MomentCompany
It starts with one conscious breath
www.momentcompany.co

HELLO

We are Moment Company and we're on a mission to reduce stress and anxiety in your day-to-day, helping you live a happier more fulfilled life.

To do this we've created the Moment Method – a unique set of guides and resources that, used with your Moment Pebble, help you take short, regular **breaks** (or **Moments** as we like to call them) throughout your busy day.

This guide introduces you to the Moment Method – what it is, how it works, and how to track your progress.

Central to the Moment Method is the Pebble. This light-led device visually guides you through powerful, stress-reducing breathing exercises. But more than that, it has the ability to create long-lasting behavioural change – giving you a better understanding of how your mind works, and therefore more control of your mental wellbeing.

The Moment Method includes techniques suitable for all ages and levels of mindfulness experience and we're here to support your development through a library of content accessible through our website and social channels.

We are Alex, Fiona and Charlie - the people behind Moment Company. The idea for Moments was born out of our own mental wellbeing journeys. And it's our first-hand experience of the physical and emotional impact of stress, anxiety, and burnout that continues to drive us.

When we couldn't find a mental wellbeing solution that enabled us to take short breaks away from our phones, we created one.

You can say hi to us on Instagram and Facebook @momentcompany.co. Or email us at hello@momentcompany.co. We love hearing from you.

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All of our Pebbles are hand finished. As a result, Pebbles will have subtle variations in marbling from one to the next. **Your pebble is one of a kind and unique to you.**

GETTING STARTED

There are a couple of setup bits to do before you get started. Firstly, the Moment Pebble may need charging.

In the box you will find:

Moment Pebble

Charging stone

Charging cable

This Moment booklet

We suggest the best place to keep your charging stone is the spot where you can see it and where you feel you will need it most.

For example, this may be on your desk, in the kitchen or on your bedside table.

PEBBLE SETUP

Plug the USB cable into a wall plug.

Connect the other end to the charging stone (once connected to power you'll see a blue light on the stone).

Place Pebble onto charging stone.
It's normal for the pebble to warm up slightly.

After about 5 mins you'll see a soft light beating to show it's charging. Approx 1.5 hours to full charge.

CHARGING MODES

CHARGING A single white light pulsing inside the pebble indicates the pebble is charging.

FULLY CHARGED A constant white light (no longer pulsing) means the pebble has fully charged.

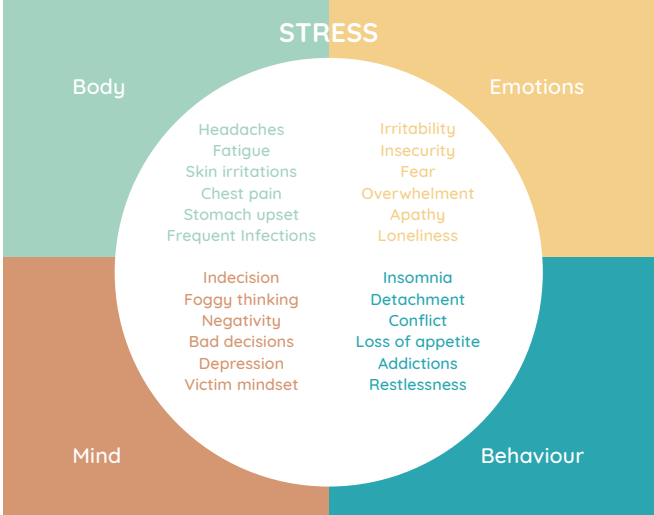
LOW BATTERY A small red light inside the pebble signifies that it's running low. Place it back on the charging stone to recharge.

BATTERY LIFE The Moment Pebble will, on average, last 2 -3 weeks before needing to be re-charged.

SO WHAT'S THE DEAL WITH STRESS?

Stress and anxiety are fuelled by the always-on, ever-increasing pace of today's connected world - and the negative impact on us is HUGE.

