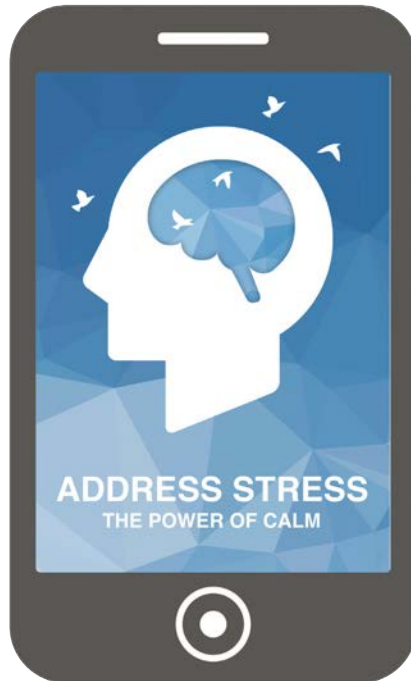


THE ADDRESS STRESS APP



The Address Stress app is designed to be used both as a 'stand alone' relaxation tool, AND as your guide through the Power of Calm 14-Day Program.

In just a few minutes, this e-booklet will show you how to download the Address Stress app and run you through its features. You will then be ready to progress to **Step 3** where we show you how the app will guide you through **The Power of Calm 14-Day Program**.

IMPORTANT INFORMATION

The use of this program Module 'Module' and other associated Products and Applications are subject to the Terms & Conditions (Terms) available at:

www.powerofcalm.com and ancillary websites (collectively, the Site).

Please read these Terms carefully before using the Module. By using the Module, you indicate that you accept these Terms and that you agree to abide by them.

A summary of certain key warranty disclaimers and provisions is additionally available for you to read on the back of this module e-booklet.





THE ADDRESS STRESS APP

The Address Stress exercises are available via the Address Stress app. If you are engaging with the Power of Calm 14-Day program you will use this app for the relaxation exercises suggested in the program.



The Address Stress app is available for most smart phones and tablets. It is supported on the Apple iOS platform (version 6.1 and above) and Android™ platform (version 4.0.3 or above)

If your device has an operating system below the supported versions, you may wish to consider upgrading to the latest version offered.



HOW TO DOWNLOAD AND START USING THE ADDRESS STRESS APP

1. DOWNLOAD THE FREE VERSION OF THE ADDRESS STRESS APP.

- If you have a supported smartphone or tablet, the Address Stress app is available from both the Apple App Store (Apple is a trademark of Apple Inc.) and the Google Play™ Store.
- Simply access the Apple App Store or Google Play™ store on your device and search for: **Address Stress**
- Download the app. The Address Stress app can easily be recognised by the following logo:



- If you can't find the app this way, you can directly access it from the appropriate app store via the Program Materials page on the Power of Calm website.

2. UPGRADE YOUR APP TO THE FULL VERSION BY USING YOUR SERIAL NUMBER

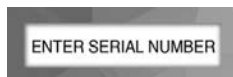
Module users have free access to the upgraded version of the Address Stress app. This can be accessed in the following way:



Press the *Full Version Upgrade* tab at the bottom of the main menu page.



Enter a valid email address into the box as instructed.



Enter your serial number into the box as instructed.

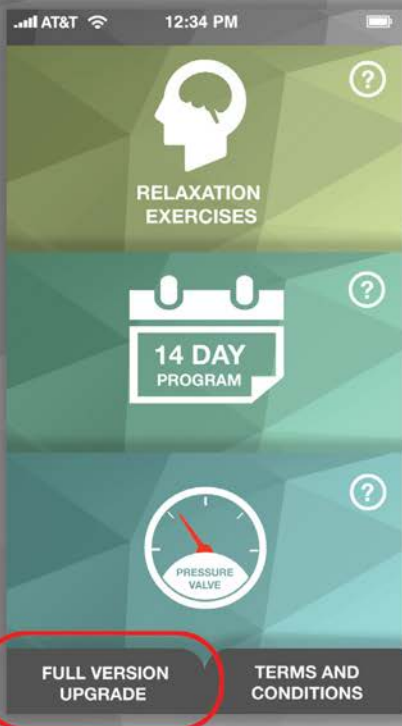
Your Serial Number is: **cphas2agen15**

Your device will then automatically unlock the full version of the app giving you access to all the Address Stress exercises and programs. *See illustrations on the following page.*

If you need help at anytime while using the app, please look for the nearest *Help* button, which appears throughout the app as a question mark within a circle.



