

From Me To We

Building Community, Resiliency and Mental Health

calmconnect

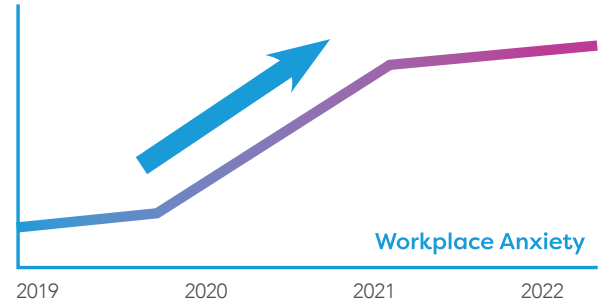
by PrioHealth.com



The Problem

The workplace is not the same one we left before the pandemic. American adults reported feeling emotionally overwhelmed and fatigued, with 87% agreeing that it “feels like there has been a constant stream of crises without a break over the past two years.”*

“The number of people who say they’re significantly stressed about recent events is stunning... Americans have been doing their best to persevere over these past two tumultuous years, but these data suggest that we’re now reaching unprecedented levels of stress that will challenge our ability to cope.” **



For every U.S. dollar invested in treating depression and anxiety, there was a \$4 return in better health and ability to work.***



Actual faces from CalmConnect program

The Solution

CalmConnect features dozens of people of varied age and race, with music, patterns, rhythm, and movement specifically designed to settle the vagus nerve. Used all over the world, the program needs no speech or language to bring people from ‘fight or flight,’ to “I’m safe, I’m not alone, I can do this.”

CalmConnect is a scientifically based, patented system that uses authentic human emotion and the subconscious mind to calm the nervous system and increase social connectedness; improving mood and emotional wellbeing, while increasing collaboration and teamwork.

Used in thousands of organizations, senior living centers, schools, and homes around the world.



“Because of CalmConnect, I can often reduce or even eliminate the use of medications in patients with anxiety and depression. I have looked at dozens of programs for relaxation, breathing, imagery, etc. and CalmConnect is still far and away the best one.”

Dr. Timothy P. Culbert, MD, FAAP Behavioral Health Medical Director, PrairieCare & Natural Mental Health Co-Founder



CalmConnect is available via digital streaming.

*The 2022 Pandemic Anniversary Survey, conducted by The Harris Poll on behalf of the American Psychological Association between February 7 and 14, 2022.

**Arthur C. Evans Jr., PhD, American Psychological Association Chief Executive Officer

***Chisholm, D. et al. (2016). Scaling-up treatment of depression and anxiety: A global return on investment analysis. *The Lancet Psychiatry*, 3(5).