

# TOUCHPOINTS AND ULCERATIVE COLITIS:

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Tracey is a 49-year-old mother who lives with ulcerative colitis, anxiety, inability to start tasks, negative thoughts, sleep issues, and more. She reported often feeling sadness after losing two people close to her as well as her favorite cat.

Tracey won TouchPoints from the TouchPoint Scholarship Program and began using them for 20-30 minutes each morning to treat her symptoms. After a while, she reported feeling happier, more grateful, and less stressed at her workplace, a place she describes as typically very stressful. “My daughters and my coworkers have noticed that I seem like my old self,” Tracey said when asked if those around her noticed a difference in her behavior.

In addition, Tracey’s ulcerative colitis symptoms have been less frequent. Tracey closed by saying, “I am so thankful for the opportunity to have been chosen for the scholarship program. I look forward to wearing these each morning to begin my day!”

## CASE STUDY SUMMARY:

### USER PROFILE:

- Tracey, 49 years old
- Ulcerative Colitis

### CHALLENGES:

- Anxiety
- Can't Start on Tasks
- Inability to Stay Calm
- Negative Thoughts
- Obsession
- Sleep Issues
- Stomachaches due to Stress

### SOLUTION:

- TouchPoints on wrists 20-30 minutes in the morning and when feeling overwhelmed with worry

### KEY RESULTS:

- Less stressed at work (typically a very stressful environment)
- Happier and more grateful through the day
- Back to old self after suffering multiple losses

### 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