

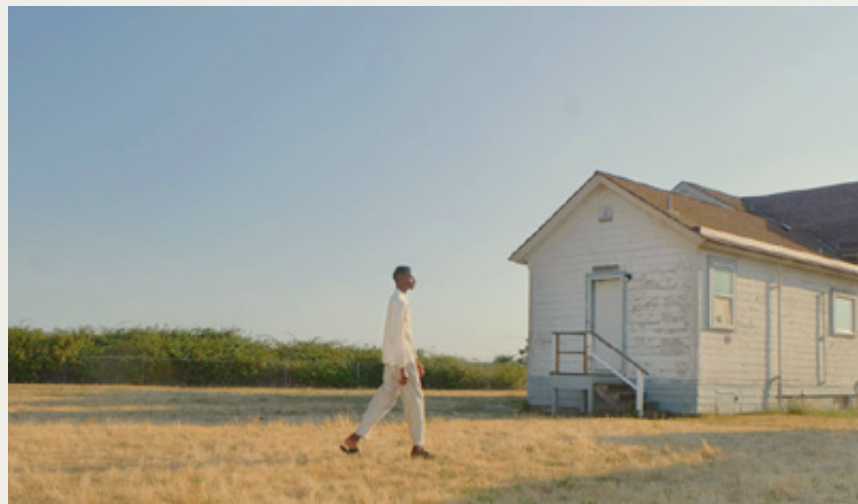
indwell

indwell

/ IN'DWEL / VERB. TO FULLY INHABIT YOUR HOME WITHIN

INDWELL IS A LIFESTYLE BRAND THAT IS
DEDICATED TO MAKING INNER WELLNESS
WITHIN REACH THROUGH MENTAL HEALTH
PRACTICES AND CURATED PRODUCTS.

Recover from your past. Reclaim your true self. Live with purpose.





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THE 8 STEPS GUIDES YOU TO:

Explore your past: UNDERSTAND HOW YOUR PAST AFFECTS WHO YOU ARE AND HOW YOU EXPERIENCE THE WORLD.

Live the present: LEARN PRACTICAL TOOLS TO UNLEARN PATTERNS THAT KEEP YOU STUCK AND LIVE IN THE PRESENT.

Navigate your future: SET A PLAN TO PURSUE YOUR GOALS BY IDENTIFYING YOUR VALUES, DREAMS, AND PURPOSE.

AN 8-STEP MENTAL HEALTH GUIDE WRITTEN BY A PSYCHOTHERAPIST AND LIFE COACH

A 344-page visual guide to reclaim your mental health. Indwell guides you to explore your past, live the present and navigate your future. The book includes pschoeducation to understand your mind, body, and emotions, journal prompts and guided exercises to increase self-awareness, and action plans to help you reach your goals. We envisioned this beautiful guide to sit on people's coffee tables to break the stigma on mental health and remind everyone that it should be a part of everyday conversations. Indwell is the perfect tool to help bridge the gap between self-help at home and therapy.

THE 8-STEPS

STEP. 01 ——— GROUND

STEP. 02 ——— PRESENCE

STEP. 03 ——— AWARENESS

STEP. 04 ——— TRUTH

STEP. 05 ——— INHABIT

STEP. 06 ——— CONNECTION

STEP. 07 ——— DREAM

STEP. 08 ——— EMPOWER



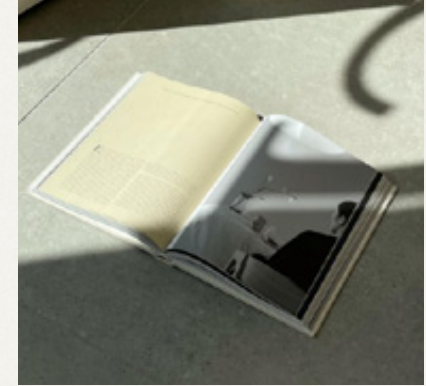
PSYCHOEDUCATION

Education on your mind-body connection supported by neuroscience and psychological research.



JOURNAL PROMPTS

Thoughtful questions to encourage deeper self-reflection and explore your patterns.



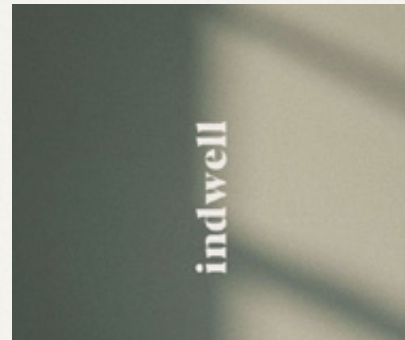
GUIDED EXERCISES

Practical mental health tools to cope with triggers and learn new responses.



ACTION PLANS

Life coaching directives to help you plan, keep you accountable by creating new habits and goals.



VISUAL ARTS

Curated images to evoke deeper insights, mental clarity, and inner calm.