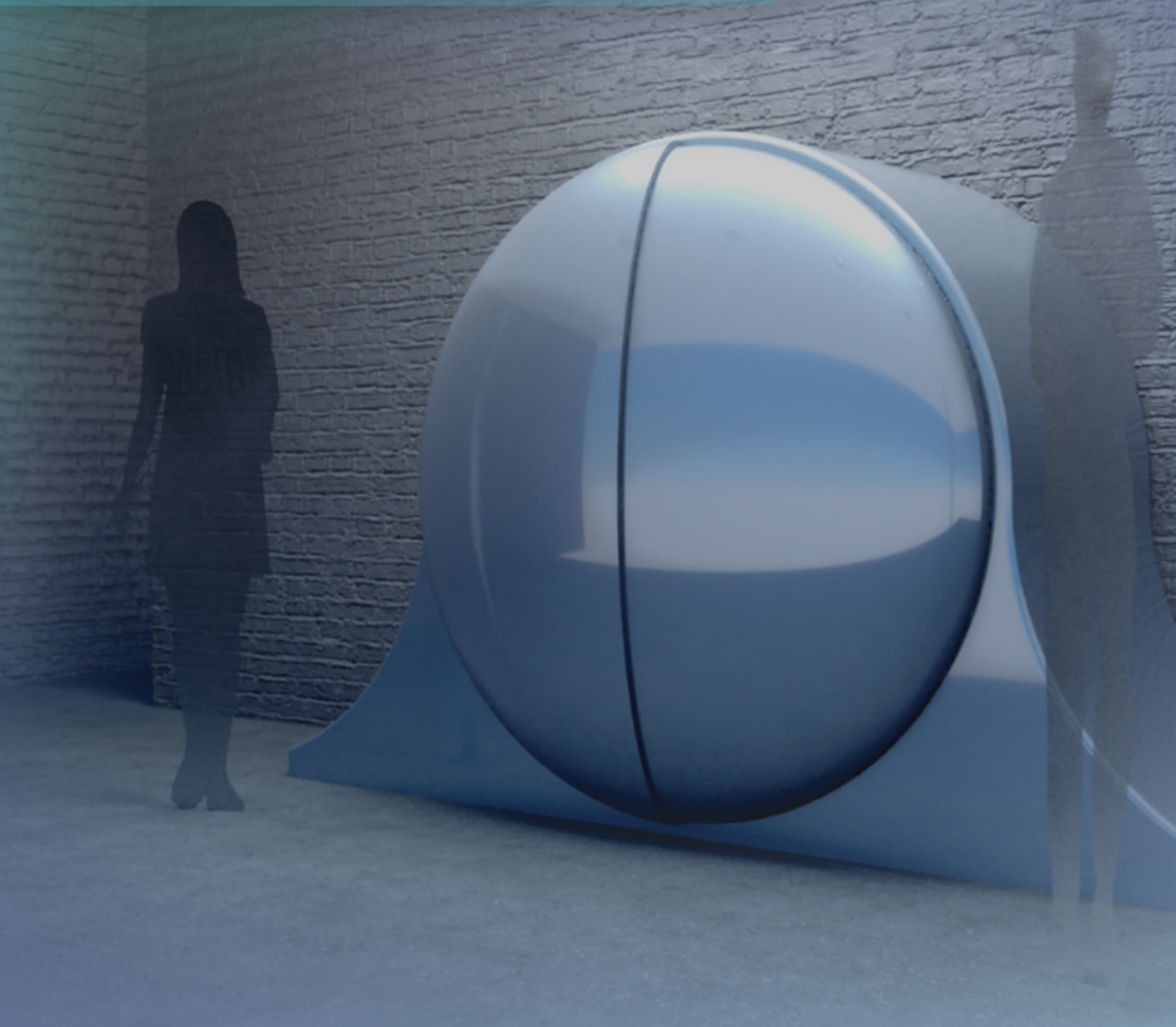



SOUL HAPPY MIND POD

The Next Generation of Stress Reduction

An experiential, innovative, and real-time therapeutic environment entirely designed to de-escalate anxiety.





A **therapeutic enclosure** that allows for an engaging **sanctuary-like environment**, while a series of **evidence-based** directive videos provides an immediate **reduction of stress**.



Enter The Mind Pod

This immersive therapeutic experience leads to higher potential and productivity. With a designated peaceful place to go, employers and universities are able to address stress and anxiety for their employees or students in real-time, on the job or on campus.

A recent article on the science of happiness in the Wall Street Journal states, "Emotional well-being will become just as important as physical well-being," and further stipulates that this is even more relevant through the pandemic and its collective effect on humanity. A recent survey by the CDC states that 37% of respondents report feeling anxious or depressed (in 2019 that figure was 11%).

Anxiety and stress has become more prevalent. As a result of a year of unknowns, typical "everyday" people are experiencing isolation, job insecurity, and fear of everything from illness to bankruptcy.

Mental health professionals have indeed observed a dramatic increase in anxiety. Mental illness and disorders are no longer thought of as effecting only people with chemical imbalances or severe life situations. High-functioning and generally happy people are experiencing increased stress and anxiety as a part of everyday life.

There is a popular emphasis toward mental fitness requiring routine maintenance, similar to how we maintain our physical fitness. It is a concept that involves mind exercises that can train the brain for emotional well-being. In 2018, prior to the world-wide pandemic, a study in the US News and World Report suggested that by 2025, there will be a shortage of 250,000 behavioral healthcare providers. With this current crisis looming, these brain exercises could become the daily preventative self-care solution.

