



UNIVERSITY OF MINNESOTA

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## Wellscapes Stress Relief App (20130318)

**Technology ID**

20130318

### Relaxing Images and Soothing Sounds

The Wellscapes stress relief app relieves stress through the use of relaxing images and soothing sounds.

Improving one's mood and overall demeanor is important in an ever increasing stress-filled environment. The Wellscapes app utilizes renowned nature photographer Craig Blacklock to provide users the opportunity to watch soothing videos of different landscapes found in nature. Users are able to watch the videos with or without music and nature sounds along with gentle guiding to help meditation. The app, which is available for download on the [Apple iTunes Store](#), comes with one free Forest setting that helps to inspire rejuvenation while other landscapes such as Autumn Splendor, Summer Sunrise and others can be downloaded. The videos are five minutes long allowing for users to fully immerse themselves in the tranquility of the landscapes and alleviate stress.

**Category**

Software & IT/Mobile Apps

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### FEATURES AND BENEFITS OF WELLSCAPES STRESS RELIEF APP:

- Provides users opportunity to alleviate stress from daily routine
- Gives the option of music and gentle guiding for easier transition to meditation
- Uses soothing sounds and relaxing images
- App comes with one free landscape with others available for download

### Researchers

University of Minnesota's Center for Spirituality and Healing