

## Wellness Pod Script



Now more than ever, we could all use a mental wellness break.

Designed to reduce stress and help with relaxation, Wellness Pods offer a unique, multi-sensory experience.

Whether you're unwinding with calming nature and travel videos, finding balance with meditation and mindfulness, or learning more about diet and healthy living, with Wellness Pod, your 15-minute escape awaits.

To enhance your session, you can also enjoy various scent options, a heated seat, a fan to cool down, and a heart rate monitor to track your relaxation levels.

This is really the 15-minute break that we all should take for ourselves each day to reset mentally.

Tip: Make sure you put down your phone, avoid all distractions, and give the Wellness Pod several sessions to discover what content helps you relax most.



# Wellness Pod FAQs



## **How Does the Wellness Pod Benefit You?**

The Wellness Pod is great to help you try to relax and reduce stress, be more mindful, and hopefully develop healthy life habits.

## **How long should I use the Wellness Pod?**

A 15-minute session is recommended to allow yourself to relax and reset mentally.

## **What is the best way to get started?**

Start your first session by watching the tutorial for a great explanation of each feature

## **Which is the most relaxing content?**

It's really personal preference, and any new user should try several different content categories to see which helps them relax most. Some people enjoy nature and travel videos, while others may get the most benefit from breathing or mindfulness exercises.

## **What is the difference between mindfulness and meditation?**

Both concepts have several similarities, however mindfulness is being present, focused, and fully engaged in whatever you're doing, while meditation is an exercise like breathing or visualization to help increase calmness.

## **Will I experience increased relaxation levels right away?**

As with any other form of exercise, the more often you intentionally practice relaxation exercises, the more benefits you may notice.

