



# WELL-BEING AND THE PANDEMIC: HOW TO HELP PEOPLE COPE

*Stopping the spread of coronavirus is currently one of the greatest challenges the world faces. Beyond the virus itself and the mortality it causes, general morale is also being tested during this prolonged period of uncertainty society is enduring.*

*The psychological consequences of this health crisis can be seen in numerous studies, such as ones conducted by the WHO: cases of depression, anxiety and post-traumatic stress disorder are increasing sharply. Key sectors such as education and medicine, but also business, are suffering from the impact of sustained levels of high stress. Bio Music One seeks to offer an 'active-audio' solution to this problem.*

**B** Bio Music One supports professionals and individuals to help liberate stress and help them deal with difficulties arising cause of the pandemic.

## HEALTH CRISIS: THE PSYCHOLOGICAL IMPACT BEING FELT AT ALL LEVELS OF SOCIETY

### POPULATION

**67%**

of Americans say they have experienced increased stress due to the pandemic

**1 in 5**

Americans say their mental health is worse now than before the pandemic

**27%**

of people in the UK reported a level of mental distress that is 'potentially clinically significant', compared with 19% before the pandemic

### MEDICAL PROFESSION

**74%**

of physicians reported seeing signs of burnout in colleagues even before the pandemic

**51%**

of physicians had reported their mental health impacted by their workload before the pandemic

The pandemic has now 'unleashed a mental health crisis marked by anxiety, depression, post-traumatic stress disorder, and even suicide' according to industry observers.



**52%**

of teachers reported their mental health had declined during the early stages of the pandemic, an early warning sign that the well-being of teachers was already under attack

**47%**

of students reported feeling that they hadn't learnt as much as in previous years, with uncertainty about what 2021 would look like causing additional stress

Education professionals have been forced to adapt their practices quickly, a challenge that has disrupted learning conditions and that many have found difficult to overcome. Teachers have become more than just teachers - they've become carers too. Shouldering more responsibilities has just become part of the great adaptation they have had to manage, but it's having the effect of stretching them very thin.

\* Research conducted by YouGov, APA



**68%**

of workers report feeling stressed at work every week

**48%**

of UK workers said in a survey that they have experienced a mental health problem in their current job

**75%**

of U.S. workers have struggled at work due to anxiety caused by the COVID-19 pandemic

**80%**

of Americans today would consider quitting their current position for a job that focused more on employees' mental health

\* Sources: ADP 2020, TELUS 2020, MIND 2018.

## OUR SOLUTION

### BIO MUSIC ONE

When your life circumstances turn daily life into an obstacle course, when the pressures of daily life becomes too intense, when a feeling of helpless despair generates fear, doubt and anxiety, Bio Music One can become a valuable ally to help liberate stress and gain some perspective to better manage difficult situations in a more creative and constructive way.



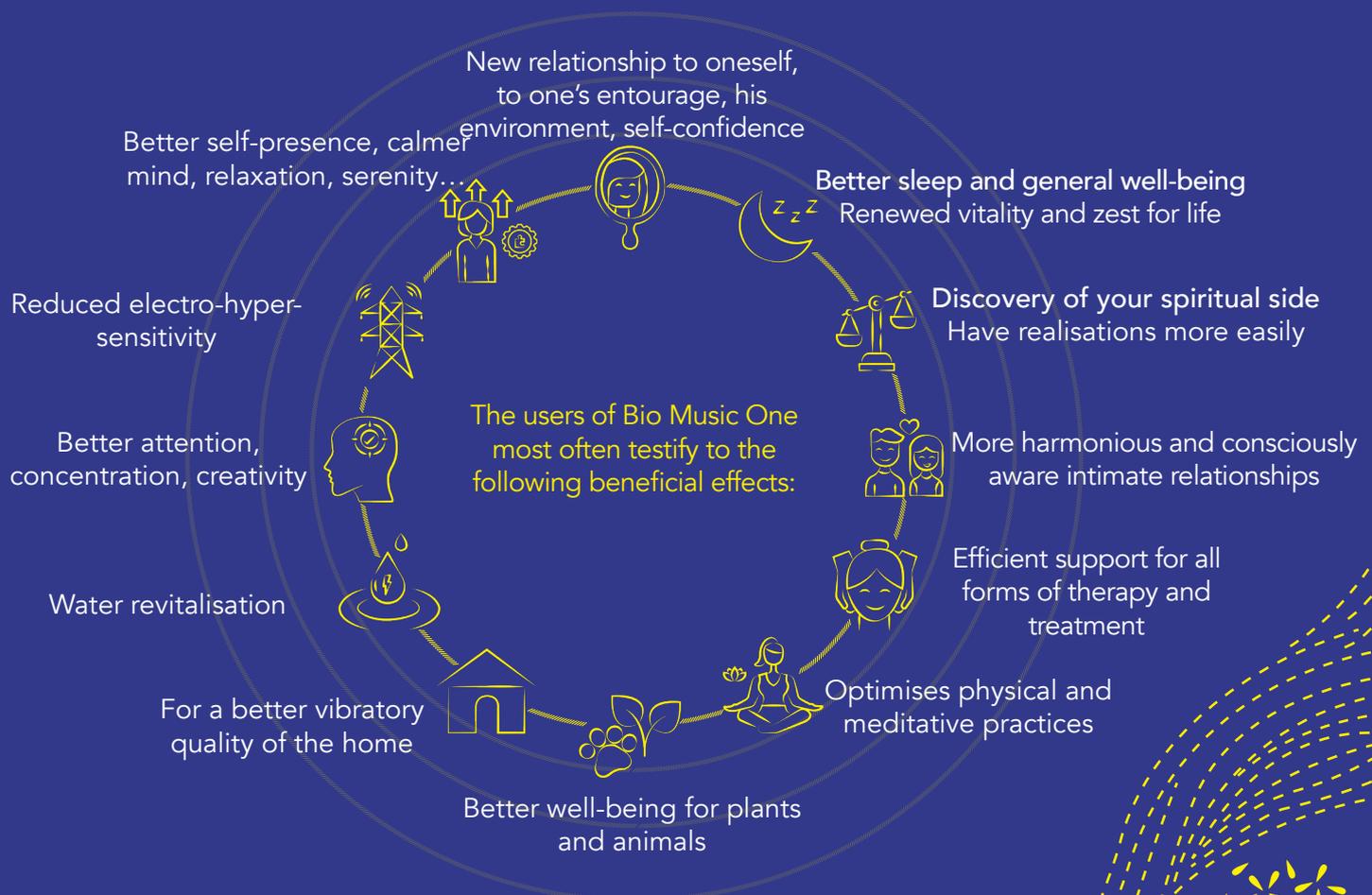
BIO MUSIC ONE is, original, Active-Audio technology integrated into in-house musical productions which emit sonic vibrations recognised for their beneficial bio-active properties. These can help liberate stress and access new conscious awareness, for well-being of the mind, body and spirit, whatever may be your life circumstances.

