

A black smartphone with a silver-colored bezel is shown. The screen is a solid teal color. In the center of the screen, the text "How are you feeling?" is written in a white, cursive, handwritten-style font. The phone's camera and sensors are visible at the top, and the home button is at the bottom.

How are you feeling?



Peace of Mind

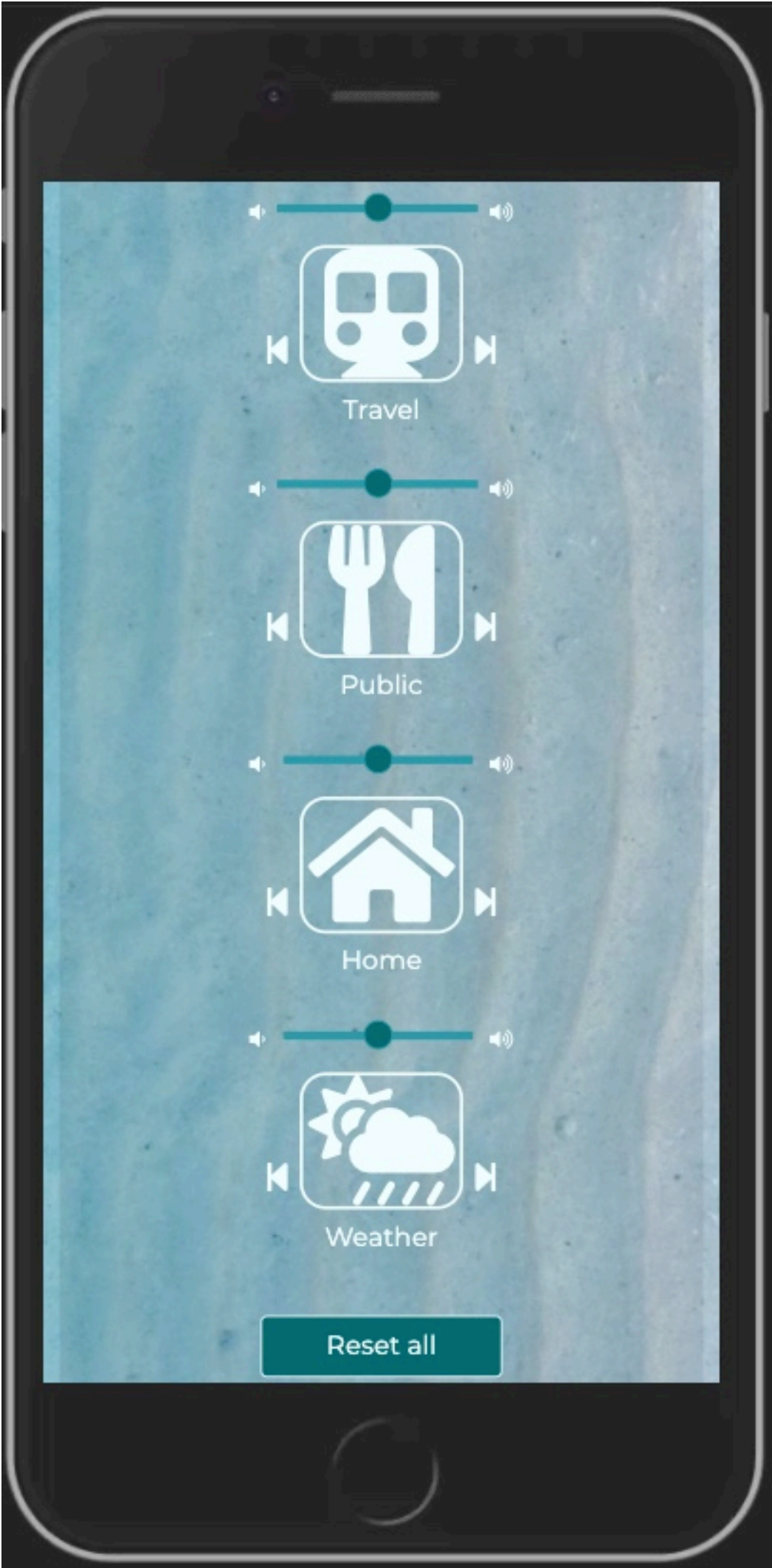
What sound(s) do you choose today?

