

What is CenteredVR™?

CenteredVR is an innovative program designed through the collaboration of Johns Hopkins Medicine and BehaVR. Together, we're working to build people's resilience to stress by making the path to better mental health simpler, more accessible and more effective.

CenteredVR is built on best-in-class expertise from behavioral health and mindfulness experts in the Johns Hopkins Department of Psychiatry, ranked #1 in the United States by U.S. News and World Report, and [BehaVR Inc.](#), who is pioneering the delivery of mental health care through virtual reality (VR).



Together, we created a flexible and immersive mindfulness program with the goal of empowering your employees to achieve their best health. Self-care is crucial to everyone's well-being, and employees who practice regular self-care experience a variety of benefits—from learning short-term coping strategies to improving long-term resilience against chronic conditions (which are all too often triggered by stress).

How does CenteredVR work?



- CenteredVR is a 6-week program comprised of quick, modular sessions that can be completed at one's own pace.
- These mindfulness-based training sessions are designed to **educate, motivate and activate individuals to reduce their stress over time.**
- Each person can choose from a variety of calming, virtual settings in which to learn and practice mindfulness meditation techniques, bookended by regular check-ins that help the employee evaluate the impact of their practice on their stress levels.

Virtual reality creates the ideal conditions for unlocking the possibility for true change. VR provides a powerful visual and auditory environment, which helps quiet the mind and promotes focus. In addition, the VR headset allows for a private, individual experience, whether at home or in the office, making it an extremely flexible and convenient tool for your workforce.



In short, **VR helps rewire the brain in a natural and healthy way, enabling employees to relearn more appropriate, healthy responses to stress** in this particularly challenging time — without turning to quick-fixes or despair.



In between VR sessions, individuals can complete guided audio meditation and mindfulness exercises on their phone, tablet, or computer, allowing them to **practice mindfulness whenever and wherever** is convenient for them.



Dr. Neda Gould teaches mindfulness with a variety of filmed and digital settings. Meditations can occur at a waterfall, by a campfire, in the autumn woods or on a beach to the sounds of rolling waves.

How would my organization benefit from CenteredVR?

Studies have shown regular practice of mindfulness techniques can increase workplace engagement and reduce some of the most common mental health issues in your workforce, such as anxiety, depression and day-to-day stress. CenteredVR is an engaging, unique and convenient way for your employees to learn about and utilize mindfulness techniques.

CenteredVR is available as a stand-alone product from Johns Hopkins Medicine, or as part of our comprehensive Balance™ mental health program, which offers best-in-class, expert care that's accessible, personalized and convenient. Whichever you choose, you will be on the path to supporting your employees' mental health.

To learn more about Balance and CenteredVR, please visit www.johnshopkinssolutions.com/balance or email balance@johnshopkinssolutions.com.

Balance is also available on [Microsoft Azure](#).  Microsoft Azure