



National Center for Performance Health

EMOTIONAL VACCINES

PEEK Performance Video Series

As daily stress mounts, employer groups, K thru 12 schools, colleges/universities, youth organizations, faith-based institutions, healthcare professionals, athletes, parents, first responders, veterans, and the uninsured can benefit from simple, frequent reminders regarding proactive self-care strategies. These “emotional vaccines” generate psychological antibodies that help lower the impact of negative stress and lead us to a healthier and more fulfilled life.

The videos contain medically relevant content that provide the viewer specific actionable steps that create improved learning, more energy for daily living, overall better health, increased optimism, and enhanced individual, family, and community resiliency.

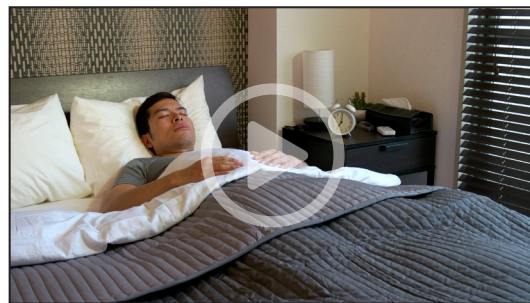
VIDEO FEATURES INCLUDE:

- Two to three minute duration
- Effortless engagement
- Practical and actionable content
- Affordable
- Easy deployment via text
- Pre-specialist, low intensity, scalable intervention
- Non-threatening, stigma free, non-clinical messaging
- Physician guided
- Drip campaign optional
- White label customization available
- Viewing metrics

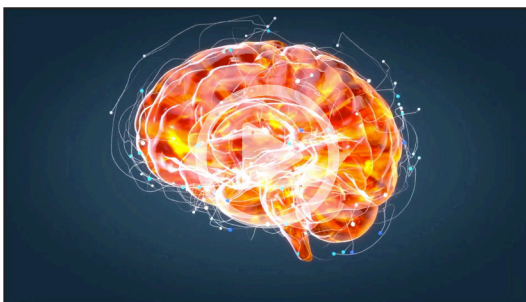
Examples of Video Series



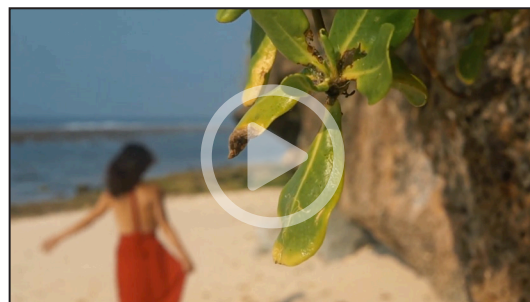
[COVID Kid](#)



[Rhythm of the Night](#)



[Negativity Bias](#)



[Lady in Red](#)

Pricing varies on plan selection

Contact us at info@nationalcph.com or 866.684.2007 to promote optimal well-being!