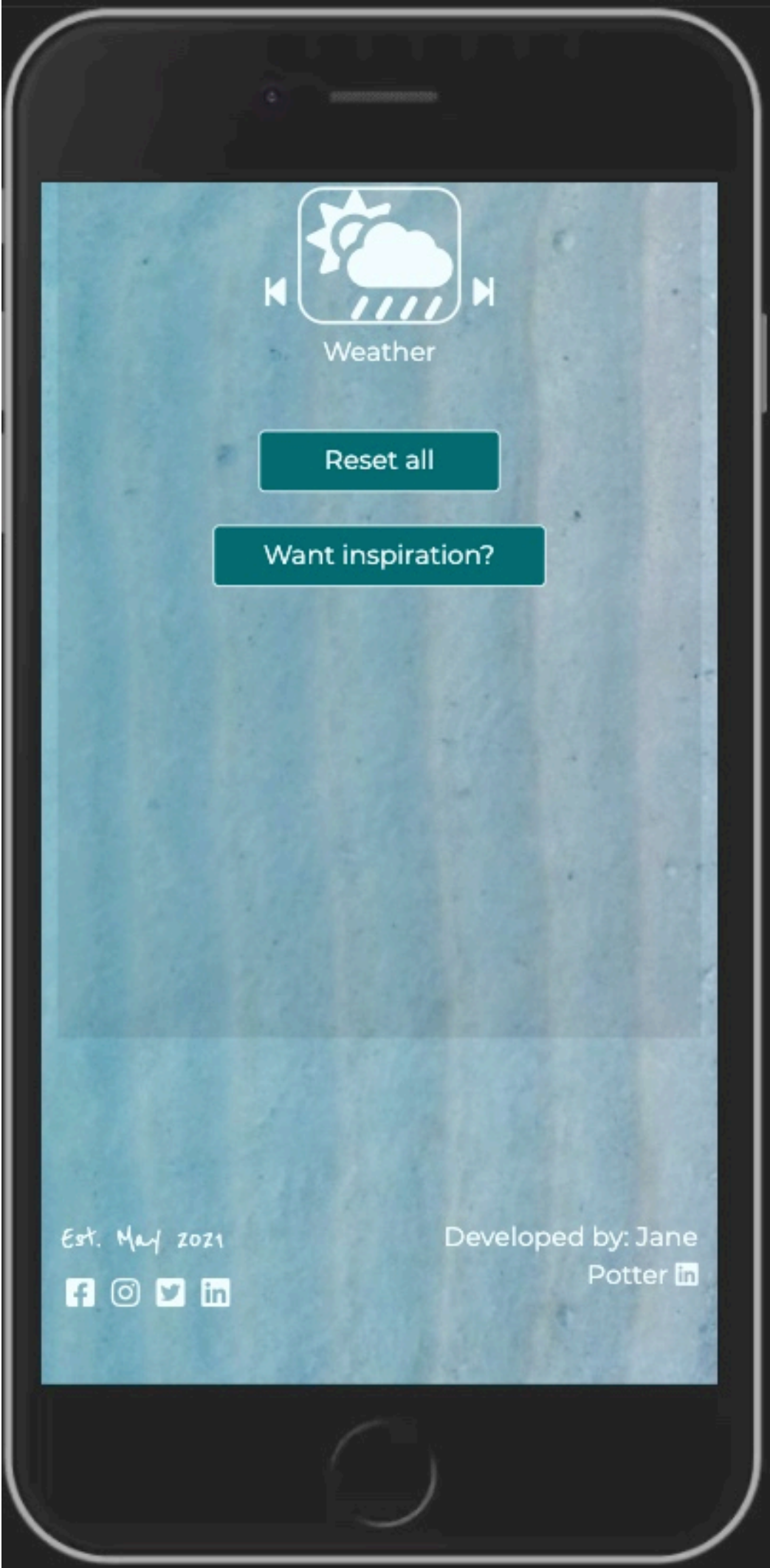
Click and choose one or more sounds and adjust volume



Nature









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How to use Peace of Mind

1. Choose a minimum of one sound type, such as Nature and Home



2. Adjust the volume for each sound type with the plus and minus





3. Select a sound clip that suits your needs from each sound type with the left and right arrows



4. To set the right mood even further, select a background video, image or colour with the "Change background" button.
(Button not applicable on all mobile devices.)

Change background

5. While you are listening to the soothing audio and/or watching the beautiful backgrounds, you

"Want inspiration?"
button

Want inspiration?

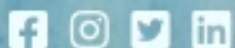
6. If you want to
cancel all choices,
click the "Reset all"
button


Reset all

7. Otherwise, put on
your headphones
and enjoy the full
immersion!



Est. May 2021



Developed by: Jane
Potter 



Peace of Mind

What is Peace of Mind?

Peace of Mind is a tool for distraction from all of the everyday noises. We provide sound effect clips, quotes and background videos. What we hope to aim when you combine all three features is an increase in your focus, motivation and productivity, a decrease in your anxiety and stress, and an improvement in your mood.

Here are some examples of when you can use our website:

- During work
- When you are studying
- For better and deeper sleep
- While you are traveling
- When you want to relax with a

motivation and productivity, a decrease in your anxiety and stress, and an improvement in your mood.

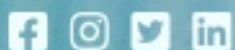
Here are some examples of when you can use our website:


- During work
- When you are studying
- For better and deeper sleep
- While you are traveling
- When you want to relax with e.g. a book before bed or a morning cup of coffee
- Or when you are meditating

Go to our [How to use](#) page to find out more about how to use our sound effects.

Also, feel free to send us your questions or feedback on our [Contact](#) page!

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All questions and feedback
are welcome!

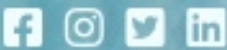
Choose file No file chosen


Message

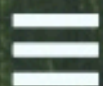
Message

Send

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404

Got

A smartphone screen with a black bezel and a home button at the bottom. The screen displays a nature-themed background image of a forest floor with a large, mossy rock. Overlaid on the image is the text "Got lost?" in a large, white, sans-serif font. Below the text is a teal-colored rectangular button with the text "Go back to the Home page" in white. The phone's status bar at the top is black and shows several small, faint icons.

Got lost?

[Go back to the Home page](#)