welcome to the
7 Day User Guide
Your Pip has arrived!

This 7 day guide will help you get the most out of your Pip by providing guidance, helpful tips and techniques as you de-stress, refocus and learn to control your reaction to stress.

Click the link below to view the setup video or visit www.thepip.com/set-up

What’s going to happen?

The Pip comes with a selection of companion Apps each of which use audio and visual feedback to train you to learn to better manage stress. Over the next 7 days you will be introduced to the suite of Pip companion Apps and relaxation techniques. The Pip’s Apps will let you see the effect these techniques have on your stress levels. By using Pip regularly, you will be able to identify which technique is most effective at controlling your stress levels and learn to gain control over your stress response.

Insights into your stress levels

To help you learn to manage stress, we provide you with data and insights into your stress levels. At the end of each Pip session you will be presented with your session performance. In My Pip – our cloud platform for better living, you will see deeper insights and data in easy to read charts and graphs. This helps you track and compare progress over time.

Understanding events

The Pip accurately determines if your stress levels are increasing or decreasing by detecting changes in your electrodermal activity (EDA) 8 times per second. We classify these changes as ‘events’.

- **Stress Events** - indicate a short term increase in EDA
- **Relax Events** - indicate a short term reduction in EDA
- **Steady Events** - indicate that you are neither stressing nor relaxing

At the end of a Pip session you will see the exact breakdown and number of ‘events’ that took place.

Holding your Pip

Hold the Pip between your thumb and index finger, pressing on the gold plated sensor discs with a gentle, even pressure. We advise against using any form of hand cream when using Pip.
Day 1 - Easing yourself into the world of Pip

Today you will learn

- How to use the Clarity app
- Breathing techniques for meditation
- What your 'Pip Score' means

First Pip Session

For your first session we recommend using Clarity. Clarity is an audio feedback app which includes guided relaxation exercises.

We recommend using headphones during your Pip session to help you focus.

To start, find a seat, somewhere quiet, where you won’t be disturbed. Follow the on-screen set up instructions and select the 'Counting the breath' technique along with the 'Rainy day' soundscape.

We recommend starting with a 5 minute session.

Quick tips

- Close your eyes and focus on the audio changes.
- The “Rainy Day” soundscape will become stormy in response to Stress Events and calmer in response to Relax Events.
- You should aim to complete 2 Pip sessions per day.

Post Session Actions

Congratulations on completing your first Pip session! You are on your way to learning to control your reaction to stress. After your session, you will be presented with your session data, which includes your Pip Score.

Your Pip Score provides a snapshot of your session performance. It is displayed as a percentage — the higher the percentage, the better you performed. The Pip Score is calculated by detecting the type and number of events (Stress, Relax and Steady) and session length. So, the more you relaxed during a session, the higher the score you’ll get.

Your goal is to achieve a high average Pip score over the next 7 days.

Electrodermal Activity (EDA)

Stress triggers a variety of changes in the body. By detecting changes in EDA in the fingertips, Pip can determine changes in your emotional stress levels. Find out more at www.thepip.com

Clarity makes meditation simple. Using bite-sized relaxation exercises and changing Soundscapes, Clarity will help you improve your focus and bring calm into your busy life.

#mypipjourney
Day 2 - How to build a successful habit

Today you will learn
- How to build a successful habit
- Mantra techniques for meditation
- How to add a note after your Pip session

Second Pip Session
For your second session let’s use our “Clarity” app again. Today, select the “Mantra” relaxation technique along with the “Ocean Walk” soundscape. We recommend using headphones during your Pip session.

To start, find a seat, somewhere quiet, where you won’t be disturbed. Follow the on-screen set up instructions and select the “Mantra” technique along with the ‘Ocean Walk’ soundscape. We recommend staying with a 5 minute session.

