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## Insight Timer

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# Insight Timer

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## Mission Statement

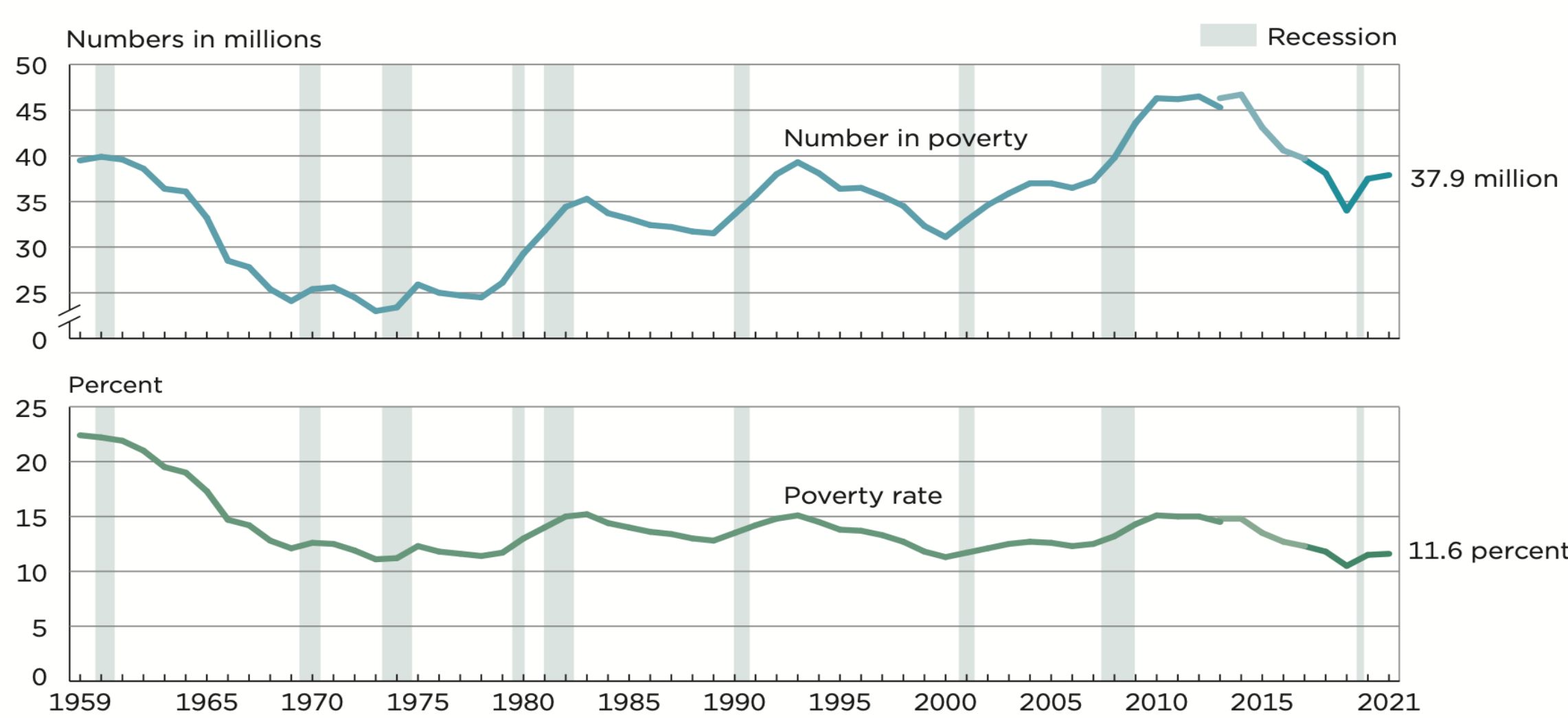
To provide cost-effective avenues for tangible stress reduction and relief for low-income communities such as Wellspring.

## Overview

**Insight Timer** is a mobile application that offers guided meditation to calm the mind, reduce anxiety, manage stress, sleep deeply, and improve happiness. While also offering calm music, courses, live events, and workshops in various languages. (Insight Network, Inc., n.d.)

