

Are you feeling stressed out, anxious, or overwhelmed? Do you need a break from your busy schedule and a chance to relax and unwind?

Relax

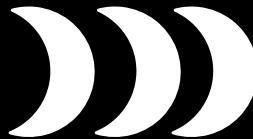
RESEARCH ON HOW AI CAN ENHANCE YOUR WELL-BEING



We are looking for volunteers who are 18 years or older, and willing to come to our lab for one session that will last about 30 minutes. During the session, you will either rest quietly or listen to a soothing voice and sounds that will guide you through a relaxing imagery scenario, while we monitor your heart rate and brain activity. You will also answer some questions about your mood and stress level before and after the intervention.



Participate & GET \$25 IF YOU
30 min



Contact & Location
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