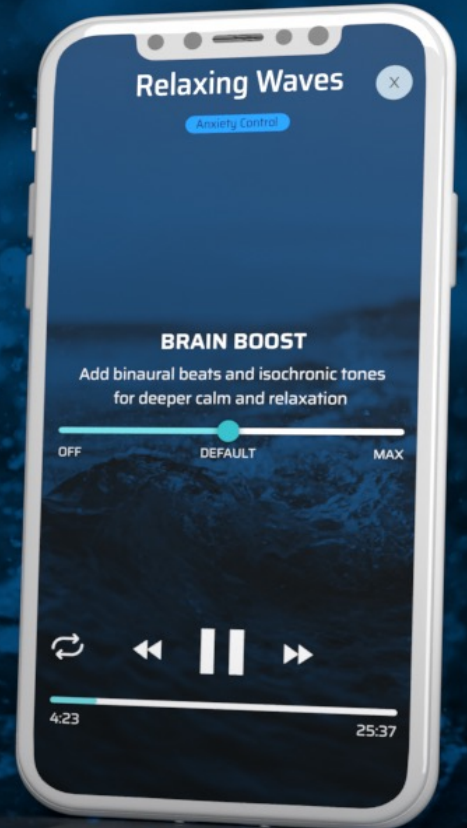




Master stress with NeuroTunes

Stress mastery is the key to good mental health. High stress can negatively impact your mental and physical health and hurt your performance. To address this, we recently introduced NeuroTunes, a library of soundscapes that leverage our deep expertise in neuroscience to move listeners from a state of stress and anxiety to one of calmness.

Developed in collaboration with John Vitale, one of the music industry's most sought-after composers and producers, this proprietary series of tracks includes nature recordings, singing bowls, and ambient and spa compositions.



[LISTEN NOW](#)

These new tools have proven immensely popular with our users, significantly driving up engagement in the app, and resulting in some amazing feedback. Here's what some of you have had to say....



“ I’ve been using this app for a while to manage my mental health. The new NeuroTunes content is excellent, and I find myself using it throughout the day to help me stay calm, and at night if I’m having trouble getting to sleep. Highly recommended! ”

“ Total Brain is a great app and the NeuroTunes help me go to sleep at night... ”

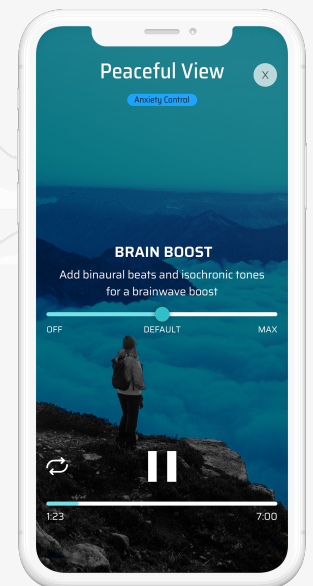
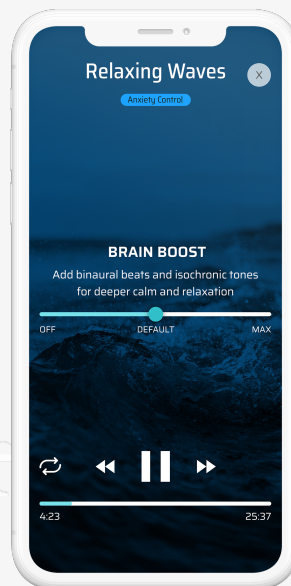
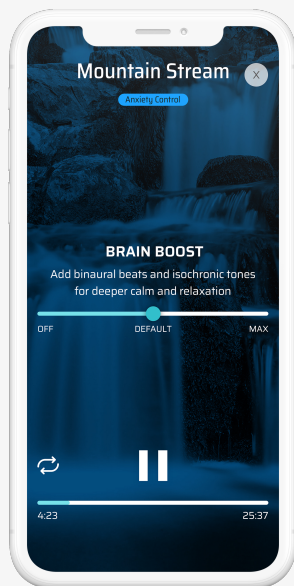
Want to try it out?

Visit <https://auth.totalbrain.com/enter/aecom> to register for your account. Take the assessment and start using NeuroTunes. You'll find a variety of tracks ranging from 6 to 30 minutes, offering plenty of options to meet the demands of your schedule.

Here's how it works.

- If you don't already have an account, register at <https://auth.totalbrain.com/enter/aecom>
- Complete the assessment to better understand your strengths and weaknesses.
- Then, either access the recommended tracks from your personal daily feed or click on the "Library" icon and then "NeuroTunes" to access the full library.
- Reassess monthly to monitor the impact of NeuroTunes on your ability to control stress.

Try these NeuroTunes tracks!



Mountain Stream

Calm your mind and clear your thoughts with our most popular track, featuring the peaceful sound of a mountain stream.

Relaxing Waves

What's more soothing than the sound of the ocean? Take a few minutes to recharge with the calming sounds of relaxing waves.

Peaceful View

Perspective can be important. Try this short track to help ease stress and improve your outlook.