



CASE STUDY:

ENHANCING WELL-BEING WITH THE TOUCHPOINT SOLUTION™

"I am calmer by at least 50% after 5-10 minutes of using TouchPoints for anxiety and stress, and I can fall asleep faster with decreased nightmares"

- SARAH M.

CHALLENGES

- Agitation
- Angry outbursts
- Anxiety
- Fears
- Focus
- Frustration
- Procrastination
- Sleep issues
- Performance anxiety
- Task avoidance
- Obsessive behavior

USE CASE AND OUTCOME

Through TouchPoints, Sarah has noticed several positive shifts in her everyday life, which have been acknowledged by her EMDR therapist, kids, and sister.

Improved Focus During EMDR Therapy:

Sarah's EMDR therapist has noticed a positive difference in her ability to think clearly and focus as she has started moving through EMDR sessions at a better pace when using TouchPoints. Sarah also isn't as easily triggered and on edge with her children.

Daily Practice Integration:

The devices seamlessly integrate into Sarah's daily life. Whether during EMDR therapy, stressful moments, or before sleep, Sarah utilizes TouchPoints daily as needed.

Anticipation for Challenging Situations:

Sarah uses TouchPoints during specific scenarios, such as when anxious, panicking, or for early onset Parkinson's. TouchPoints offer a sense of reassurance during these moments and help reduce stress "by at least 50% after 5-10 minutes of use".

Outcome

TouchPoints have played an instrumental role in enhancing Sarah's emotional well-being, providing comfort, and empowering her to face life's challenges more confidently. As Sarah continues their journey, TouchPoints remain 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.