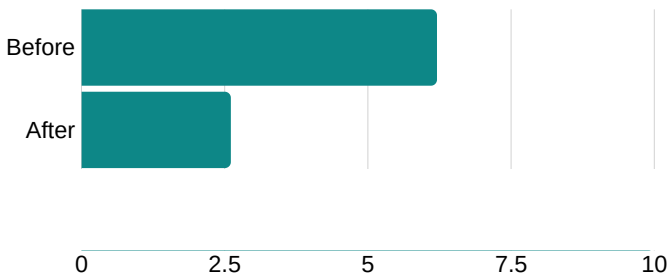


'COPING WITH CORONAVIRUS' VIDEO MEDITATION

A survey to understand triggers to feelings of distress and to record the shift in emotions as a result of following a Logosynthesis® protocol, specific to the coronavirus pandemic.

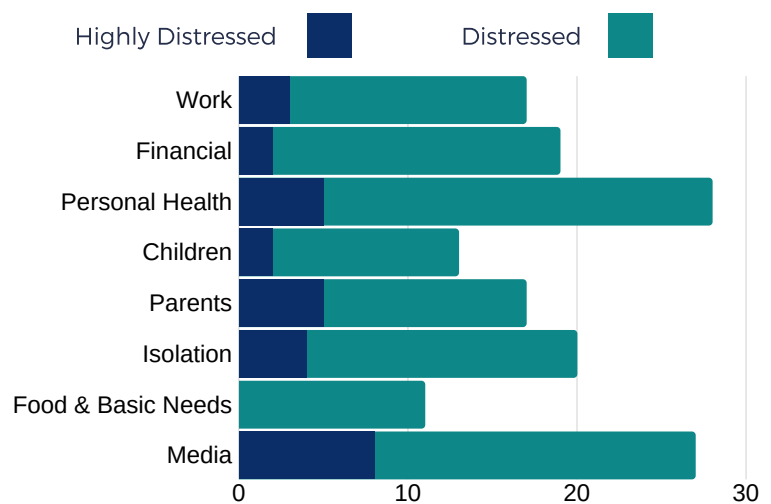
SHIFT IN FEELINGS OF DISTRESS*



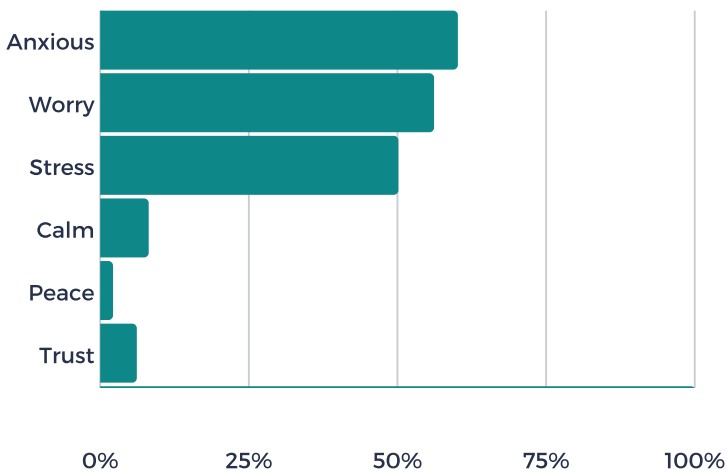
*Based on a SUDS Scale rating distress on a scale of 0-10, with 10 being the most distressing. Survey responses = 48

'I noticed the next day, I was better able to concentrate and focus on my work - blocking out distractions better than before.'

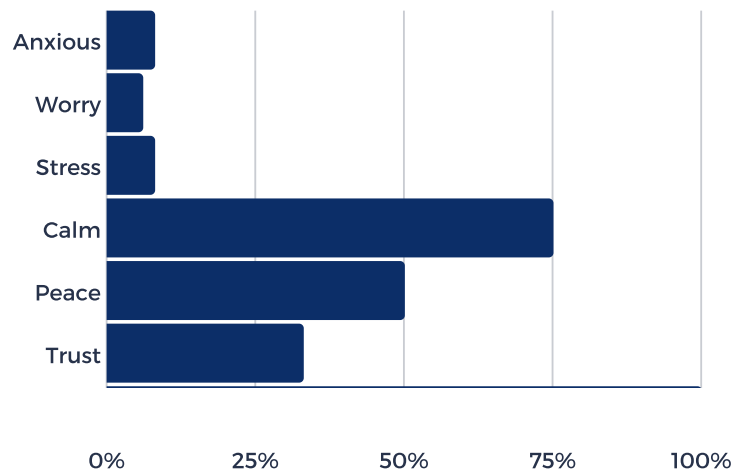
TRIGGERS TO FEELINGS OF DISTRESS



REPORTED EMOTIONS BEFORE WATCHING



REPORTED EMOTIONS AFTER WATCHING



KEY TAKEAWAYS:

- Survey respondents reported a 57% reduction in the level of distress after watching the video.
- 'Media' and 'Personal Health' were reported to be the strongest triggers for feelings of distress.
- 'Anxious', 'Worry' and 'Stress' were the most common emotions noted prior to watching the video. 'Calm', 'Peace' and 'Trust' were the most common emotions noted after watching the video.
- 100% indicated the protocol helped them feel better about the current situation.
- 81% had prior experience with Logosynthesis; 67% watched the video more than one time.