Quick tips
- If you find your mind wandering, focus on chanting the words.
- The “Ocean Walk” soundscape will become intense in response to Stress Events and calmer in response to Relax Events.
- When you audibly perceive a Stress Event, make a mental note of the thought that caused it and re-focus your mind.

Post Session Actions
Congratulations on completing your second Pip session! Building your daily Pip habit starts here.

If you review your score and find that you have achieved a lower score than yesterday’s session, don’t worry. Remember, the goal is to achieve a high average score over the coming 7 days. You are still learning how to Relax and also gain conscious control over your Stress response.

Why not add a note to your Pip session? Note your mood, and any thoughts or feelings that arose during your session. This helps you identify what effect they have on your stress levels.
Biofeedback

Biofeedback is the process of gaining greater awareness of physiological functions. This is achieved using instruments that provide information on the activity of these functions, with a goal of being able to control them at will. Visit www.thepip.com

Day 3 - Let's visualize your stress

Today you will learn

- How to use “The Loom” app
- Key features in My Pip – your cloud platform for better living
- The basics of Biofeedback

Let’s Visualize

The Loom is an audio and visual feedback App: this means that your Stress, Relax and Steady events will cause visual and audible changes during your Pip session.

These visual changes are represented by the Loom’s transforming landscapes.

The duration of a Loom session is variable. The more you Relax, the quicker the landscape will change.

To start, find a seat, somewhere quiet, where you won’t be disturbed. Select the Loom app, follow the on-screen instructions and select the “New Life” landscape.

Quick tips

- Focus on the changing winter landscape on-screen.
- As the landscape begins to change, try to keep your mind calm and focused, concentrate on the coming summer.
- Try practising the relaxation techniques you have learned over the past two days in Clarity – ‘Counting the breath’ and ‘Mantra’.

Post Session Actions

You have successfully melted the snow and brought new life back to the Loomscape. After viewing your Pip Score and reviewing your session results, proceed back to the app home screen and select the “ icon.

My Pip is our cloud platform for better living. Here you can view your data across all Pip’s apps. Today, let’s just focus on your overview. For the moment, leave it set to the default time of 30 days.

Your sessions - how many Pip sessions you’ve completed
Total duration - how much time you spent de-stressing and refocusing with Pip
Your progress - how much your Pip score has progressed over the selected timeframe

Visit www.thepip.com to learn more

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5 ways to de-stress in 5 minutes

The Pip is an easy and enjoyable way to de-stress in 5 minutes. Here are 5 other ways to de-stress in 5 minutes. Visit www.thepip.com

Day 4 - The five minute De-stress

Today you will learn

- More about the different Loom options
- The My Pip session view
- 5 Ways to De-stress in 5 Minutes

Second Loom Session

Let’s start by exploring some of the additional functions available in the Loom. Open the App and click the “?” on the home screen to find additional information.

The Loom includes a selection of Loomscapes and difficulty settings which we will explore in the coming days.

To start, find a seat, somewhere quiet, where you won’t be disturbed.

Select the Loom App and select the ‘Awaken’ landscape.

Quick tips

- You can turn off the Loom’s audio in the options section.
- If you desire a longer session duration, try adjusting the session length in the Loom’s options section.
- Each type of event (Stress, Relax and Steady) will be visible as a colour indicator on the Pip icon in the bottom left of the screen during the Pip session.

Post Session Actions

After completing your session, go to My Pip and click on the “Sessions” tab. You will be presented with a list of your previous sessions. To view individual session data click the “…” symbol on the right hand side.

This view provides you with Pip Score, Duration, Events and Progress Percentage. It also displays the Event Timeline. This shows you exactly during a Pip session when your stress, Relax and Steady events took place. Can you identify what was happening during your session to generate those events?

Note these thoughts, feelings or distractions in the Note section.
Day 5 - Understand your stress and learn how to focus

Today you will learn

- What stress does to your body
- Body scanning techniques for meditation
- How to compare the last 5 days result’s in My Pip

Clarity Expert

For your third Clarity session we are going to complete the “Body Scanning” relaxation technique using the “Urban Escape” soundscape.

