

POCKET STRESS BUSTER

Quick Start Guide to Pocket Stress Buster

This guide will help you get started with your subscription, highlighting where you can begin your course and how to find important features and resources.

1 Complete your initial stress tests

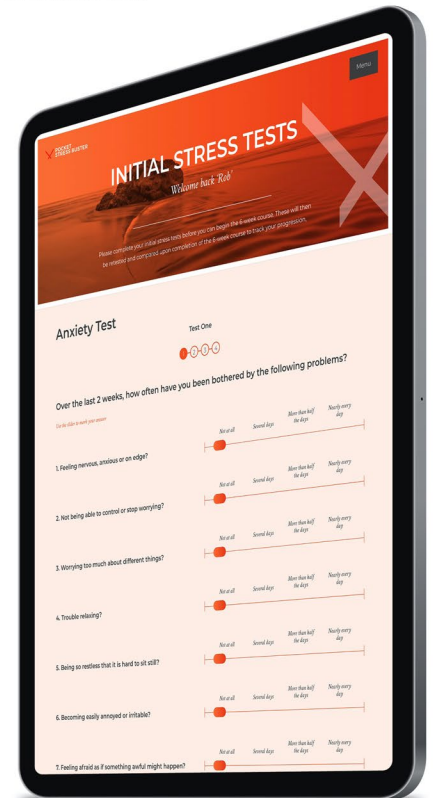
▶ Now that you've registered, all you need to do to get started is to complete your initial stress tests.

Upon logging in for the first time you will be presented with the first of your 4 initial stress tests. These are as follows:

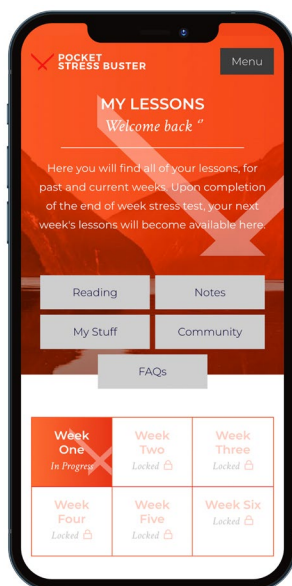
1. Anxiety Test
2. Depression Test
3. Perceived Stress Test
4. Self-Esteem Test

These will be saved to your library and can be reviewed at any time.

Once completed you can then progress to start your 6-week course as outlined below - **You will not be able to view your course until you have completed these tests.**



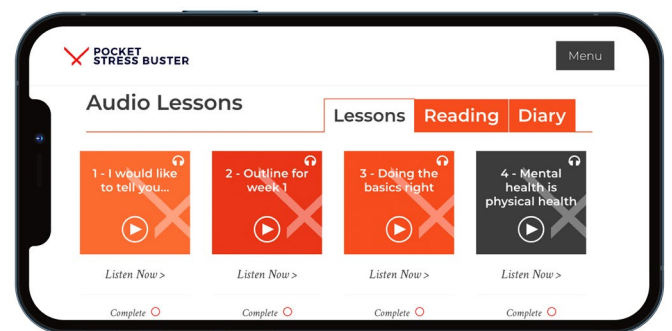
2 Begin your 6-week course



▶ Select **'My Lessons'** from the menu (you-must be logged in to view) and you will be presented with weeks 1-6. You can only view the current week that you are completing and subsequent weeks will be grey out at this stage.

▶ Then scroll down to **'Audio Lessons'** and you will see a number of audio lessons. Simply click on a lesson to start listening to it. Each lesson is a bite sized audio of only a few minutes at a time to easily digest.

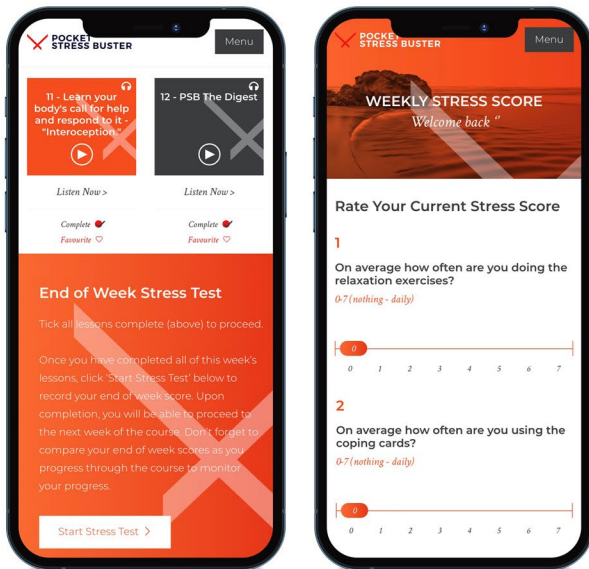
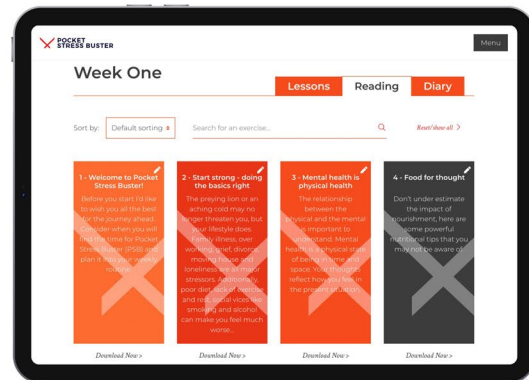
Once you have listened to each lesson you will need to mark them as complete as you progress through each week, by ticking the **'Complete'** checkbox beneath each episode.



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3 View Transcribed Lessons

You can also find transcribed versions of each lesson under the **'reading tab'** on the **'my lessons'** page should you prefer to digest your course this way.



