

Learn practical and emotional coping skills to build resilience at your own pace.

Just like therapy.

MindCo Relief is an innovative program to help individuals overcome stress and build resilience.

Our virtual reality simulated training, customized exercises, and peer-coach support will teach you new habits and behaviors to cope with stress and lead a happier life. The flexible and convenient program allows you to enroll anytime and anywhere, with your kit delivered to your doorstep within days and access to short therapy sessions in one minute.

[Learn more →](#)

“

I always wanted to overcome my stress, and MindCo Relief made it possible. Their virtual reality psycho-educative program allowed me to learn practical and emotional coping skills at my own pace, without pressure or external timelines. I'm now leading a happier and more fulfilling life, thanks to MindCo Relief."

[John D. | 46](#)



WHY MINDCO RELIEF WORKS

At MindCo Relief, we understand that managing stress is a personal journey.

Our program is designed to be flexible and personalized, working around your schedule and at your own pace. Our sequential virtual reality program includes visits to a therapist, meditation in nature, brief customized exercises, and peer-coach support that will provide the tools and techniques to cope with stress and build resilience, ensuring you feel in control of your journey. With MindCo Relief, you can take the first step towards a happier, healthier life.



Virtual Reality Education and Relaxation: Gain Awareness

Our approach to behavioral change is rooted in cognitive ecology, allowing users to break free from autopilot mode and become more aware. It acts as an awareness machine.



MindCo Relief App: Learn and Practice

We offer personalized and sequential activities based on years of research and supported by an integral approach to behavioral change.



VR ToolKit: Physical and Digital

This Kit provides everything you need for a VR experience, including a mobile VR headset, a booklet, and stickers.



Peer-Coaching: Support and Guidance

Our support network of coaches is here to help guide and motivate you through your journey, with a deep understanding of what you're going through. You can trust us to be there for you every step of the way.



Health Coaching: 1:1 sessions all year long

Our specialized network of health coaches works weekly and monthly to provide a customized plan, making the experience unique and based on every user's needs.