But don't just take our word for it. The American Medical Association has noted that stress is the basic cause for more than 60% of all human illnesses and diseases.



STRESS SIGNALS

Do you know what to look out for?
Our bodies give us clever warning signs to help us recognise when we're feeling stressed or anxious before the symptoms take over and really impact our health.

The key is knowing what our individual stress signals are so that we can take action quickly.

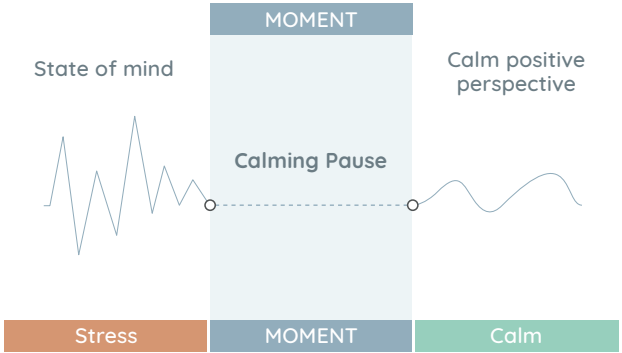
What do you first notice when you're under stress? A lump in your throat, a feeling in your stomach, a quickening of your breath, tension in the forehead or perhaps a tightness in the chest? Or is it something different?

Once you recognise your own stress signals, you have the opportunity to take early action. **This is where Moments come in.**

THE MOMENT SOLUTION

A Moment is a short pause (as little as 30 seconds) to focus on your breath. It's a form of mindfulness, an evidenced-based solution to counter the impact of stress.

Taking a Moment interrupts stress signals, allowing your mind and body to take a rest and re-balance your nervous system. As soon as you start to notice your stress signals, it's a good time to take a Moment.



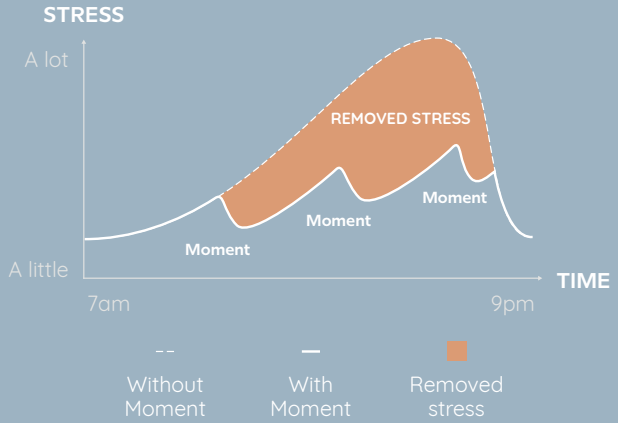
EVERY MOMENT COUNTS

Taken regularly, Moments can reduce the severity of your stress symptoms and the amount of time your body is under stress.

Evidence shows that the benefits of brief daily mediative practices increase with frequency, the more you do, the more your wellbeing will improve.*

On average we pick our phones 80 times a day, if just a few times out of these we picked up a pebble instead, we would significantly improve our mental wellbeing.

*momentcompany.co/momentmethod



HOW A PEBBLE MOMENT WORKS

The Pebble's light sequence follows Cardiac Coherence Breathing, a proven breathing pattern that brings your nervous system into balance by stimulating the vagus nerve.

This activates the parasympathetic nervous system, resetting many of the negative impacts of stress. This includes calming heart rate, reducing blood pressure, boosting digestive health, and improving sleep quality.

1.
Gently focus your eyes on the Pebble

2.
Tap it 3 times to begin

3.
Inhale as the glow increases (5 seconds)

4.
Exhale as the glow decreases (5 seconds)

5.
Continue steps 3 and 4 for three more breaths (there are 4 in total)

6.
Your Moment is complete

The sequence restarts after 5 seconds. You can continue your moment, or tap the Pebble 3 times to finish. After 5 loops of the sequence the pebble switches itself off.

