



Mental Health Audio Story

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Transmedia Story

My podcast focuses on mental health, how to be honest with oneself, and destressing techniques.

- To showcase some helpful tricks and techniques I can:
 - Post short videos of mindful breathing practices and pausing on Instagram Reels
 - Have TikTok Videos of meditation science, or nature sounds
 - Something centering and simple
 - Post inspirational quotes on Instagram
 - Have a diagram on Pinterest showing different resting positions that relaxes the mind and body.
 - Use Instagram Live, Twitch, or YouTube Live to showcase a meditation or yoga session
 - Put a Deep Relaxation playlist on Spotify to help people struggling with chronic or daily anxiety.
 - One with natural sounds.
 - One with guided meditations.

App Ideas

I use the app "Calm"

- It's a well-known relaxation app. It has helped me personally.
 - I would love to partner with them and record a guided meditation for not only their audience, but to bring my audience to the platform as well.
 - This will give my audience more resources to use to help deal with their anxieties and other struggles.
 - In general, if the app or other platforms work, they will hopefully extend the knowledge to others. Everyone could use some relaxation.