Stressed?

Do you want to discover the patterns in your daily stressors?

Want to see how today's ChatGPT can help you address the major sources of your stress?

Join the RELIEF Study conducted by the nation's leading center in mobile health technologies.

What is the RELIEF Study?
The RELIEF (*Relevance and Effectiveness of LLM-Generated Interventions for Everyday Field Stressors*) Study is investigating the utility of combining **Wearable AI** with cutting-edge **Large Language Models (LLMs)** to provide **real-time, personalized stress interventions**.

Who Can Participate?
- Generally healthy adults (at least 18 years old)
- Residents of the United States
- Those comfortable using smartphone and smartwatch-based technologies
- Those willing to quickly respond to stressor prompts & surveys via email

Why join the RELIEF Study?
- Shape the future of stress management.
- Discover advanced stress management strategies powered by cutting-edge AI.
- Gain exclusive weekly insights into your stress profile.
- Students, faculty, and staff from the University of Memphis may be eligible to be loaned a smartwatch for the duration of the study.
- Be compensated for your time and efforts.

To Sign Up:
👉 Scan the QR Code or visit: Qualtrics Link
📧 Questions? Email us at: reliefmdot@gmail.com