PRESS THE FULL VERSION
UPGRADE TAB ON THE
MAIN MENU PAGE



ENTER YOUR EMAIL
ADDRESS



ENTER SERIAL NUMBER
PROVIDED WITH YOUR
ADDRESS STRESS
PACKAGE



HOW TO USE THE ADDRESS STRESS APP

Once you've upgraded to the full version of the app, you will have access to the full *Main Menu* screen. This screen allows you to engage with the app in three different ways:



Select your own Address Stress exercises to do anytime you like via this tab. Simply choose an exercise, select your preferred breath rate and you're ready to go.



Use the app to guide you through the Power of Calm 14-Day program. Full instructions on how to set this up are included in the *14-Day Program E-Booklet* that you will engage with next.



Let out some steam with a 2 minute 'quick relax' exercise called a Pressure Valve. You can use this, if safe, anytime you feel yourself getting stressed during the day.

The Address Stress app is simple. Please feel free to rely on the app to guide you through.

For those who prefer more detail, a **step-by-step guide** can be found in the optional 'Detail' section - in the 'How to Address Stress' E-Book.

An introduction to the Address Stress exercises that are used in the app can be found over the page.

THE ADDRESS STRESS EXERCISE

So you now know **WHAT** stress is, **WHY** it's crucial to address, and **HOW**, in theory, to go about doing so. Now it's time to put this valuable knowledge into practice.

The Address Stress exercises are one of the 3 pillars of the Power of Calm program, and we would like to introduce them to you now.

The Address Stress exercises are:

1. Based on scientific principles
2. Easy to do anywhere
3. Useful in reducing the symptoms of stress

We've drawn on the broad experience of leading academics, physicians and practitioners in the field to help create a simple but powerful relaxation exercise.

There is no 'secret technology' involved, no ambitious goals of enlightenment or any requirement to relinquish your worldly possessions.

The exercise is simply a powerful tool designed to help calm your mind and relax your body. The beauty and effectiveness of the Address Stress exercise lies in its simplicity.

- Relaxing resonant sounds to calm the mind
- A breathing guide to bring you to a state of balance and focus
- A period of silence to take back with you into your day



Under the right conditions, flicking off the stress switch is something the human body has the built-in ability to do. An effective way to do this is to simply calm the mind.

Simple? You may be thinking. Ha! That's easy for us to say!

Well, in fact, it is simple.

It's not always easy at first, but it is rather straightforward. The key is to draw your mind gently away from the things it's fussing over and towards a 'focus' that requires little or no thought. A soothing sound or your breath, for example.

Eventually your mind may come to prefer this peaceful focus in place of less enticing activities, such as running through your daily 'to do' list for the fifth time since breakfast.

Once pleasantly distracted, the mind may soon let go of these unnecessary thoughts, and just like that, if only for a moment, there is stillness.

In this state, the brain calls off the alert, halts the stress reaction, and the body becomes calm and relaxed.

The Address Stress exercise can introduce these moments of calm and stillness to your daily routine.

They might be fleeting at first as your thoughts come and go, but the more you practice, the more frequent and extended these periods of calm and mental silence can become.

Before too long, you may find the calm persists not only during the exercises, but also into the rest of the day.

The Address Stress Exercises are as easy as 1-2-3

1. Sit comfortably, close your eyes and listen to the calming sounds.
2. Breathe comfortably along with the breath guide from when it fades in, until it fades out.
3. Trust that if you do these two simple things you are doing it right!

OK, You are now almost ready to go!

