



## CASE STUDY:

# ENHANCING WELL-BEING WITH THE TOUCHPOINT SOLUTION™

*"I feel more confidence in managing reactivity from trauma."*

- MARIA

## CHALLENGES

- Agitation
- Anxiety
- Fears
- Frustration
- Lashing Out at Others
- Meditation
- Pessimistic Thinking
- Relationship Problems
- Sleep Issues
- Stress Relief
- Therapy

## USE CASE AND OUTCOME

Over the course of the past year, Maria has experienced several positive shifts that both her husband and best friend have noticed.

**Increased Confidence in Reactivity Management:** She reports feeling more confident in managing emotional reactivity triggered by trauma. TouchPoints have become an integral part of their daily routine, providing a sense of comfort and stability.

**Daily Practice Integration:** The devices seamlessly integrate into her daily practices. Whether during meditation, stressful moments, or before sleep, TouchPoints serve as a reliable companion.

**Anticipation for Challenging Situations:** The Maria eagerly anticipates using TouchPoints during specific scenarios, such as flying on a plane. Air travel has historically been a significant challenge due to panic and anxiety. TouchPoints offer a sense of reassurance during these moments.

**Outcome**  
The TouchPoint Solution™ has played a pivotal role in enhancing emotional well-being, providing comfort, and empowering the participant to face life's challenges more confidently. As Maria continues their journey, TouchPoints remains a valuable tool for managing reactivity and promoting resilience.

## ABOUT TOUCHPOINTS:

TouchPoints are twin neuroscientific wearables worn on either side of the body preventatively or on the spot for 15 minutes before, during, or after a stressful situation. They were designed to provide fast relief from stress and anxiety at the push of a button. They use gentle, haptic micro-vibrations called **BLAST (bilateral alternating stimulation tactile)**. This technology is backed by decades of scientific and academic research on bilateral stimulation that quantifies significant brain changes after just seconds of use. TouchPoints give the user a gentle vibration that affects the brain and alters the body's fight, flight, or freeze response to restore calm nervous system functioning. This helps reduce the amount of perceived stress experienced and the associated body sensation that comes with it (i.e., stomach butterflies or tightness in the chest). TouchPoints are a natural and effective solution to anxiety and focus issues and can enhance performance and sleep.