Introduction

Stress Less Box
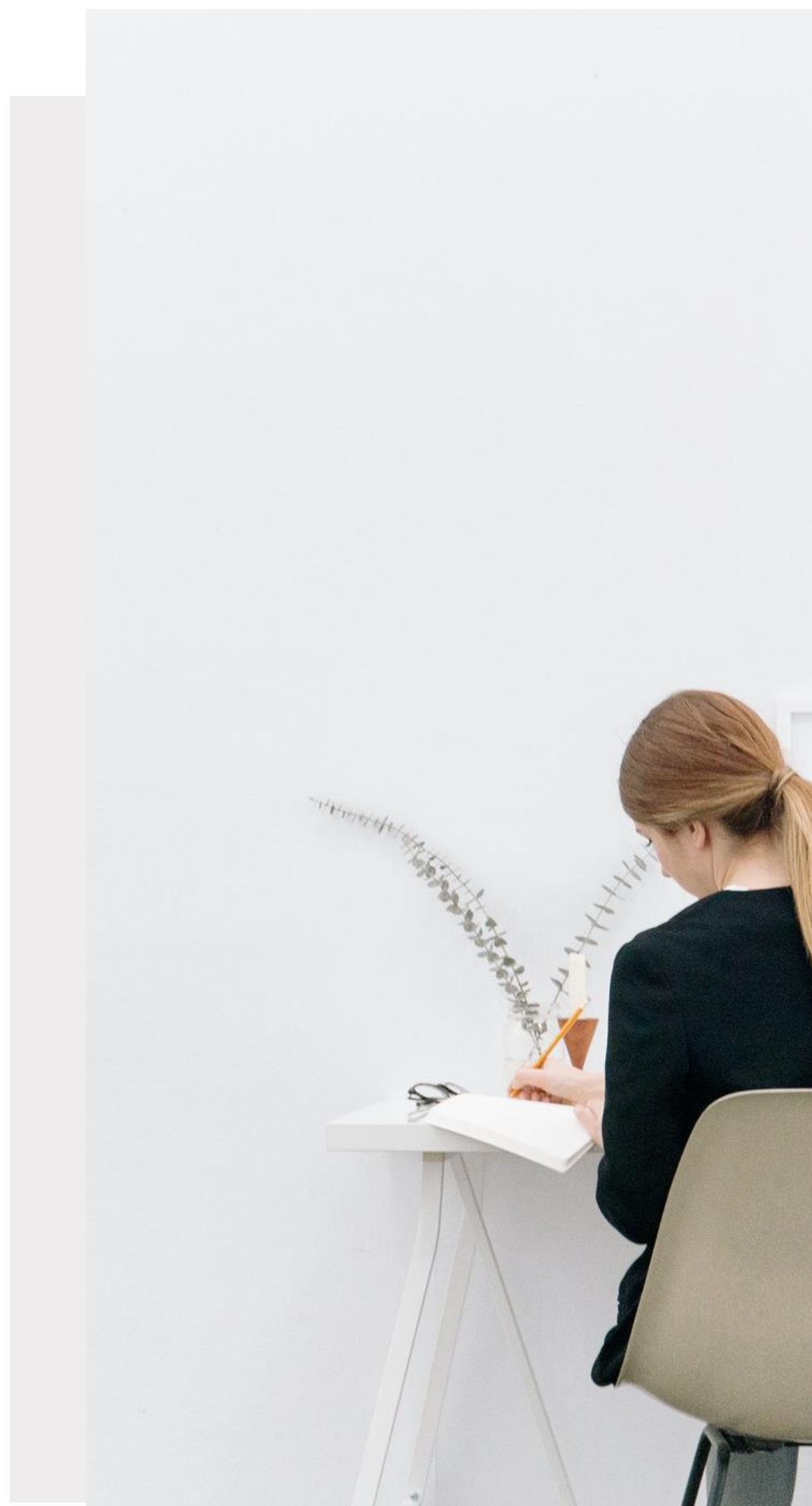
- Anxiety and depression are prevalent mental issues among American adults, as reported by the CDC.

- These disorders often lead to constricted cognition, with anxiety focusing on future concerns and depression dwelling on past issues.

- The resulting effects include panic, stress, overwhelm, and potential self-harm or suicide.

Understanding the Stress Less Box

Addressing Constricted Cognition

⚙ Purpose

The Stress Less Box aims to enhance mental flexibility and mindfulness to address constricted cognition associated with anxiety and depression.

🌐 Reducing Distorted Thinking

It promotes reducing distorted and unrealistic thinking inherent in anxiety and depression, supporting a healthier mindset.

Calming Images

Includes four calming images specifically designed to elicit a sense of relaxation and focus.

Therapy Approaches

Application of different therapy approaches to promote present–moment awareness and grounding.

Virtual Compatibility

Provides virtual compatibility with natural backgrounds for online sessions, enhancing the overall experience.

Acrylic material

Easy to clean and sanitize, ensuring quality and hygiene to minimize the spread of germs.

Features of the Stress Less Box

How to Use the Stress Less Box

Step One
Ensure a comfortable seating arrangement for the client to promote relaxation.

Step Two
Guide clients through deep breathing exercises, optionally with eye closure, to encourage relaxation and mindfulness.

Step Three
The Stress Less Box fosters mindfulness by prompting clients to describe images. This focused observation redirects attention, promoting present awareness and a shift in perspective.

Step Four
Check-in questions post aid client engagement and activity processing. They personalize the session, ensuring effective support and interaction within the digital space.

Testimonials

"Fabulous product."

