



MENTAL HEALTH GYM

HEAL SELF @ PRIVACY OF YOUR HOME

WWW.RELAXEDANDCALM.COM

Star



WELCOME TO MENTAL HEALTH GYM

A mental health gym is a concept dedicated to enhancing mental well-being in a structured and proactive manner, much like a traditional gym supports physical fitness. It offers a space, program, or practice designed to build emotional resilience, reduce anxiety, stress and foster overall mental wellness through a range of exercises and techniques.



Heal self at the
privacy of home.





HEAL, RE-WIRE AND RE-PROGRAM BRAIN

AT THE PRIVACY OF YOUR HOME

Reprogramming human brain involves altering thought patterns, behaviors, habits and emotional reactions by using a range of methods based on Exposure healing.



Heal self at the privacy of home.



Relaxed
& Calm

HEAL HUMAN BRAIN

SUFFERING FROM FEAR, PHOBIA & ANXIETY

01

Introducing Mental Health Gym-X, powered by virtual talk guide platform. A cutting-edge software platform designed to heal & re-program human brain through principles of contemporary Western psychology and innovative gamified interventions. Mental Health Gym -X will help you to discover how specially designed simulations can be utilized to support healing & re-programming human brain from the comfort and privacy of home.

HEAL & RE-PROGRAM HUMAN BRAIN WITHIN 3D VIRTUAL WORLDS ROOTED IN CONTEMPORARY WESTERN & VEDIC PSYCHOLOGY.



**FEAR & PHOBIA
HEALING THERAPY PROGRAM**



**SIMULATION
HEALING THERAPY PROGRAM**

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HEAL HUMAN BRAIN

SUFFERING FROM FEAR OF DEATH

02

Introducing Mental Health Gym (MHG-1) to overcome fear of death. Let's change the way one experience & understand this reality. Designed to deliver powerful mental healing & positive teachings to ultimately transform human brain. Healing-Self therapy product based on the teachings of Advaita and Vedic Psychology & influenced by Shri Yoga Vashistha. Now available for Windows 10 and 11 OS.

HEAL & RE-PROGRAM HUMAN BRAIN WITHIN 3D VIRTUAL WORLDS BASED ON ADVAITA, VEDIC & AYURVEDA PSYCHOLOGY.



**THANATOPHOBIA
HEALING THERAPY PROGRAM**



**SIMULATION
HEALING THERAPY PROGRAM**

HEAL HUMAN BRAIN

ANXIETY STUDIO

03

Guided relaxation is a technique where a trained instructor or audio recording leads you through a series of relaxation exercises designed to help reduce stress & anxiety to promote physical and mental calmness. The process often involves focusing on breathing, body awareness, and visualization. Rejuvenate and rewire the human mind through Guided Relaxation program powered by Relaxed and Calm.



Guided Relaxation
HEALING THERAPY PROGRAM

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HEAL HUMAN BRAIN

Simulate Dreams



04

Simulate Dream is an innovative platform developed to help users confront and overcome nightmares in a safe, controlled, and interactive environment. Simulate Dreams immerses you in uniquely designed 3D virtual worlds that recreates the depth and emotion of intense nightmares. It empowers you to explore terrifying dreams and reshape their endings, giving you the ability to take control and transform your experience.

Simulate Dreams - Play Therapy



Nightmare Re-Programming
Healing Therapy (NRHT)



Play with your
Nightmares



Get rid of
Nightmares





GET ACCESS TO DIGITAL MENTAL HEALTH GYM!

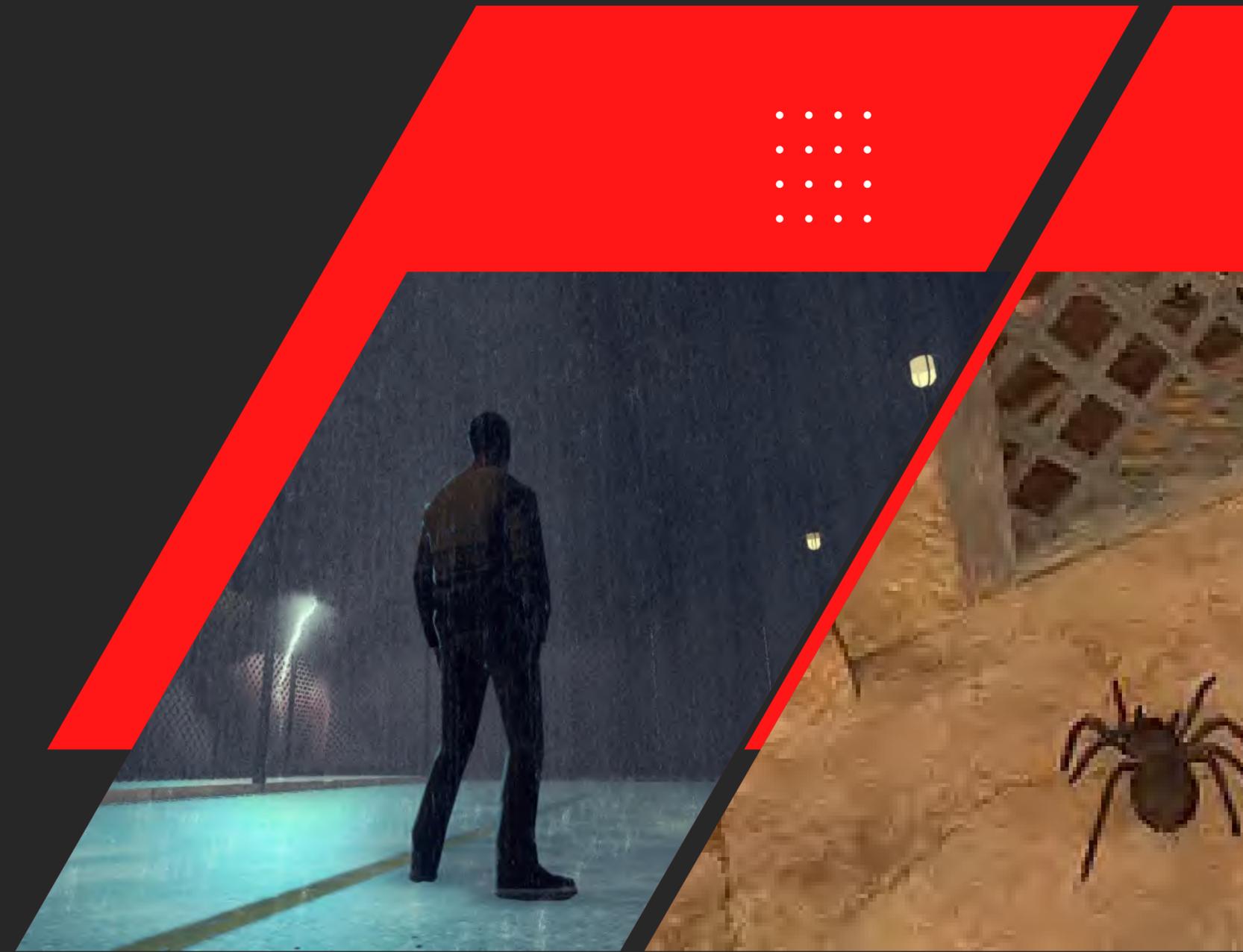


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