



MINDFULNESS IN VIRTUAL REALITY



BeingWellVR was founded as a social enterprise during the COVID-19 pandemic to address poor levels of wellbeing and the critical need for resilience and self-care during crisis and change. 2020 has seen unprecedented levels of chronic illness come to the fore, and the Team at BeingWellVR identified a need for widely accessible wellbeing teaching and preventative techniques presented in a format that wasn't seen as a chore, but as a game or story with health benefits.

BeingWellVR's wellbeing platform offers sensory awareness and evidence-based mindfulness experiences set in restorative nature scenes for those unable to travel, and is designed by medical professionals for psychosocial intervention targeting stress, anxiety, and depression.





THE STRESS EPIDEMIC

The mental aftermath of COVID-19 is complex and uncertain

COVID-19 reports show increased levels of long-term stress, uncertainty and unemployment (the highest recorded since the Great Depression), financial hardship, domestic abuse, PTSD, poverty, bereavement, homelessness, substance abuse and social isolation, not to mention local business closures and a global economic downturn.

“36 percent of the workforce are experiencing mental health challenges as a result of COVID-19...and those are only the ones who are willing to admit it,”
(Marc Benioff, Chief Executive, Salesforce).



THE WORKPLACE WELLBEING PROBLEM

Workplace absenteeism (the inability to go to work) and presenteeism (the inability to fully function at work) due to mental ill-health costs from AUD \$13 billion to AUD \$17 billion per year, according to a Productivity report for mental health commissioned by the Australian Government (October 2019).

However according to PwC's Return on Investment Analysis, organisations that invest in actions to create mentally healthy workplaces can expect an average return of \$2.30 for every dollar spent which can significantly offset the upward trend of productivity affected by mental ill-health costs, and reduce risk exposure.



THE SOLUTION

BeingWellVR's virtual reality therapeutic grade mindfulness kits are available as part of corporate wellbeing programs wanting to:

- * **COMBAT STRESS** and **RESET** focus and productivity in just 15 minutes.
- * **ENGAGE** a more diverse customer-base by augmenting existing programs to break down stigma and attract all ages in need,



* **EXPEDITE** program effectiveness by transporting customers to restorative nature scapes and relaxing environments proven to promote mindfulness and create an optimal recovery mindset,

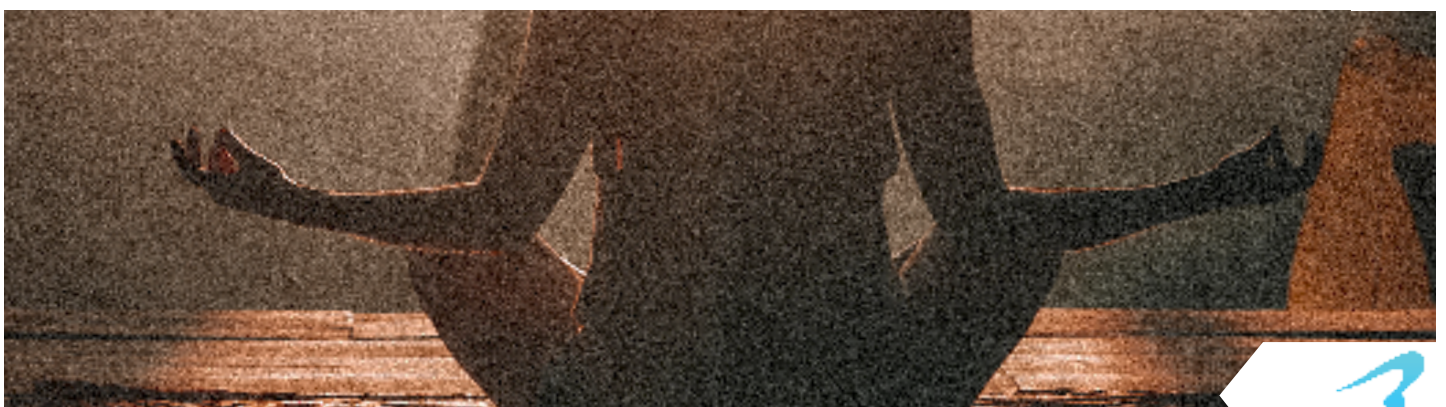
* **REACH** remote and rural communities by offering a safe, mobile and easily accessible tool

* **EDUCATE** for prevention of mental health issues and maximise quality of life by teaching simple techniques that can become daily habits, including breathwork, noting, and awareness of thought and feeling.



BeingWellVR mindfulness is different in its unique combination of storytelling with active learning, gamification and sensory processing intervention. We believe in choice and control for the end user, which manifests as interactive elements requiring agency to navigate through our virtual environments, simultaneously empowering the individual to be the hero in their own healing journey.