Please read the hints and suggestions on the following pages and feel free to try a 10 minute guided tutorial on the app... otherwise you are ready to progress to Step 3 and 'Start your 14-Day Program'.

A Note on Breathing

Breath is a central focus of many relaxation techniques, and for very good reason.

We all know breathing is important. Doing without it for a minute or two will bring that point home very quickly indeed. What few people realise though is that breathing is not just about delivering oxygen to the body. There are other critical functions that depend upon the way we breathe, including:

- Maintaining the chemical balance in our system, a delicate job critical to a host of life-sustaining processes
- Control of smooth muscle tubes, the delivery network of the body from blood to air and beyond

When stressed, your breathing rate may rise in anticipation of a level of activity that doesn't actually eventuate. In these cases, you can be said to be 'over breathing.'

Your body may notice this inefficiency and try to slow down your gas exchange by constricting your air passages. This is why anxiety is often accompanied by a tight chest.

For this reason, many effective relaxation techniques focus on bringing our stressed breathing back down to more functional levels. There is a dual benefit to this.

1. Breathing can provide a mental focus to help you trigger the relaxation response.
2. Functional breathing can help to balance the body's internal chemistry and promote efficient oxygen delivery.

There's more wisdom (and science) to the advice "calm down and take a deep breath" than you may have thought!

Please read the hints and suggestions on the following pages and feel free to try a 10 minute guided tutorial on the app.

You are now ready to progress to Step 3 - 'Start Your 14-Day Program'

HINTS AND SUGGESTIONS

START WITH A 10-MINUTE GUIDED TUTORIAL.

THE 'RELAXATION EXERCISES' SECTION OF THE APP OFFERS YOU A VOICE GUIDED TUTORIAL. SELECT THIS OPTION TO BE GUIDED THROUGH A FULL ADDRESS STRESS RELAXATION EXERCISE IN A CALMING AND ENJOYABLE WAY. WE SUGGEST YOU USE THE TUTORIAL SPARINGLY AS THE EXERCISES ARE DESIGNED TO BE MORE EFFECTIVE WITHOUT THE DISTRACTION OF VOICE INSTRUCTIONS.

YOUR BREATHING SHOULD ALWAYS BE CALM AND GENTLE.

EACH EXERCISE HAS A PERIOD OF GUIDED BREATHING. IT IS IMPORTANT TO BREATHE A LITTLE DEEPER FROM YOUR DIAPHRAGM (BELLY), BUT THERE IS NO NEED TO FILL YOUR LUNGS TO THE VERY TOP. YOUR BREATH SHOULD ALWAYS BE GENTLE AND RELAXED, IN AND OUT THROUGH THE NOSE, IN TIME WITH THE BREATH GUIDE.

THE EXERCISES AIM TO RELAX YOUR MIND, NOT ENTERTAIN IT.

THE RESONANT SOUNDS ACT AS A FLOWING CURTAIN OVER YOUR THOUGHTS. IT IS THEIR BEAUTIFUL, SIMPLE AND CONSTANT NATURE THAT MAKES THEM SO DEEPLY RELAXING. THE ABSENCE OF VARIATION IS A KEY FACTOR IN CALMING THE MIND. LOSE YOURSELF IN THE SIMPLE SOUNDS AND THEY WILL DO THEIR JOB.

FINISH AN EXERCISE YOU START (UNLESS YOU FEEL UNCOMFORTABLE)

BREAKING SUDDENLY OUT OF YOUR RELAXATION EXERCISE WITHOUT TAKING A FEW MINUTES TO RE-ENGAGE WITH YOUR ENVIRONMENT MAY LEAVE YOU FEELING A LITTLE DROWSY. IF YOU DO NEED TO STOP BEFORE THE END, TRY AND GIVE YOURSELF A MINUTE BEFORE YOU OPEN YOUR EYES AND GET GOING.

HINTS AND SUGGESTIONS

HAVE A RELAXED ATTITUDE TO EACH EXERCISE.

