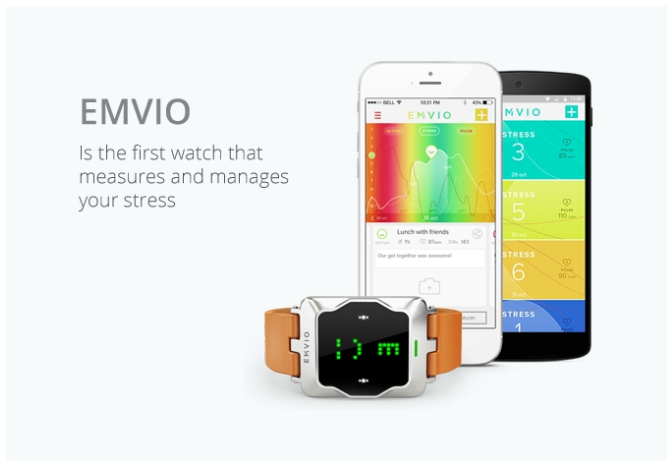


A Wearable for Stress Management

Written by Marco Attard
01 April 2015

Many wearables sell themselves on the basis of being able to handle multiple tasks, from fitness tracking to applications and notifications. However the Envio is different, as its only task is stress management.



According to makers Data Systems chronic stress is caused by repeated daily annoyances, not occasional life-changing events. The Envio promises to help by constantly measuring heart rate to determine the wearer's emotional state (but "it's not as simple as "excited = more beats per minute" and "calm = fewer beats per minute," the company insists). Should stress levels get too high, the wearable vibrates and provides tips on how one can calm down.

Once the wearer is sufficiently calm the Envio, perhaps ironically, vibrates again to let the know exactly that.

The device operates independently, but an obligatory smartphone companion app allows users to further track and manage their stress levels by collecting stress, heart rate and physical activity data.

The Envio comes in two sizes-- Romeo and the smaller Juliet, each with either plastic or chrome steel (aka "Elite") construction. It is currently available as a preorder on Kickstarter, with shipments to start from November 2015 should the crowdfunding campaign prove successful.

Go [Envio Kickstarter](#)