

A black tablet with a silver home button at the bottom center. The screen is a solid teal color with the text "How are you feeling?" written in a white, cursive, handwritten font. The text is centered horizontally and occupies the middle portion of the screen.

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



Travel



Public



Home



Weather

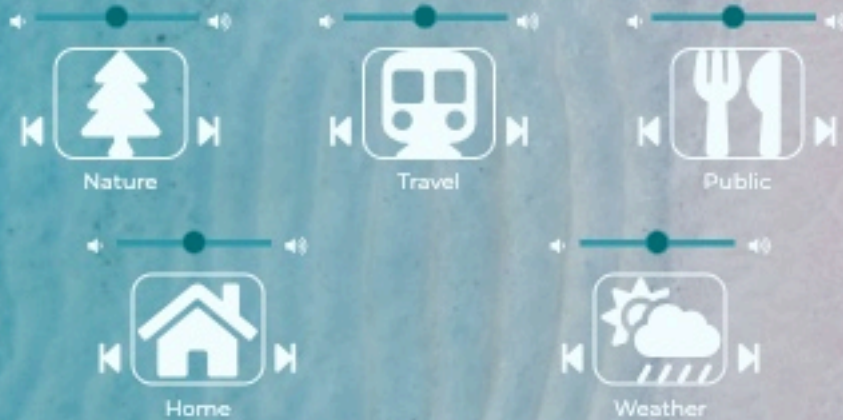
Change background

Reset all

Want inspiration?

What sound(s) do you choose today?

Click and choose one or more sounds and adjust volume

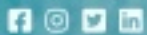


Change background

Reset all

Want inspiration?

Est. May 2021



Inspirational quotes provided by [SergesWebPro](#) via [freeCodeCamp](#)

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Developed by: [Jane Potter](#)



Peace of Mind

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



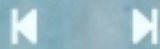
3. Select a sound clip that suits your needs from each sound type with the left and right arrows



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

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 can also get yourself inspired by reading quotes with the "Want inspiration?" button

Want inspiration?

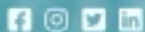
6. If you want to cancel all choices, click the "Reset all" button

Reset all

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



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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 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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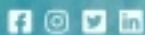
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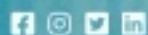
All questions and feedback are
welcome!

Message


All questions and feedback are
welcome!

 No file chosen

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Peace of Mind

404

Got lost?

[Go back to the Home page](#)