

# Mindset

## Healing Media Center PD-810

The Mindset app replaces the XRHealth Media Gallery.

All the content in the Mindset app was classified into three treatment cases: **Pain Management**, **Stress Relief**, **Sleep Therapy**.

The app uses a variety of proven wellness methods and cognitive therapy methodologies, such as Mindfulness, Acceptance & Commitment Therapy (ACT), and Cognitive Behavioral Therapy (CBT).

### Mindfulness –

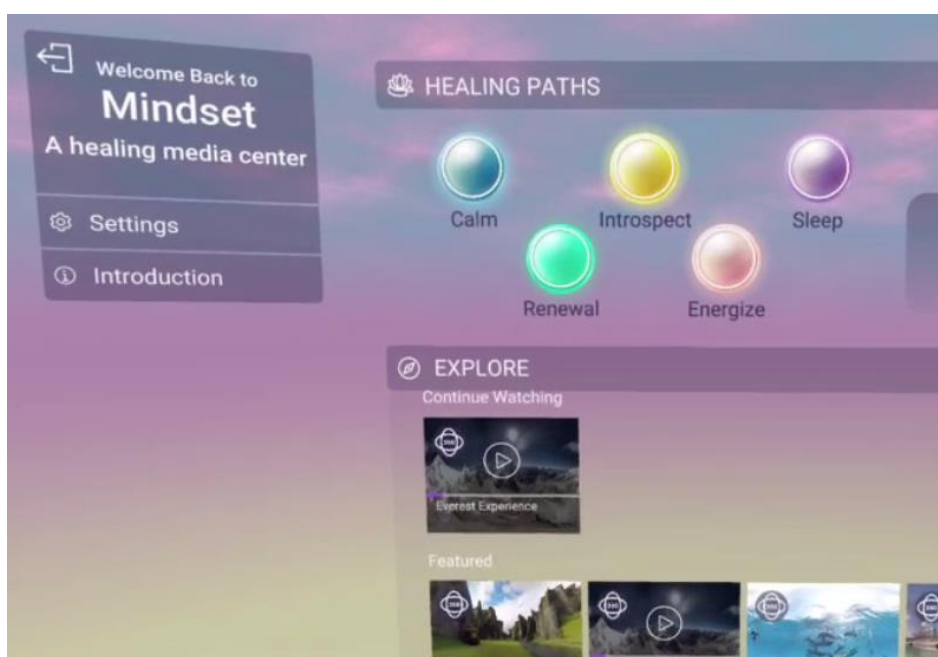
The goal of this technique is to achieve a state of alert, focused relaxation in the present moment by paying attention to thoughts and sensations without judgment.

### ACT -

The goal of ACT is to increase psychological flexibility and the ability to enter the present moment fully, to either change or persist in behavior by encouraging people to embrace their thoughts rather than fighting or feeling guilty for them.

### CBT -

The goal of CBT is to identify distorted cognitions through a process of evaluation and learn to discriminate between own thoughts and reality. Patients learn the influence that cognition has on their feelings, and they are taught to recognize and monitor their own thoughts. CBT is based on the idea that how we think (cognition), how we feel (emotion), and how we act (behavior) all interact together.

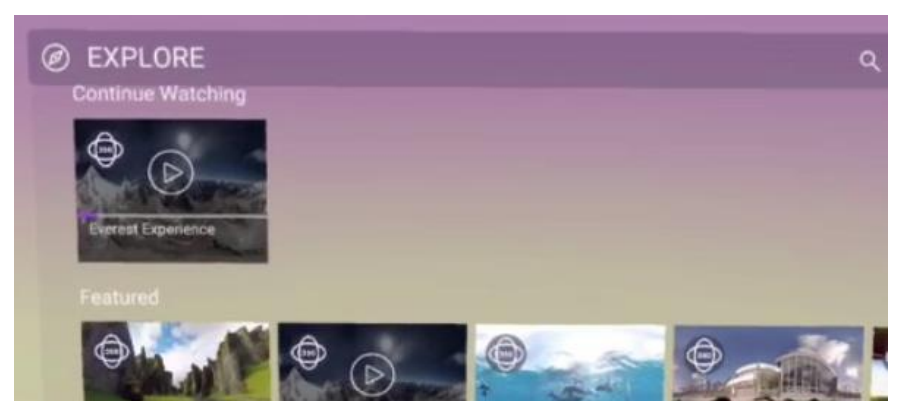


Mindset application offers patients two options for engagement:

**Guided** - Healing Paths: five different paths with three levels in each.



**Independent** – Explore: browse and search XRHealth media center via the Explore section.



In the Guided engagement, each level that patients complete unlocks a Training Room, in which they can play an interactive game to train their mind on that path's objective.