The soundscape recreates the hustle and bustle of busy city life, helping you train your mind to calm amid a noisy metropolis.

As always, find a seat, somewhere quiet, where you won’t be disturbed. Follow the on-screen instructions.

We recommend choosing a session time of 5 minutes.

Quick tips

- You can log into your My Pip account from any mobile device or computer.
- All of the relaxation techniques provided within Clarity can be used to calm yourself and help you focus during stressful situations.
- The “Urban Escape” soundscape will become busier in response to ‘Stress Events’ and quieter in response to ‘Relax Events’.

Post Session Actions

Congratulations on completing your fifth day! You are on your way to gaining conscious control over your body’s response to stress.

Using My Pip, compare how your progress has changed over the past 5 days.

Remember, the more Relax and fewer Stress events you generate during a Pip session, the higher your Pip score.
Performing under pressure
A good example of a pressure scenario is sport. But how can we deal with the day to day pressures with the same efficiency. Visit www.thepip.com for more.

Day 6 - Dealing with a stressful situation

Today you will learn
- How to use the “Relax & Race” app
- How to perform under pressure
- Comparing your score across three apps on My Pip

Calm yourself to Win!
Relax & Race teaches you how to stay calm and focused when faced with a stressful situation, by helping you learn to ‘manage the moment’.

It does this by placing you in an artificially stressful situation - a race, where you can practice different stress management techniques and identify which one works best at helping you stay calm during a stressful situation.

As this is your first race it will be against a computer opponent, but after this you can race against your previous scores.

To start, find a seat, somewhere quiet, where you won’t be disturbed.

Follow the onscreen instructions, start a new session and choose from one of the three races.

Quick tips
- As you relax, your character moves faster. Try and focus on just your character on-screen.
- Each level contains bespoke music, if you prefer to race in silence you can disable the audio in the app settings.
- Know somebody with a Pip? Why not challenge them to a race? Relax & Race supports up to two players.

Post Session Actions
Congratulations on completing your first Relax & Race session. After viewing your ‘Pip Score’ and reviewing your session results, proceed to My Pip and see how your performance in Relax & Race compared to the other Pip Apps.

Why not race again later today? See if you can beat your score!

Visit www.thepip.com to learn more

#mypipjourney
Day 7 - Test your ability to stay calm

Today you will learn

- How to use the Stress Tracker app.
- How to review your last 7 days in My Pip.
- 3 simple ways to focus your mind.

Stay calm and focused!
Over the past 7 days you have learned a great deal about your ability to de-stress and re-focus. Today we’re putting everything you have learned to the test, with only your own thoughts to achieve focus.

The Stress Tracker app provides visual feedback on your changing stress levels.

To start, find a seat, somewhere quiet, where you won’t be disturbed. Select the Stress Tracker App, follow the on-screen set up instructions and select a 5 minute session.

Hold your Pip and close your eyes, using all you have learned in the past seven days to Relax your body and focus your mind.

Quick tips

- Before starting your session, why not review one of our Guidance Videos?
- Try to keep the time and setting of your Pip sessions consistent for the first few weeks, until you learn to manage your stress anywhere and at any time.
- Complete at least 2 Pip sessions per day.

Post Session Actions
Congratulation on completing seven days of Pip sessions. After viewing your Pip Score and reviewing your session results, add a note to your session. Note your mood and any thoughts or feelings that arose during the session.

Also note where you completed this session - at home, in the office, on the go. This helps you identify what effect these locations have on your stress levels.

Remember you can view your progress over the last 7 days in My Pip, see your percentage improvement and start to identify trends in your Stress response.

What was your most stressful day?

Visit www.thepip.com to learn more.
#mypipjourney
See the difference.
The Pip improves the quality of everybody’s everyday life through innovative technology.