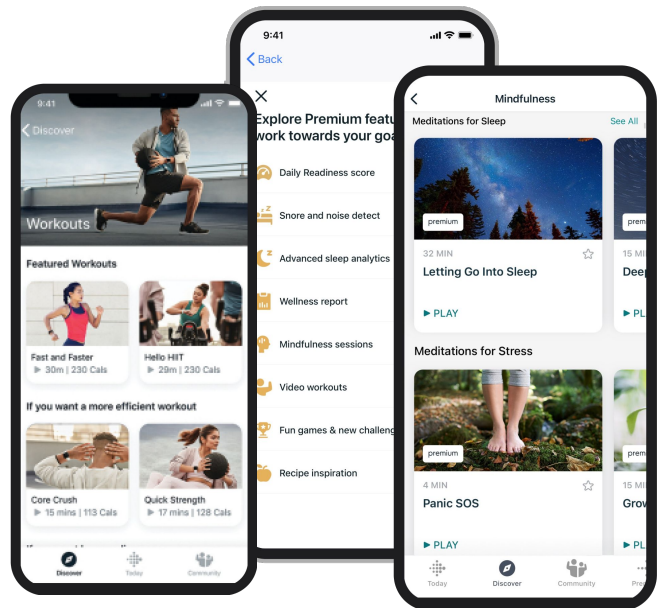




# Incorporating Fitbit Premium Mindfulness Content into Treatment

## Pretaa Uses Innovation to Empower the Journey to Lasting Recovery

As a behavioral health treatment professional, using mindfulness-based interventions can significantly complement your existing therapeutic approaches. Fitbit Premium's library of holistic health and wellness content provides an accessible platform to facilitate this and one that clients can access 24/7/365 during treatment and beyond. This document provides guidance on how to incorporate this tool into the episode of care.



**Individualized Mindfulness Practices:** Fitbit Premium offers a range of mindfulness-based content from guided meditations, relaxation exercises, mindful eating resources, and yoga sessions. The key is to tailor the content to the needs and preferences of each client. Some might benefit from calming meditations to manage stress, while others may prefer more active mindfulness exercises that promote concentration and focus. Take the time to explore the available resources with your client and suggest those that resonate most with them to start.



**Daily Meditation and Relaxation Practices:** Encourage clients to engage in daily meditation and relaxation exercises. Regular practice can help manage stress and anxiety, common triggers for substance use, and improve emotional regulation. Start with short sessions and gradually increase the length as clients become more comfortable with the practice.



**Sleep Monitoring and Improvement:** Use Fitbit's advanced sleep tracking analytics to gain additional insights into your clients' sleep patterns. Poor sleep can exacerbate substance use issues and be a precursor to relapse. As a trusted clinician, any guidance you can provide to improve sleep quality will be beneficial. Fitbit Premium offers sleep meditations and relaxing sounds to aid sleep. Recommend content based on client preferences and needs.

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**Mindful Eating:** Fitbit Premium's nutritional tracking paired with mindfulness exercises can promote healthier eating habits. Use the mindful eating resources to help clients slow down, pay attention to hunger and fullness cues, and derive more enjoyment from their meals. This can also minimize the likelihood of food replacing substances or other maladaptive behavior patterns as a self-destructive coping mechanism or cross addiction.

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**Regular Mindfulness Check-ins:** Schedule brief mindfulness sessions into your care plan. Encourage clients to engage with different content at specific times each day, such as in the morning to start the day calmly or in the evening to wind down. Regular check-ins can also help gauge clients' progress and adjust their mindfulness practices as necessary.

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**Activity and Exercise:** Encourage regular physical activity as it can aid recovery by reducing cravings and improving mental health. Fitbit offers mindfulness-based movement exercises, such as mindful walking or yoga as well as more intense weight-bearing exercise routines and cardio sessions. Recommend activities based on the client's physical abilities and preferences.

Mindfulness is not a standalone treatment for behavioral health issues and Substance Use Disorder, but serves as a complementary tool in the recovery process. It's also important to note that mindfulness practices can bring up difficult emotions for some clients, especially in the early stages of recovery. Always be prepared to provide additional support as needed.

Incorporating Fitbit Premium's mindfulness content into your treatment protocols can provide a holistic, personalized approach, enhancing your clients' personal journeys to recovery and promoting long-term health and well-being.