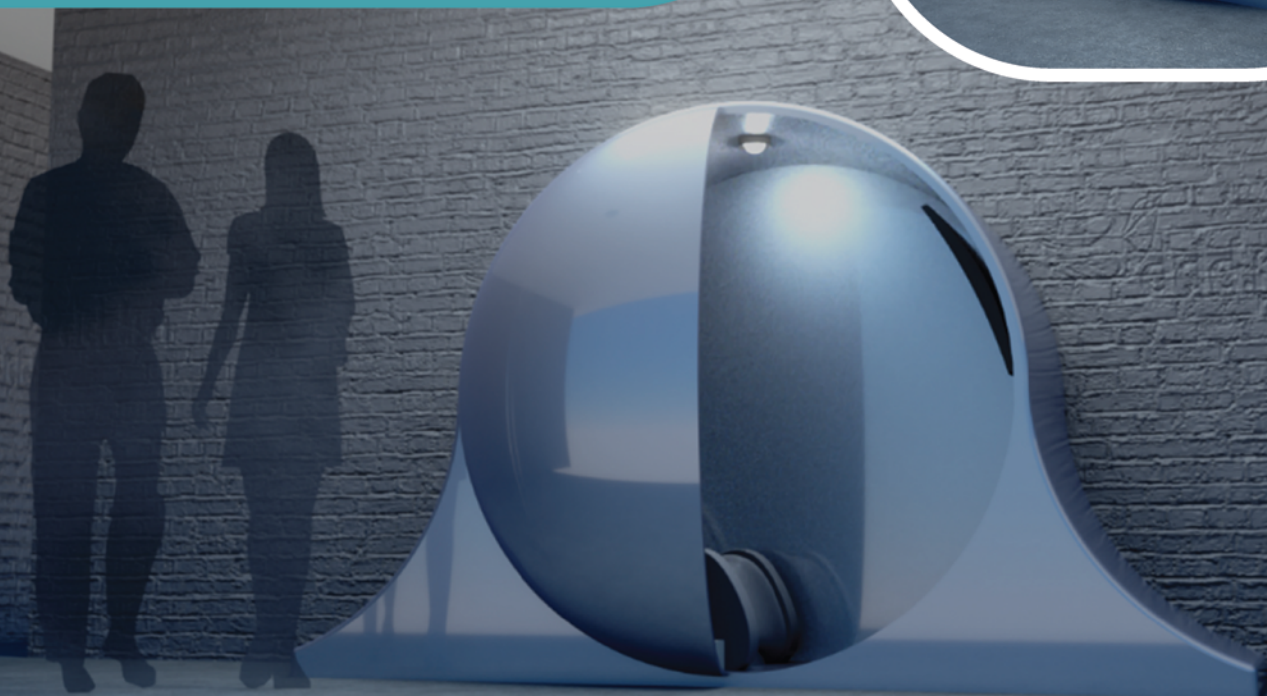
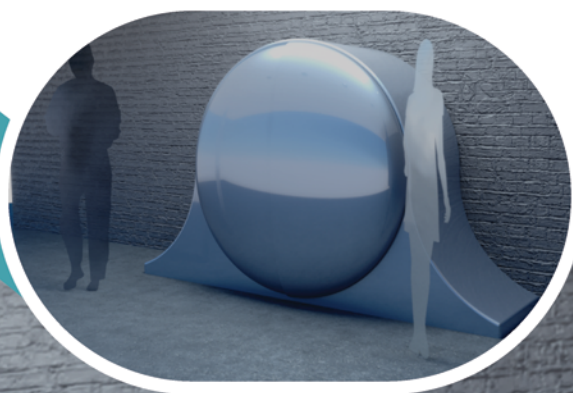
In our view, there really is no comparison. The meditation pod, is an enclosure that offers a break from the work environment. In this pod, one sits in a meditative pose, cross legged, on a cushion. Sure, more and more people are meditating, but are large segments of the population comfortable enough with a meditative practice to sit in a lotus position as a "break" on the job? In the Soul Happy Mind Pod, you are comfortably semi-reclined in a lounge seat, with our guided meditative process to assist on demand, allowing for an impactful meditative experience in under 10 minutes. As experienced psychotherapists, we offer evidence-based anxiety and stress reduction mind exercises, allowing an employee or student to reenter the work place or classroom systematically calmer and more focused.



Let's compare what's out there.

Metro Nap is a product that allows for napping on the job or on campus. While it's true that a 20 minute nap is beneficial for well-being and productivity, the Soul Happy Mind Pod is much more layered with benefits and potential. With continued usage, our directed mind exercises assist in retraining the brain for decreased stress and higher performance. To that end, you are fully enclosed within the pod for more of a sanctuary feel rather than the half body enclosure of the nap pod where you are much more exposed. Oh—and for those who just really want a more private nap, our Soul Happy Mind Pod offers that option complete with color, sound, and aroma.

The Next Generation



DISCOVER YOUR KEY TO HAPPINESS

How are we different?

The Soul Happy Mind Pod is the brainchild of Tracy Zboril MSW, and Cara Hewett M.A. They saw a need for simple, immediate, and accessible tools to address the chronic states of anxiety and stress. They are authors, speakers, and workshop facilitators. Their ground-breaking science-based approach has already changed the lives and businesses of high performing athletes, C-Suite executives, elite business owners, high achieving students, and many others. They now want to bring their trademarked technique to a larger population through the Soul Happy Mind Pod, and also through the virtual reality headset version.



In a nutshell.

It is true that mental wellness is becoming just as essential as physical wellness. In fact, in the chaotic times we are living in, mental wellness must become a priority for effective human functioning. Our Soul Happy Mind Pod offers a unique technologically advanced approach to treating stress and anxiety. It offers tools to the employee or student allowing them to essentially treat their own immediate symptoms of stress, rather than seeking mental health options elsewhere. The Soul Happy Mind Pod is the new approach to intelligent mental self-care.



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