ruby Wax's 'How to Be Human' is a hilarious and insightful look at the human condition. >>>

2. 'Living Like Crazy' by Paul Kelly is a powerful and moving memoir. >>>

3. 'Positive Psychology Coaching in Practice' is a practical guide for coaches. >>>

4. 'The Mindful Way Through Depression' is a transformative book. >>>

5. 'The Happiness Advantage' by Shawn Achor is a must-read. >>>

6. 'The Power of Now' by Eckhart Tolle is a profound work. >>>

7. 'The Four Agreements' by Don Miguel Ruiz is a life-changing book. >>>

8. 'The Secret' by Rhonda Byrne is a classic in the genre. >>>

9. 'The Alchemist' by Paulo Coelho is a timeless story. >>>

10. 'The 5 Love Languages' by Gary Chapman is a relationship guide. >>>

11. 'The 7 Habits of Highly Effective People' by Stephen Covey is a classic. >>>

12. 'The 48 Laws of Power' by Robert Greene is a controversial read. >>>

13. 'The 101 Names of God' by David Steigman is a beautiful book. >>>

14. 'The 101 Names of God' by David Steigman is a beautiful book. >>>

15. 'The 101 Names of God' by David Steigman is a beautiful book. >>>

16. 'The 101 Names of God' by David Steigman is a beautiful book. >>>

17. 'The 101 Names of God' by David Steigman is a beautiful book. >>>

18. 'The 101 Names of God' by David Steigman is a beautiful book. >>>

19. 'The 101 Names of God' by David Steigman is a beautiful book. >>>

20. 'The 101 Names of God' by David Steigman is a beautiful book. >>>

21. 'The 101 Names of God' by David Steigman is a beautiful book. >>>

22. 'The 101 Names of God' by David Steigman is a beautiful book. >>>

23. 'The 101 Names of God' by David Steigman is a beautiful book. >>>

24. 'The 101 Names of God' by David Steigman is a beautiful book. >>>

25. 'The 101 Names of God' by David Steigman is a beautiful book. >>>

UNDERSTANDING THE MIND

MIND POWER

Our minds and mindsets are the most important aspects of who we are, not our relationships or possessions or our position in life. Tend to your mindset and you'll find that happiness in all aspects of your life is within reach. **FOUNDATIONS**

1. The mind is the most powerful force in the world. >>>

2. The mind is the most powerful force in the world. >>>

3. The mind is the most powerful force in the world. >>>

4. The mind is the most powerful force in the world. >>>

5. The mind is the most powerful force in the world. >>>

6. The mind is the most powerful force in the world. >>>

7. The mind is the most powerful force in the world. >>>

8. The mind is the most powerful force in the world. >>>

9. The mind is the most powerful force in the world. >>>

10. The mind is the most powerful force in the world. >>>

11. The mind is the most powerful force in the world. >>>

12. The mind is the most powerful force in the world. >>>

13. The mind is the most powerful force in the world. >>>

14. The mind is the most powerful force in the world. >>>

15. The mind is the most powerful force in the world. >>>

16. The mind is the most powerful force in the world. >>>

17. The mind is the most powerful force in the world. >>>

18. The mind is the most powerful force in the world. >>>

19. The mind is the most powerful force in the world. >>>

20. The mind is the most powerful force in the world. >>>

21. The mind is the most powerful force in the world. >>>

22. The mind is the most powerful force in the world. >>>

23. The mind is the most powerful force in the world. >>>

24. The mind is the most powerful force in the world. >>>

25. The mind is the most powerful force in the world. >>>

THE UK'S LEADING MAINSTREAM MAGAZINE DEDICATED TO THE HEALTH OF THE MIND

MindSet

ISSUE 5 £6.00

LIGHT THERAPY

The effects of bathing our minds in colour

ALL ABOUT THE BOYS

WHY TODAY'S YOUNG MEN ARE STRUGGLING

THE KEY TO SUCCESS?

It's all about the failures

Ruby Wax

And now for the good news

PLUS: Lessons for life – invaluable advice from a decorated Navy SEAL

ON-SALE DATES & COPY DEADLINE

Issue	Copy deadline	Publication date
ISSUE 6/MAR	13 February 2021	4 March 2021
ISSUE 7/JUNE	15 May 2021	3 June 2021
ISSUE 8/SEPT	13 August 2021	2 September 2021
ISSUE 9/DEC	12 November 2021	2 December 2021

ON-PAGE ADVERTISING RATES (per issue)

Full page _____ £1,000

Premium page (IFC,IBC, OBC) _____ £1,500

Sponsorship of regular features _____ £500

(eg Ask the expert, book reviews)

Branded Content

Feature in print and Online _____ £3,000

Online only feature _____ £2,000

Corporate Subscriptions

Print editions for employees _____ £ on application

Outreach copies _____ £ on application

CONTACT

Advertising Sales: Heather James

heather@mindsetmagazine.co.uk

MindSet

MAGAZINE

MEDIA PACK 2021

