

MindScribber – Innovative Self-Help Journaling App Empowers Users to Overcome Trauma and Stress

MindScribber helps heal the mind and body by leveraging the benefits of the Expressive Writing method.

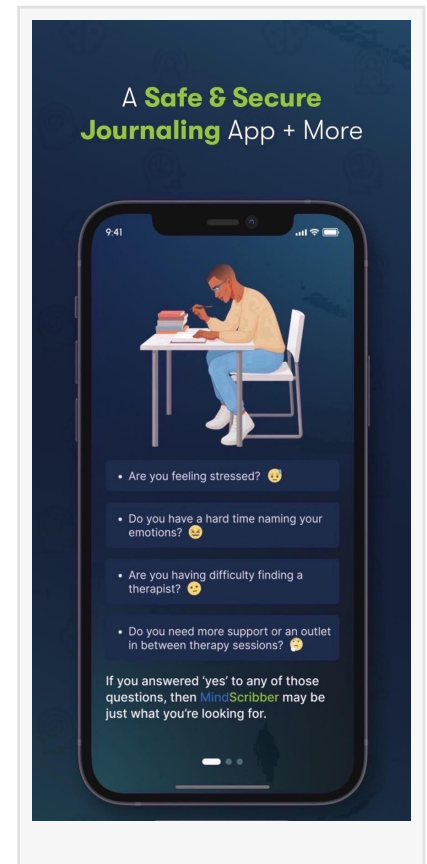
SPRINGFIELD , ILLINOIS , UNITED STATES, June 14, 2023

/EINPresswire.com/ -- MindScribber™ LLC, a tech-enabled mental wellness company, is proud to announce the upcoming launch of its flagship product, the MindScribber™ app. Founded by licensed clinical psychologist, Dr. Jermaine Thomas, MindScribber™ LLC aims to reduce suffering and provide affordable access to tech-enabled mental health interventions. The app will be released later this summer, and excitement is building among individuals seeking to enhance their overall health and wellness.

The MindScribber™ app is an innovative self-help journaling app that utilizes the research-backed Expressive Writing method to help people process trauma and stress. This powerful app offers a wide range of wellness tools designed to empower users on their mental wellness journey.

Among the app's standout features is the Thomas Adverse Stress Inventory (TASI), a stress assessment tool, helping users recognize and evaluate the degree of stress they experience. The app also provides instruction on emotion labeling and communication, enabling users to enhance their emotional intelligence. Additionally, the MindScribber™ app offers a daily journal with prompts for self-discovery; a mood tracker to help users to better understand their emotional states; inspirational daily quotes to provide insight and motivation; and an Emotion Game which helps users test and expand their emotional vocabulary

The centerpiece of the MindScribber™ app is the Expressive Writing intervention, developed by renowned social psychologist James Pennebaker. By writing about traumatic or highly stressful events for at least 15 minutes a day across three consecutive days, users can experience many health benefits. These include reduced depressive symptoms, decreased post-traumatic intrusions and avoidance symptoms, improved overall psychological well-being, enhanced



immune functioning, improved blood pressure, improved lung functioning in asthmatics, and improved sleep quality and quantity.

MindScribber™ LLC is driven by the mission to "Heal Your Body and Mind with Every Written Line™." By offering accessible and cost-effective mental wellness solutions, MindScribber™ LLC aims to address the deleterious effects of chronic stress and unprocessed trauma on individuals' physical and mental well-being.

Dr. Jermaine Thomas, Founder and CEO of MindScribber™ LLC, commented, "We are excited to introduce the MindScribber™ app to the world. With our evidence-based approach and comprehensive suite of tools, we empower individuals to address their mental health proactively. Our goal is to break down barriers to treatment and offer a convenient and affordable solution for those seeking to enhance their overall wellness."

Chronic stress and unprocessed trauma profoundly impact mental and physical health. The MindScribber™ app offers an accessible and cost-effective solution by helping people work through unprocessed trauma, reduce stress, increase their emotional intelligence, and assist with preventative maintenance respect to their mental and physical health. It does this all by harnessing the research-backed power of the Expressive Writing method, accompanied by a suite of additional wellness tools.

The company invites everyone to join its mailing list and be among the first to be notified about the app's release date by visiting: <http://www.mindscribber.com>

Follow MindScribber on Social Media:

Instagram: <https://www.instagram.com/mindscribberapp>

YouTube: <http://www.youtube.com/@MindScribber>

Watch the intro video of MindScribber: <https://vimeo.com/835573251>

About Company:

Empowering Mental Wellness Through Innovative Technology, MindScribber™ LLC was founded in 2023 as a response to the challenges of the pandemic and racial trauma. MindScribber™ LLC is launching its flagship app this summer, offering a transformative tool to help individuals cope with life's difficulties. With a vision that began in 2020, this tech start-up is poised to significantly impact mental well-being in the years ahead.

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