

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 that time at home or in someone else's, here are a few ways to be important to give your brain a holiday.



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 treated as a sign of strength, strength and authenticity.

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? ANNE M. BARNETT

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
Social media and technology are among the most powerful forces in our lives. But how do they affect our brains? ANDREW M. COOPER

Book REVIEWS
HOW TO BE HUMAN
RUBY WAX
LIVING LIKE CRAZY
POSITIVE PSYCHOLOGY COACHING IN PRACTICE

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. ROBERT D. HOLT

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

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ISSUE 8/SEPT	13 August 2021	2 September 2021
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CONTACT

Advertising Sales: Heather James

heather@mindsetmagazine.co.uk

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