



TOUCHPOINTS AND SCHOOL ANXIETY:

Alice* is a 10-year-old student who lives with severe school anxiety, stomachaches due to stress, frustration, and fear. She reported often being unable to make it through a full day of school without being physically ill from anxiety.

Alice started using her TouchPoints for 20 minutes every morning to alleviate her stress surrounding beginning the school day. Once she began this routine and started seeing a therapist, Alice has been able to make it through the school year without anxiety issues. Her mother says everyone around her has noticed that she is much calmer in the mornings.

Alice's mother believes using TouchPoints combined with seeing a therapist has allowed Alice to stay off of anxiety medications. Alice actively settles herself when wearing her TouchPoints because she knows she can depend on them.

*Alice's name has been changed to protect her identity as a minor.

CASE STUDY SUMMARY:

USER PROFILE:

- Alice*, 10 years old
- School Anxiety

CHALLENGES:

- Anxiety
- Being Scared
- Fears
- Frustration
- Stomachaches due to Stress

SOLUTION:

- TouchPoints on wrists 20 minutes in the morning to deal with school morning anxiety

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