Bio Music One aims to maintain better balance and well-being. It does not require any particular effort to use. At any time and in any place - at home, at work or during leisure time - Bio Music One can provide support for sustained or accelerated release of stress, depending on your needs of the moment.

It is also a tool that can help you develop your intuition and discerning ability and to better perceive what is right for you, at a personal, relational, professional or environmental level. It can then become easier to make the right decisions and position yourself in order to best meet your needs.

Positive changes in your state of being and how you feel, which Bio Music One may bring out in you, can help you to see life from other perspectives and help you to stop feeding conflict or succumb to an excess of stress, and instead perceive difficult situations as opportunities for self-growth.

By helping beneficial changes to take place in many aspects of life, Bio Music One has now accompanied its users for over 15 years to help them better recognize their talents and potentialities, and better perceive how to fully express them.



# 2 KEY LISTENING MODES

To benefit from Bio Music One support, simply immerse yourself in the bio-active sonic vibrations of an album or a sequence of albums, played in audible or inaudible mode, and observe the positive changes that take place within you.

Bio Music One has 2 original, key listening modes:

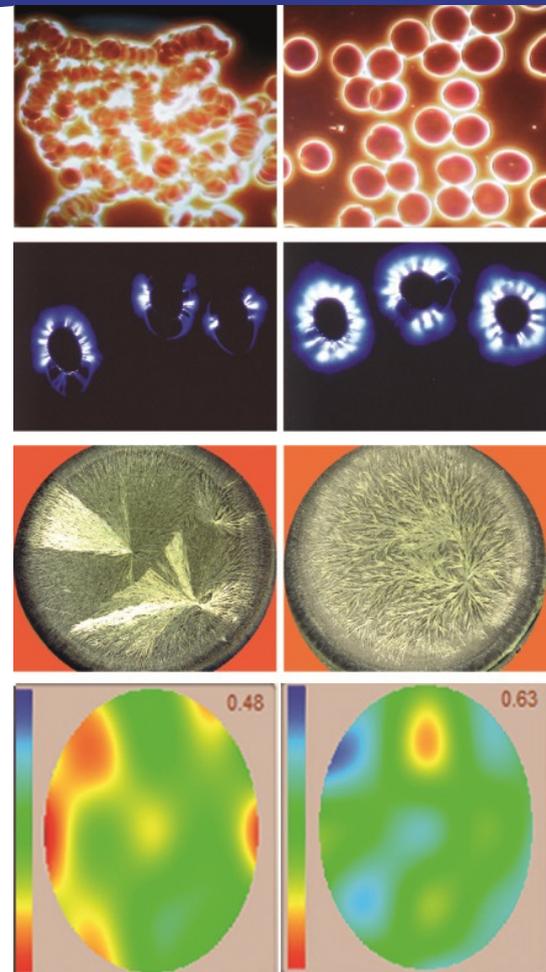
**1** Inaudible and continuous mode, for sustained stress liberation while going about your daily business

**2** Conscious listening, an innovative form of sonic meditation, consists of paying attention to yourself while listening to a track or an album, in order to accelerate stress liberation.

## DEMONSTRATED BENEFICIAL EFFECTS

A number of sonic tests, conducted by experts in their own fields, show the physiological influence and therapeutic potential of Bio Music One on all living beings. Restructured water in the air and in the body and protection of this restructuration against all stress factors make for a clearer and more fluid flow of information in the body, for better general well-being and increased physical and intellectual abilities.

BB Bio Music One is backed by more than 15 years of user experience and 6000 testimonials



**WITHOUT  
BMO**

**WITH  
BMO**

## BIO MUSIC ONE FACTS & FIGURES...



1 integrated process  
in a series of 6  
complementary albums



20 years of Research  
& Development



30 sonic tests  
demonstrating  
beneficial effects



15 years of market  
presence



6,000+ testimonials  
attesting as to its  
effectiveness



250,000+ users  
around the world



500+ conferences  
and workshops in  
Europe and Canada



Showcased on 70+ TV  
channels, radio stations and  
in international print media



1 iOS and Android  
app

**INTERESTED?  
CONTACT US...**

Creation | Production | Distribution

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Download the free Bio Music One App  
and experience liberating Bio Active  
Listening