YOUR MOMENT EXPERIENCE

Here are a few helpful things to know before you take your first Moment

- You can't get it wrong!

- Much like trying anything for the first time, if you're new to taking Moments it might take a little bit of getting used to. This is completely normal, don't worry. It will become second nature to you in no time allowing you to experience your Moments more deeply.

- We suggest approaching this with a sense of curiosity. Simply notice how you feel.

- Take as many moments throughout the day as you like. There's no right amount of times to practise.

Follow the steps on the next page to take your first Moment.

YOUR FIRST MOMENT

Use this simple script to guide you through your first Moment.

Alternatively you can follow our guided YouTube video at:
momentcompany.co/momentmethod

1. This time is for you. Find a quiet space where you won't be interrupted for a few minutes.

2. Make yourself comfortable with this guide and keep your Moment Pebble in reach.

3. To settle into this space, take a nice long, deep breath in - and then relax the muscles in your body as you let the breath out.

4. When you are ready, tap the pebble 3 times to begin the Moment sequence. At the start you may like to count the 5 seconds in and out or simply breathe with the light.

5. Then on each out breath, think about letting any stress and tension flow out of your body along with your breath.

6. At the end of 4 breaths, tap the pebble to turn it off or continue with the Moment as the light increases again. How do you feel now?

THE MOMENT METHOD

To help you develop your positive wellbeing practice we've created the Moment Method – a unique set of guides and resources to use with your Pebble.

Simply scan the QR code below to access the Moment Method. Here you'll learn new mindful techniques, that will help you understand the science behind what's happening in your body and mind, plus the impact of positive habit formation. And most importantly, it will help you measure how your stress and mental wellbeing changes over time.

You can learn more about the Moment Method here:
momentcompany.co/momentmethod

READY FOR MORE MOMENTS?

Once you're comfortable with the first light-led breathing exercise, you might want to explore adding different elements into your Moments.

We've included ideas for you to try on the following pages. You can also access our library of Moments here:
momentcompany.co/momentmethod

Our guided scripts will give you the support and confidence to try new ways to take a Moment and to fit them around your day and mood.

When you first try anything new it can feel uncomfortable; a lot to learn at once. This is completely normal.

Our suggestion is to simply give it a go. There is no right or wrong. Be open, be curious and see what you notice when you try new methods. This is a key step in developing your Moment abilities.

SMILING MOMENT

Did you know when we smile we activate a flood of feel good chemicals in our brain? Dopamine, endorphins and serotonin naturally relax our minds, our bodies, and lower our heart rate.

SET UP

Relax your eyes and apply a soft focus to the Pebble. Notice how you are feeling today. Activate your Pebble. Bring your attention to your breath and follow the light pattern.

MOMENT

Smile. It's that simple. As you breathe in and out through your nose bring a gentle smile to your face.

A smile is such a simple and powerful way to spread happiness in the world, and to ourselves. As you continue to smile while watching the light pulse, know that you are creating positive chemical changes within your body. Recognise you have this power.

As you come to the end of your Moment, hold onto the positive feeling your smile has created. Make the decision that you are going to smile more and frown less today; for yourself and for the benefit of everyone in your life.

HEARTFELT MOMENT

SETUP
Place or hold the Moment Pebble in front of you. Put one hand on your heart and focus on breathing directly into this space inside of you. Tap your Pebble to activate.

MOMENT
As you begin to inhale and exhale into your heartspace, use the fingertips of that same hand to gently tap on the centre point of your chest (level with your heart) at a slow comfortable pace - like a heartbeat.

Continue to breathe and tap along with the light sequence, bringing your awareness to the feelings inside of you. Feel free to close your eyes if it helps you focus.

Allow every inhale to create space within your chest and allow yourself to soften with every exhale.

As you come to the end of your Moment, exhale any and all feelings that you're ready to let go of. This moment has now come to a close.

Contributor: Joanne Bradford | w: motherheart.co | Insta: @motherheart

COLOURFUL MOMENT

SETUP

Relax your eyes and apply a soft focus to the pebble. Take a slow deep breath in through your nose to the count of 5 and out through your nose to a count of 5.