## Problem Statement

Figure 1.  
Number in Poverty and Poverty Rate Using the Official Poverty Measure: 1959 to 2021



Note: Population as of March of the following year. The data for 2017 and beyond reflect the implementation of an updated processing system. The data for 2013 and beyond reflect the implementation of the redesigned income questions. Refer to Table A-4 for historical footnotes. The data points are placed at the midpoints of the respective years. Information on recessions is available in Appendix D. Information on confidentiality protection, sampling error, nonsampling error, and definitions is available at <<https://www2.census.gov/programs-surveys/cps/techdocs/cpsmar22.pdf>>.

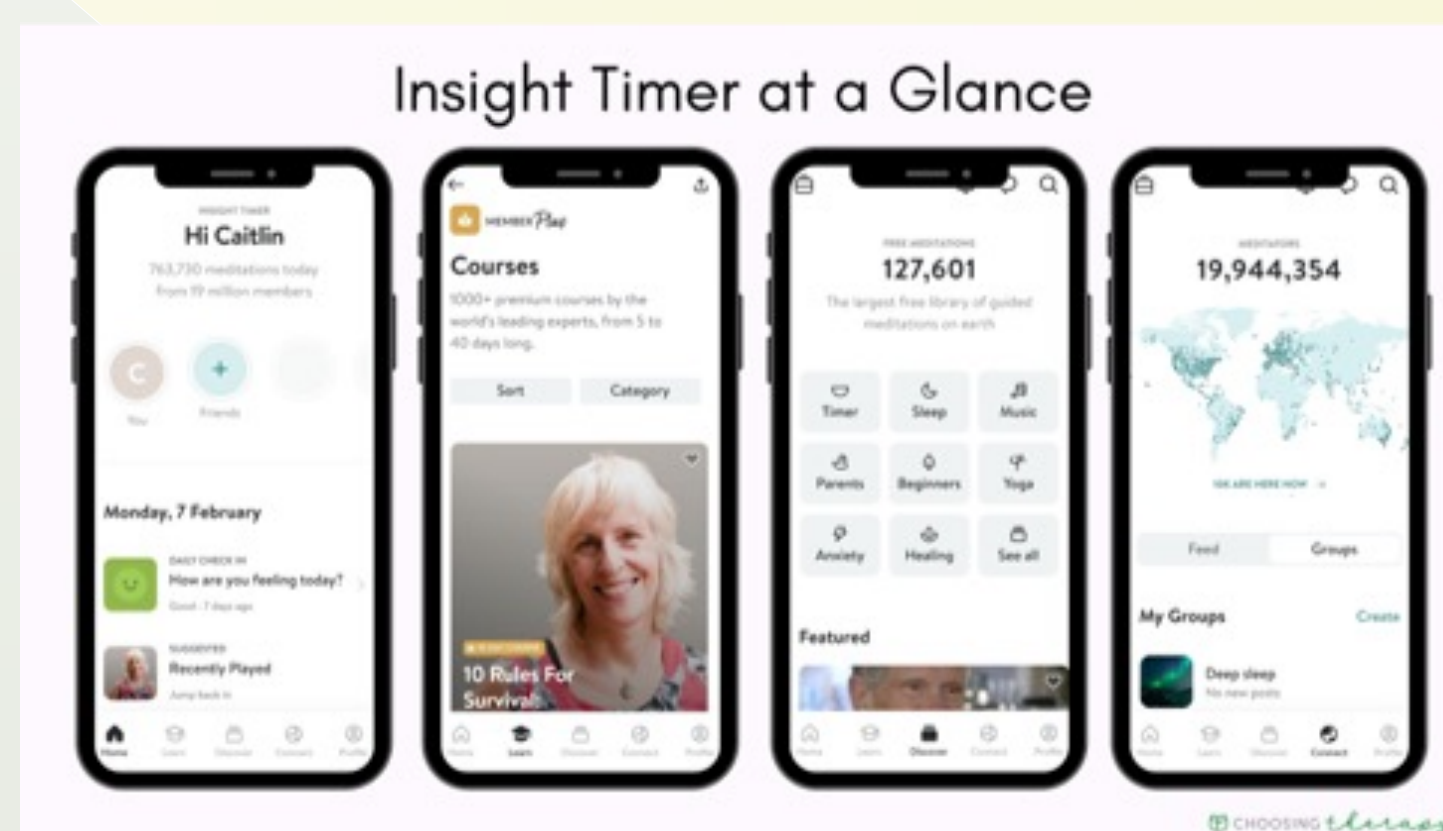
Source: U.S. Census Bureau, Current Population Survey, 1960 to 2022 Annual Social and Economic Supplements (CPS ASEC).