– J. Winreb, LMFT, LADC

"The Stress-Less-Box
is a beautiful piece of art and
pictures that capture me with
thoughts that I can continue to
think upon, reflect and enjoy!"

- A. Rogers, Health advocate

"I find the Stress Less Box to be
a valuable tool to help reduce
stress. Because it doubles as a
tissue box I can have it always
visible, handy and convenient
to use for myself and for others.
Its visibility also creates an ever
present reminder of the
importance of recognizing and
reducing stress. What a
creative idea: To make stress
reduction tangible through this
little box!"

- D. Smith, M-Div Theolog

"I was able to use the stress
less box in a virtual group. I
accompanied it with light
music, I followed the
instructions, personalized of
course, and led a
mindfulness exercise. At the
end, participants shared
feelings more focused, calm,
and present. I look forward
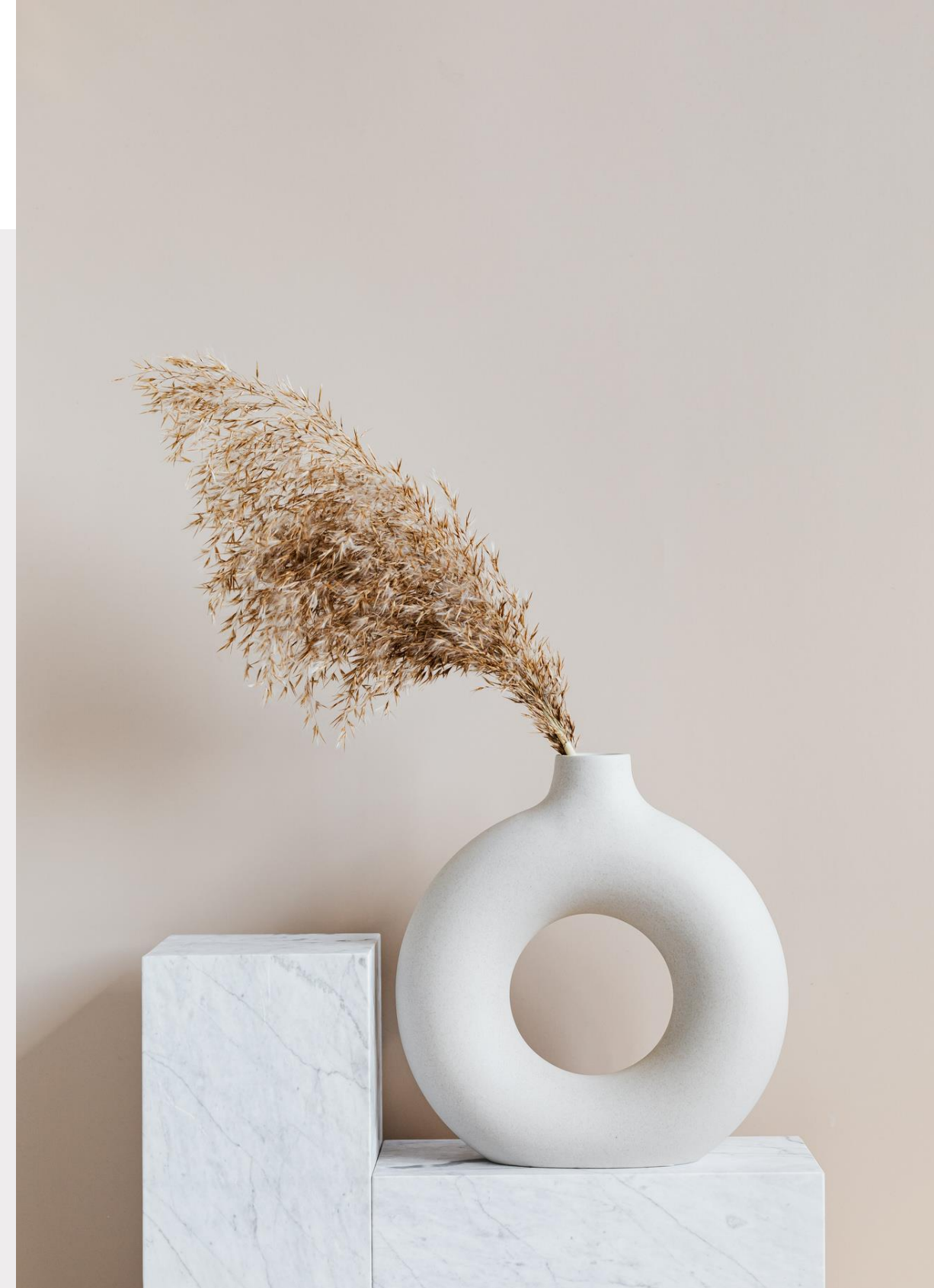to using it again virtually and
in person."

– M. Whyte, LPC

Real–Life Example

Application in Practice

- The Stress Less Box seamlessly integrates into therapy sessions for individuals and groups.

- It enhances focus, calmness, and present-moment awareness among participants, promoting a conducive environment for mental health progress and well-being.

Benefits for Clients

Positive Outcomes

The Stress Less Box has been associated with a significant reduction in stress, anxiety, and depression symptoms, facilitating enhanced mental well-being and cognitive flexibility among clients.

Target Market

Mental Health Professionals

1. The Stress Less Box is specifically suited for psychotherapists, psychologists, social workers, and psychiatrists.

2. It complements various therapeutic approaches, with an emphasis on mindfulness, making it a valuable tool for mental health professionals.

Expansion & Adaptability

The Stress Less Box holds potential for extensions or adaptations to cater to diverse therapy methods, offering customization options based on specific clientele needs and preferences.

Potential Beyond the Current Scope

Thank You

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