

PIP – Your Mini Stress manager

What part of your life is most stressful? What helps you relax? The Pip measures your stress level simply at your fingertips. Use the pip and its entertaining apps to learn how to relax – whenever and wherever you are. For iOS and Android.



EAN: 5392000100503
MSRP: 179,-€

The Pip connects your emotions with innovative apps both passive and active, teaching you not only how to recognise stress, but to know a life without it. The real strength of the Pip lies in its portability, its performance and its ability to fit into everyone's life, everywhere. The Pips true power is in its astonishing ability to focus and change our minds, unlocking the greater potential in all of us.

BENEFITS:

- **Mental Fitness** – Our minds require as much care as our bodies. Use the Pip to keep your brain in the best shape of your life.
- **Focus** – The Pip helps train your focus and to block out the noise of stress so you can focus on what's important.
- **Science** – The Pip uses biofeedback and EDA – an established measurement of emotional stress to practice on your own.
- **Measurement** – Use in depth app stats to track your improvement and progress over time.

MY PIP-YOUR CLOUD PLATFORM FOR BETTER LIVING

My Pip syncs seamlessly with all Pip Apps, so, just like Pip, you can use it wherever you go.

- **Stay motivated:** Practice everyday with the Pip and you will see yourself change. My Pip sets you a session goal and shows your progress towards achieving this goal.
- **Keep a journal:** Connect your thoughts and feelings with your changing stress levels. Keep a journal in My Pip. Note your mood, and any thoughts or feelings that arise during your Pip session. This helps you identify what effect they have on your stress levels.
- **Easy-to-read charts and graphs:** By visualising your changing stress levels you can try different techniques to control it. My Pip lets you track and analyse your stress levels and Pip performance with easy-

to-read charts and graphs.

- **Real-time feedback:** The Pip accurately determines whether your body's stressing or relaxing. My Pip lets you see exactly during a Pip session when you were focussed and relaxing, or stressed and your mind is wandering.

TECHNICAL INFORMATION

- **Size:** 5,31 / 3,39 / 1,66 cm
- **Weight:** 16g
- **Colors:** White and Black
- **Lithium Battery:** 3.7V, 130mAh
- **Apple (iOS):** iPhone 4s, 5 ,5s ,6 /iPad3 and newly (incl. iPad mini)
- **Android:** Android 2.3 and newly

Apps:



Loom

Relax &
Race

Stress
Tracker

Mindfulness

Clarity

Alternative:



Pip - Black

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