4 Take your end of week stress test

Once you have completed all of this weeks lessons **and marked them as complete**, you will then find a link to the end of week stress test **below the lessons**.

Click the button as shown right to begin your end of week stress test, completing all fields. This will also be recorded in your library to compare later on.

Once you have submitted your end of week test, the next week will become available to view and begin listening to the audio lessons.

5 Create a note to help you manage your stressors

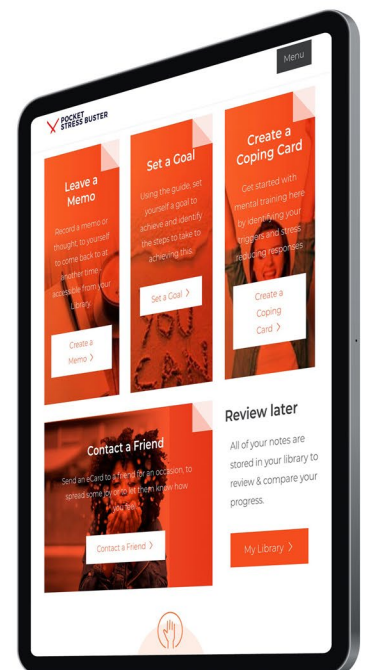
Head over to 'Notes' from the main menu to discover the following custom note types. We've designed these to help you record memos and triggers that you can revisit at a later date. You can also reach out to a friend and set goals to help you on your progression.

Leave a Memo to record a thought you want to revisit

Set a Goal to help achieve and identify steps to overcome stressors

Create a Coping Card when you recognise a trigger that you can re-use at a later date

Contact a Friend - Send an eCard to a friend, be it an invitation for a beer or a brew, to reach out to someone in need, or to let them know how you feel. Get started with our templates or upload your own photo!



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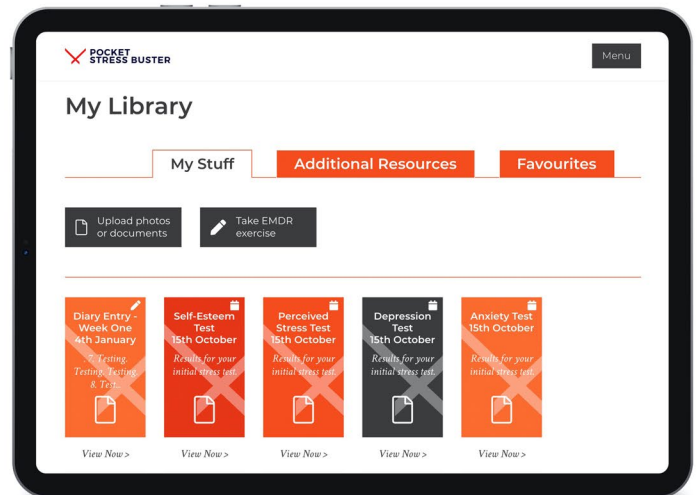
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Keep track of everything in your library

▶ Head over to **'My Library'** from the main menu, to see an overview of everything that you have recorded on your course.

Here you can revisit anything that you have completed or recorded.

You can even favourite your most helpful items for easy reference from the **'Favourites'** tab at a later date.



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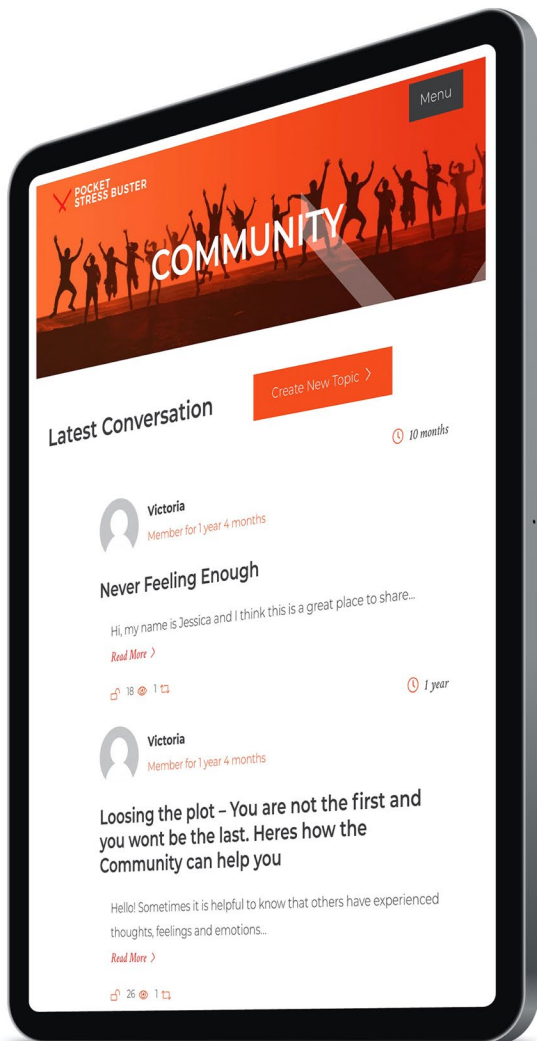
Join in the conversation on the community - You are not alone

◀ Feeling like a seasoned member of the community? Reach out to other members participating in the course by giving back to the community.

Likewise, if you're looking for help and support from others that have already been through the journey that you're taking, then head over to the **'Community'** where you can chat to other members.

The community functions as a members forum for paid subscribers and is an open platform to help and reach out to one another, taking your learnings and own practices to help others in need.

The community is not compulsory, and is there for those that wish to come together in unison to help combat stress and those triggers that initiate it.



We welcome your feedback

Please don't hesitate to contact us at:
enquiries@pocketstressbuster.com