



AntiStress app in 10 different languages

The AntiStress app includes Conscious breathing, Muscular relaxation, My diary, and Self-assessment of perceived stress. The app is currently being developed and should be seen as a tool for those who feel stressed in their day-to-day lives, and who are endeavouring to create time and scope for revitalisation.

The app is free of charge and can be downloaded via App Store and Google Play. The app offers a choice of 10 languages. Yours notes, assessments, and recordings remain your personal property. Further information and links to the app are available at vgregion.se/antistress.

How can listening to AntiStress help you?

When you are stressed, your breathing becomes shallow and rapid. If you breathe calmly and deeply, signals are transmitted to the brain that reduce your stress level and help you relax. Using Conscious breathing on a regular basis helps you cope better with thoughts or feelings that could otherwise prevent you from experiencing mental and emotional well-being. Ideally, you should follow the AntiStress exercise programme each day. Allow yourself enough time and try not to rush things.

My diary

Using My diary, you can write down or record what is happening in your daily life, how you feel about your daily life, and what increases or diminishes your strength and energy. The purpose is to increase your awareness of what your daily life is really like, and how you can find your energy balance.

Do I feel calm or stressed?

You can also estimate how you experience stress by moving the 'calm or stressed' cursor. Everything is saved in the AntiStress app on your mobile, and only you have access.

Heighten your awareness of what is happening in your daily life and enhance your well-being.

What is Conscious breathing?

Conscious breathing is a vital part of a self-care tool in the AntiStress programme, which is a form of integrative rehabilitation, designed to combat stress-related mental health disorders. The AntiStress app has been developed within primary care R&D in Region Västra Götaland and is the outcome of a systematic research and innovation programme.

The guidance in Swedish on the AntiStress app is provided by the creator Tina Arvidsdotter, who holds a PhD in nursing science. She is also an acupuncturist, therapist, and interpersonal psychotherapy (IPT) supervisor. The music has been composed specially for AntiStress by Bo Savik.

Research shows that people suffering from stress-related ill-health who have followed the AntiStress programme, regard AntiStress Conscious breathing as a valuable lifeline that reinforces long-term well-being. Read more in the article. Arvidsdotter, T., Kylén, S., & Bäck-Pettersson, S. (2019). Experiences of Living with Stress-Related Exhaustion Disorder and Participating in a Tailor-Made AntiStress Program in Primary Care. *Psychology*, 10, 1463-1484. <https://doi.org/10.4236/psych.2019.1011096>



Conscious breathing

The AntiStress app contains guided exercises for anyone who is feeling stressed in their day-to-day life. Conscious breathing is available as a basic exercise lasting 15 minutes and is an ideal starting point. Doing the exercises each day will help deepen your breathing pattern. There is also a shorter breathing exercise that can be used as a microbreak, and a longer one, lasting around 25 minutes, which can result in deeper rest or help you fall asleep. Working consciously on your breathing can have a positive impact on your health and well-being.

The AntiStress app is available in 10 languages. Scan the QR code to download the app or go to vgregion.se/AntiStress



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