- 37.9 million people in poverty in the United States (US Census Bureau, 2022)
- 8.7% of people in poverty report having severe psychological distress/ mental challenges (*Low-Income Communities-Anxiety and Depression Association of America, ADAA*, n.d.)

Individuals who face poverty experience mental challenges due to stressors caused by poverty due to insecurity and uncertainty about food, housing, and income. Low-income communities tend to have limited resources, poor housing, experience high crime rates, violence rate, and inadequate education. This leads to individuals encountering several barriers to receiving and accessing mental health services. (*Low-Income Communities- Anxiety and Depression Association of America, ADAA*, n.d.)

## Features

- Thousands of guided meditations (over 130,000 free meditations)
- Music tracks and ambient sounds (calm mind, focus, sleep better, and relax)
- Meditation Timer (timer for meditation reminders)
- Journaling Feature
- Data Tracking
  - Mood Influence and Analysis
  - Daily/Weekly Practice Challenges
- Discussion groups and community features
- Content available in multiple languages
- Meditation library includes content created by users and contracted content creators (Insight Network, Inc., n.d.)



## Cost

- The app is FREE to download with an email allowing access to their library of meditation recordings.
- 30-day FREE trial of Member Plus features when signed up onto their website.
- Low-Cost/ High-Cost Options
  - Member Plus options are yearly (US \$59.99) and monthly (\$9.99) subscriptions
  - Yearly or monthly subscription of Insight Timer's premium services
  - Workshops and mentors to guide group sessions have extra costs on top of the Member Plus subscription (Bell, 2022)

## Suitability

- Insight Timer's free-to-use option is most appropriate for the community group
- Insight Timer's free library is extensive; a full 95% without having to pay for a subscription (Insight Network, Inc., n.d.)
- The members of the community group are limited in their finances, many living in poverty.
- As informed by Genelle Smith, the executive director of Wellspring, many service recipients at the Center live below the federal poverty level - over 75% are living on less than \$1000 a month (C.C. Genelle Smith, September 23, 2022).
- This means that the cost of self-care purchases necessitates minimal to no cost in consideration of other living expenses more vital to survival.

## Impact & Implications

### Occupational Impact

- Improve health management (stress management, anxiety coping strategies)
- Improves self-care (Maddock et al, 2021)
- Increase participation in desired occupations (sleep, exercise, care for others) (Branley, n.d.)

### Social Impact

- The Community hub allows users to connect with others in topic specific groups
- Connect with a mentor for one-on-one coaching or join workshop (Hutcherson et al., 2008)

### Community Implications

- Universal design (there are meditations and stories for adults, kids, and teenagers on a range of topics - sleep, self expression)
- Group workshops and mentoring
- Insight Timer @Work: a special program for companies, who want to make meditation and mindfulness a part of their workplace culture

## Implementation

OT's can implement and educate about this app through an educational course in which the following are provided:

- Handouts with description of app in multiple languages
- Step by step instructions on how to use app
- Benefits of using application
- How to implement into daily routine

## Future Plans

- Incorporate mindfulness practice within multiple Wellspring's programs (ex: nutrition, children's corner, women's wellness program, etc.) (Wellspring, n.d.)
- Involve staff members with using Insight Timer App
- Provide handouts of steps to practice mindfulness
- Encourage clients to utilize app outside of Wellspring and report experiences of implementation

## References

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