

calmconnect  
created by PriöHealth

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# User Guidelines

2024

## CalmConnect: Introduction

**CalmConnect** helps people of all ages and abilities calm their body and mind. The sequences ease transitions between classes/activities and may be used before therapy sessions/medical appointments and daytime/nighttime routines or anytime someone feels anxious.

**CalmConnect** contains 29 sequences (2–5 minutes in length) in 6 categories, designed to calm the nervous system, improve attention, and build social connection. We recommend doing only 1-3 sequences at a time. You can use the sequences in any order you choose. Generally, the sequences in "joy" and "focus" energize people with very low energy, and "calm" and "rest" settle those with very high energy. But everyone is different, and what's calming for one person may be too invigorating for someone else. Each person will enjoy using certain sequences more than others, so we've included a category to store favorites. There's also a separate music category for quiet listening.

## CalmConnect: Quick Tips

- The program's benefits are greatest when users are quiet.
- For the first few weeks, try using CalmConnect at the same time(s) each day as part of a routine.
- Some people may benefit from using it multiple times throughout the day.
- CalmConnect should be used to PREVENT meltdowns, not as a consequence of bad behavior. Use CalmConnect at the beginning of an activity, when someone feels anxious, or when requested.

## CalmConnect: DOs and DON'Ts

**DON'T** correct someone if they are not following the movements perfectly. When placing the focus on achievement, it becomes a competitive activity, invalidating its strength as a calming, self-regulation tool. CalmConnect works when everyone participates at their own level. Each person is unique and will respond to the movements in their own way. While we encourage individuals to stand and move, it's fine to simply rock back and forth, sit, or use it lying down in bed, if necessary. Some users may even face away from the screen. Everyone begins in their own comfort zone of engagement and performance, which may change over time.

**DO** it together when you can. The program is designed to be an activity that can help an entire group or family become calmer and connect with one another. Positive, safe social connections develop through shared synchronicity and rhythmic movement. Our definition of participation is this: As long as someone is not physically involved in a different activity away from the rest of the group, they are participating with everyone else.

**DON'T** lead. Join in by standing off to the side or behind. A common error leaders make is to have users follow (imitate) a human leader instead of those on the screen. One thing that sets CalmConnect apart is the repetition, reliability, and safety of the people on the screen. They provide the same nonjudgmental, compassionate expressions each time you use the program, appearing the same every time you play the sequence.