

Offer for Schools & Teachers

The Covid pandemic has created a cycle of stress and anxiety for many who are working through it. Fears surrounding health of family and loved ones, safe working, job security and the possibility of recession have impacted every family.

BITC are working alongside TakeTen Ltd, a Belfast based company specialising in stress management resources.

We will be providing a new smartphone stress management app for those working in schools.

The TakeTen smartphone App has been developed specifically to help manage stress and anxiety.

Using biofeedback, it helps you to change your body's response to stress and stressful situations.

Providing positive impact on your mental and emotional health

And its all at the tip of your finger!

This app has been successfully trialed in a leading Northern Ireland Company:

60%

of participants reported that the app helped them to deal with daily stress and anxiety

65%

of participants successfully used the app for themselves

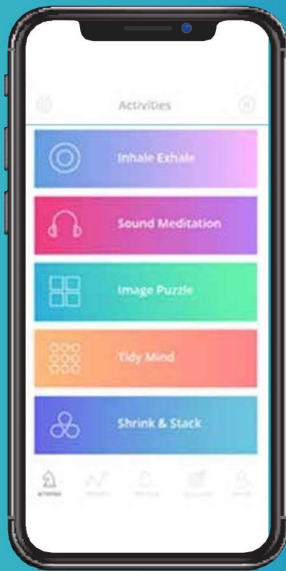
35%

of participants successfully used the app for family members

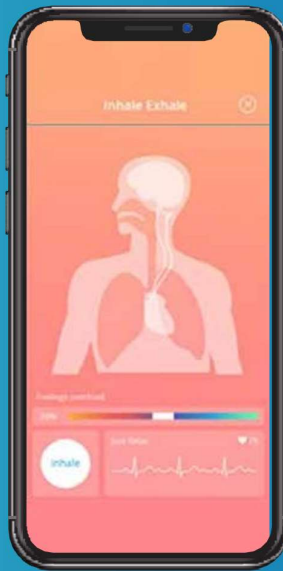
If you would like to trial this resource for teaching staff and family members, please contact:
info@letstaketen.com

TakeTen

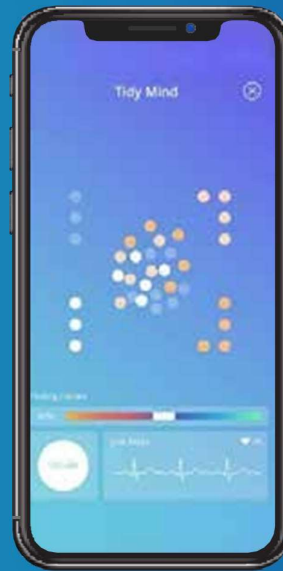
Stress management at the tip of your finger



Easy-to-use interface



Biofeedback to balance heart rate & breath



Gamifying stress management



Calm and clear meditation

A simple digital resource to manage stress and anxiety in the moment

New TakeTen stress management app for those working through COVID

Free app trial for education staff and family members for 2 month period

All participants privacy assured, no personal data required for trial.

TakeTen

Funded by Innovate UK to address Covid response



Working in partnership with Business in the community



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