DON'T BE OVERLY JUDGMENTAL OF EACH EXERCISE YOU DO. IF YOUR SESSIONS ARE MORE ENJOYABLE ONE DAY THAN ANOTHER, THAT'S PERFECTLY FINE AND NORMAL. A 'NOISY' RELAXATION SESSION CAN STILL BE EFFECTIVE. IN FACT, IT PROBABLY REFLECTS IT WAS WELL NEEDED. DON'T OVER-THINK OR TRY TOO HARD. THIS WILL ALMOST CERTAINLY BE COUNTERPRODUCTIVE. JUST RELAX, BREATHE AND ENJOY!

TAKE TIME TO RELAX TWICE A DAY.

MORNING AND EVENING IS OFTEN BEST BUT YOU CAN, OF COURSE, DO A RELAXATION EXERCISE ANYTIME YOU LIKE.

PLEASE NOTE: IT IS BEST NOT TO DO YOUR EXERCISES AFTER A BIG MEAL.

IT CAN BE HELPFUL TO ADD A COUPLE OF 2 MIN 'PRESSURE VALVES' WHENEVER YOU FEEL YOURSELF GETTING STRESSED. 'A STITCH IN TIME SAVES NINE.'

DON'T FIGHT YOUR THOUGHTS.

IF A THOUGHT ENTERS YOUR MIND DURING AN EXERCISE, DON'T WORRY, THIS IS COMPLETELY NORMAL. THAT'S WHAT THOUGHTS DO. SIMPLY ACKNOWLEDGE THE THOUGHT AND THEN GENTLY BRING YOUR FOCUS BACK TO YOUR BREATH OR THE SOUNDS.

IF YOU ARE HAVING TROUBLE FOLLOWING THE EXERCISE OR FEEL UNCOMFORTABLE, STOP AND PRESS THE HELP BUTTON.

THE HELP BUTTON WILL ASSIST YOU TO TROUBLE SHOOT ANY ISSUES YOU MAY BE HAVING. EXERCISES SHOULD BE ENJOYABLE, NOT CHALLENGING. IF YOU FEEL UNCOMFORTABLE, ANXIOUS OR UNWELL, PLEASE GENTLY STOP THE EXERCISE AND TALK TO YOUR HEALTH PRACTITIONER BEFORE RECOMMENCING.

IMPORTANT INFORMATION

This booklet (**Module**) is provided by Compact Health Pty Ltd (ABN 34 166 539 180). Use of this Module is subject to the Terms & Conditions (Terms) available at:

www.addressstress.com and ancillary websites (collectively, the **Site**).

The Terms contain warranty disclaimers and other provisions that limit our liability to you. Please read the Terms carefully before using the Module. Please contact us if you have any questions. You can contact us at admin@addressstress.com. By using the Module, you indicate that you accept these Terms and that you agree to abide by them. If you do not agree to these Terms, please do not use the Module.

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- The Module is not an attempt to practice medicine or provide medical advice. Use of this Module does not establish a doctor-patient relationship. Any health information in the Module, whether provided by Compact Health or by contract from outside providers, is provided simply for your convenience.
- The information in the Module is intended for general information purposes only. It does not take into account your own personal circumstances. It is not intended to be advice, it is not intended to be relied upon and it is not a substitute for professional medical advice based on your personal circumstances. It is not to be used or relied on for any diagnostic or treatment purposes.
- If you suffer from any health conditions please consult with your health practitioner prior to doing any exercises in the Module.
- While unlikely, it is possible that some people who do the exercises in the Module may feel discomfort, unwell or anxious. These people have a risk of harm. If while using the Module, you feel discomfort, unwell or unusually anxious at any time, please stop the exercise immediately and speak to your health practitioner for approval to continue, before continuing.
- Do not make changes to any current treatments or medications you are using without referring to your health practitioner.
- We are not liable or responsible for any actions taken due to you having read the Module. In particular, to the fullest extent permitted by law, we give no representation or warranties about the accuracy, completeness, or suitability for any purpose of the information, other materials and information published in the Module.