MOMENT

As you breathe in gently close your eyes. Take another round of breath with your eyes remaining shut. Now that you are relaxed think of a colour - the first colour that comes to mind. Perhaps you see a block of colour behind your eyes, a vivid object or simply think of your favourite colour.

Hold this in your thoughts as you take 2 more rounds of breath to finish your Moment.

Throughout your day notice how many times you see that colour. It could be in clothing, food, in nature - anywhere! Recognise it and appreciate it.

This is the practise of mindfulness.

This is also an easy and engaging way to introduce mindfulness to children. Encourage them to choose a colour when out on a walk and see how excited they get as they become more aware of colours and objects in their surroundings.

YOU'RE ALL SET!

You have what you need to start your Moment practice. To take another leap forward you now also have access to the Moment Method, to help bring moments into your day-to-day.

The Moment Method will deepen your practise as well as give you the ability to track your progress.

In time there will also be access to wellbeing experts, live moments and much more. All accessible from the Moment Method homepage.

To open the Moment Method,
simply scan the QR code or visit the web address below:
www.momentcompany.co/momentmethod

THE TECHNICAL BITS

Product Name: Moment Pebble
Product Model: MomentPebble-Stone
Function description: Please see “HOW A MOMENT PEBBLE WORKS” section.
The Moment Pebble charge voltage is 5V and current is 1 A. The wireless charging current is 100mA and the frequency is 110.1-205KHz

FCC-ID : 2AXUO-STONE

FCC Statement:
This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions:

(1) This device may not cause harmful interference, and
(2) This device must accept any interference received, including interference that may cause undesired operation.
Warning: Changes or modifications not expressly approved by the party responsible for compliance could void the user’s authority to operate the equipment.

NOTE: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation.

THE TECHNICAL BITS

This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation.

If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.

Consult the dealer or an experienced radio/TV technician for help.

RF warning statement for Moment Pebble:
The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction.

RF warning statement for Charging stone:
The device has been evaluated to meet general RF exposure requirement .This equipment should be installed and operated with minimum distance 20cm between radiator & your body.

DISCLAIMER & WARRANTY

Disclaimer:

- Any information you share with us will be treated as confidential except as authorised by you, or as required by law.
- The use of the Moment Pebble and more widely of mindfulness practice can impact across all aspects of life, however you are aware that it is not a psychological therapy or counselling.
- You enter into your Moment practice with the understanding that you as the participant are responsible for creating your own results.
- Any actions and decisions made by you are solely your responsibility. The Moment Company shall in no way be held liable or responsible for any actions taken or not taken by you.
- The Moment Company makes no guarantees or warranties, expressed or implied about any results to be achieved.
- If you have a diagnosed mental health disorder, please contact a medical professional to ensure that Moment practice and the Moment Pebble are suitable for your use.
- The Moment Pebble is not a toy. While it is suitable to be used with children, this should only be under adult supervision.
- NOTICE OF RISK. This product can at times involve substantial risk of injury, property damage, and other dangers. Dangers include, but are not limited to, damage through dropping, being thrown and choking.
- We acknowledge a whole range of meditation effects, both positive and negative with recent studies suggesting that these practices can lead to negative effects in about 8 percent of individuals. These can range from increases in anxiety, depression and stress, to unusual experiences like hallucinations. It is not clear whether having a previous mental health problem will make you more at risk, which means that it could happen to anyone. Evidence in children of negative effects at this stage is unclear though Moment Pebble has been primarily designed as a product for adults.
- We are keen to hear about your experiences. Please feel free to reach us on hello@momentcompany.co so that we can continue to improve our products and services. Please check www.momentcompany.co/momentpebbledisclaimer for updates to this section.

Warranty: You can find full product warranty details here: www.momentcompany.co/momentpebblewarranty

www.momentcompany.co
@momentcompany.co