



# TOUCHPOINTS FOR CLINICIANS:

Athena is a 35-year-old clinician who lives with anxiety, stress, difficulty focusing, and more. She reported also having an inability to stay calm and occasional pessimistic thinking.

Athena started using her TouchPoints during the day while taking care of her daughter, at work with clients and at night to wind down. She uses her TouchPoints for an average of 30 minutes to two hours each day. Athena reports having decreased jaw clenching and more energy as a result. Her husband says he has also noticed a difference in Athena's demeanor since beginning TouchPoint use.

Athena says of her experiences, "As a clinician, they have helped me to feel more confident during sessions and a lot of my clients have purchased touch points themselves."

## CASE STUDY SUMMARY:

### USER PROFILE:

- Athena, 35 years old
- Clinician

### CHALLENGES:

- Anxiety
- Aggressive Behavior
- Frustration
- Fear of the Dark
- Lashing out at Others
- Pessimistic Thinking
- Trouble Focusing

### SOLUTION:

- TouchPoints during the day, at work with clients, and at night to wind down for a total of about 30 mins to 2 hours a day.

### KEY RESULTS:

- Calmer in the mornings
- Does not feel the need to be on anxiety medication
- No longer physically ill from anxiety
- Emotions feel more balanced

### ABOUT TOUCHPOINTS:

TouchPoints are twin neuroscientific wearables that are 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. Using gentle, haptic microvibrations 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 not only helps to reduce the amount of perceived stress experienced, but also 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.