



MYTERN®
Take Emotional Responsibility Now

“We CAN'T stop the
daily challenges but we
CAN learn to be in
control of how we respond
to them.”-

Dr Jane Foster.

About

Is a glass of water heavy to hold? Not if you drink it or empty it straight away. However, the longer you hold onto it, the heavier it becomes. It is the same with stress.

MYTERN teaches you to take control of your response to everyday stresses and challenges, helping you to keep emptying your glass so that it doesn't become too heavy or feel impossible to hold.

We cannot eliminate stress and challenges from our lives. Therefore, as a preventative strategy, MYTERN teaches people of all ages how to create health out of everyday stressors; tackling the problem at the ground level, so individuals don't end up feeling overwhelmed, but in control.

Based on neuroscience and positive psychology, MYTERN is a time and cost effective resilience building intervention designed to teach individuals how to build their own emotional intelligence and resilience; increasing mental, physical and emotional health; teaching them how to take control of their overall wellbeing. The concepts of resilience, positive emotions and mindfulness combine to form the powerful skill of MYTERN, which has proved empirically that it can positively impact an individual's psychological wellbeing, life satisfaction, resilience and distress levels.

MYTERN teaches you that it is your response to life's challenges that dictates your emotions, and that you can learn to take control of that response



MYTERN achieves this through creating a common, non-threatening language that crosses age, gender and cultural barriers. The skill can be introduced in a single session; and is reinforced daily via the MYTERN App and MYTERN SMS. The language positively influences life's challenges including bullying situations (cyber included) as it:

- empowers the victim and builds empathy
- stops judgement and builds compassion

MYTERN is based on the familiar metaphor of driving, so the language is instantly adopted, understood and used by everyone. The metaphor teaches that:

- there are two sets of roads that everyone needs to travel - one builds your health (smooth and green); the other builds your resilience (rough and red). If you stay on the red roads for too long, your health will begin to deteriorate
- you are the driver and only you have control of your steering wheel
- each road you drive down is an emotion
- it is always your choice as to which road of emotion you drive down
- there is no blame or judgement as to which road you choose, as the aim of MYTERN is to learn to take control of your steering wheel, no matter WHAT road you are on.