Trial our, Calm Blue Ocean experience to see, feel and hear exactly how BeingWellVR puts the customer front and centre of their own transformation.





CALM BLUE OCEAN - de stress experience, now available

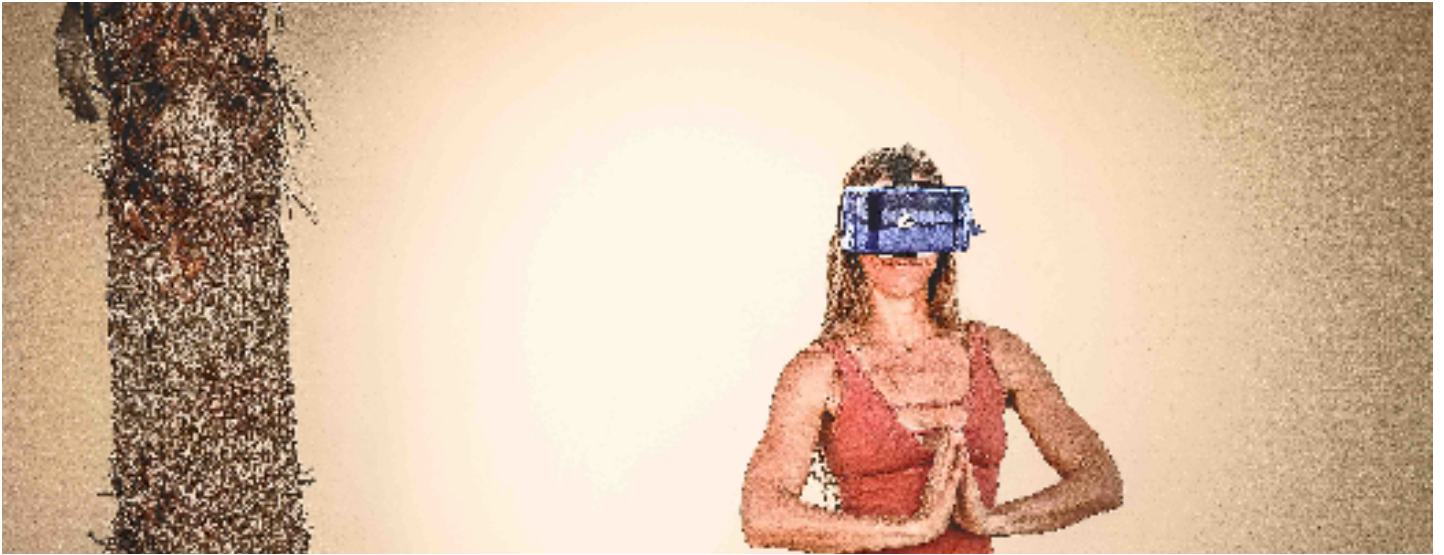
This is a whole body and mind sensory rejuvenation for stress reduction and resilience recovery, and our very first mindfulness for wellbeing session in VR.

You can draw on skills taught within this mindfulness practice (such as being in nature, breathwork, anchoring, noting and naming, visualisation and awareness of thought or feeling) to help with emotional regulation in the real world.

Within the experience we teach that 'resilience' is your capacity to cope skilfully with, or bounce back from disappointment, difficulty, or disaster.

Strengthening resilience will assist healthy functioning in relationships, sleep and productivity. And mindfulness has even been credited with tapping into creativity, collaboration and innovation.





What's next for BeingWellVR?

We are working on developing an entire library of VR mindfulness experiences.

The starter kit contains one 15 minute experience and is available pre-loaded for immediate plug and play on an Oculus Quest headset. The complete library collection will be sold by annual subscription and includes all equipment required.

The wellbeing VR starter kit includes:

- 1 Oculus Quest headset pre-loaded with the 15 minute Calm Blue Ocean de-stress experience, plus 2 hand controllers and 1 removable leather face insert (to be wiped down with sanitiser after each use for hygiene purposes).
- Initial set-up and support complimentary for 6 months.
- Priced at \$2,000





A special note on hygiene

We have partnered with a world first Clean Box solution for UV COVID approved headset cleaning (100% tested and approved for infectious disease in the US). This takes 2 minutes to clean your headset thoroughly and can be purchased for \$5,000.

We also have additional headsets available to be purchased at \$1,000 each if you would like simultaneous experiences or equipment to alternate whilst cleaning is managed.

Sanitiser spray is a good option for wiping down removable facial inserts between users too. Please contact us to chat through various options for your group or wellbeing room.

Want to know more?

Pay \$250 for an hour lunchtime demo, and have that cost deducted off the price of your wellbeing VR starter kit.

Contact Lucie Hammond for more information.

Mobile: 0426 252 399.

Email: lucie@beingvr.io

Website: www.beingwellvr.com

