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NoWorriesApp

Written by [Caroline Holmyard](#)



A Game-Changing Solution to Manage Worry & Boost Happiness

The journey to collaborate and create a quick, easy, and effective game-changing App—designed to help people recognise, ease, and manage worry to improve happiness—began about three years ago for Caroline Holmyard and Phil Hubble.

NoWorriesApp

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Caroline Holmyard [Meet the Team](#) | [NoWorriesApp](#)

However, their journey as Olympic swimmers began much earlier. Both were elite athletes who competed in the Olympic Games during the 1980s.



Phil Hubble [Meet the Team](#) | [NoWorriesApp](#)

Today, both successful and still swimming, the pair set out to find a way to relieve a modern scourge affecting the lives of everyone at some time—worry. When persistent, worry is a destructive emotion with negative feelings that diminishes life experience. Whether it's about money, relationships, work, online life, home life, or something else, too much thought traffic and rumination offer nothing positive. "There wasn't enough evidence of personal happiness around me; everyone was stuck in a loop of negative thinking, and it was affecting performance," said Caroline. "I was hearing too many stories of long waits to see a doctor and even longer waits to be referred to a Talking Therapy. We decided to use our experience to teach individuals how to manage worry and progress towards a more positive mindset."

Caroline, now a UK-based academic with extensive expertise in Behaviour Change, and Phil, an Australia-based industrialist, have created the unique NoWorriesApp. The self-help App enables individuals to help themselves become more resilient, self-reliant, and better positioned to decide how to manage their worry and improve sentiment. As a result, they feel happier and perform better ([Happiness | NoWorriesApp](#)).

The foundations of this remarkable App are deeply rooted in academic theories ([Academic Foundations | NoWorriesApp](#)). As a Behaviour Change Practitioner, Caroline applied aspects of the Transtheoretical Model of Behaviour Change, the COM-B Model, Maslow's Hierarchy of Needs, and Nudge Theory—combined with Sports Psychology and Teaching and Learning principles—to real-world situations, supporting change and improving performance.

After three years of painstaking multinational research and development, a digital Well-Being App was born (<https://noworriesapp.com/>)

The App is designed for individuals to download privately, completely free of charge. Users track their happiness and then manage a single worry, enabling them to find their own solution to ease it and feel happier. Managing worry is achieved by making a small change. Users experience a sense of relief by deciding how to address it. No counselling, no drugs with side effects, no costly therapy—just a simply constructed, learned framework for a self-help journey that nudges the user along the Wellbeing Continuum towards thriving.





The mission to bring the concept of sporting excellence and academic depth by Phil and Caroline has both commercial and philanthropic applications. Relieving worry in people of all ages is an ambitious goal. To this end, they have offered to supply the App to charities, NGOs, and Public Sector bodies at no cost. The commercial side of the venture focuses on the Private Sector ([Commercial Services | NoWorriesApp](#))

The accrued anonymous data derived from individuals and communities enable policymakers and leaders to identify practical and meaningful interventions to lessen and relieve worry. Policymakers can pinpoint sources of worry and thereby design precision, data-based, and evidence-backed interventions at minimal cost.

This could truly represent the future of worry management, both at the individual and community levels.

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