

MINDSETTLE - Wellbeing Innovations



Bringing calm to your screens

Mindsettle is working to increase a sense of wellbeing and decrease stress using a combination of tranquil natural images and curated soothing music.

Mindsettle is an Australian Profit-for-Purpose enterprise. We create evidence-based solutions that improve wellbeing and build mental resilience. Our approach draws together art, science and technology to bring calm to a variety of settings.

Mindsettle is working to calm patients in many clinical settings using a combination of tranquil natural images and curated soothing music.

Founder, Lisa Behan, combines her project management experience, respectful communication style, artistic abilities and contemplative practice to develop wellbeing innovations.

Have a look at our breathtaking content here: [SHOWREEL](#)

“Viewing nature is positive for health, particularly in terms of recovering from stress, improving concentration and productivity, and improving the psychological state, especially of people in confined circumstances such as prisons, hospitals, and high-rise apartments/high-density living.”

Health Promotion Consultant, Elizabeth Lines

Benefits

Studies show that observing nature on a screen can lower heart rates, speed healing, reduce requests for pain medication, decrease levels of stress hormones, and increase a sense of calm and wellbeing.

This mindful content is designed to bring the restorative and calming benefits of nature to your organisation to:

- * improve waiting environments
- * create a calmer experience
- * be non-invasive + non-medical
- * provide appropriate, restorative content
- * create less stressful working environments
- * eliminate language barriers

Mindsettle has collaborated with scientists and artists to produce high quality content featuring Australian nature scenes.

Our digital content is compatible with existing and future technology. Mindsettle is available as a Licence + Subscription package or a customised content service is available by request.

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Visual Solutions

Dr Andrew Lothian is Australia's leading practitioner in landscape quality assessment, in his book Science of Scenery he looked at research in this area from recent decades. He concludes:

"Approximately 120 studies were reviewed, the universal conclusion from which is that exposure to nature through viewing and experiencing it provides substantial emotional and psychological benefits. The preference for nature scenes is nearly twice that for urban scenes, while the restorative benefits of nature are at least three times as much as viewing urban scenes." Lothian

Content Categories

Long Form: Our expanding collection has high quality content featuring Australian nature scenes. This content is working to create calm waiting rooms and in-house mental wellbeing channels.

Five Minutes Peace: Our collection of five minute pieces can be used as a therapeutic tool to introduce the mindfulness practices of becoming self-reflective and self-aware. The content restores attention and reduces stress and is typically used as a brain/anxiety break.

Resources

[Nature Imagery Calms Prisoners](#)

[Viewing Nature Scenes Positively Affects Recovery](#)

[The Nurture of Nature](#)

[Impact of Visual Art on Emergency Waiting Rooms](#)

**Immediate positive impact
with minimal disruption**

"I've been here for four months. Sometimes I just need to stare at something, especially late at night. When you're in pain you need something to go into"

PATIENT, SVPHB

"Loving Mindsettle. I just want to say thank you for your programs. I work night shifts in hospital, not only are your programs calming they are so so interesting."

Thank you again,

Annie"

STAFF RESPONSE

"Everybody loves Mindsettle. We play it all day everyday"

PRACTICE MANAGER

"Afternoons can be a chaotic time with sun downing in our Memory Support Unit at NoosaCare. We have started using Mindsettle during this period and have noticed that the unit is calmer and more peaceful."

DEMENTIA COACH

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