



User Guide:

First Resort

VR App for CBT

What is First Resort?

First Resort is a virtual reality (VR) program designed to support your emotional well-being through Cognitive Behavioral Therapy (CBT). Over the course of 8 weeks, it will help you reflect on your values, set goals, and explore how your thoughts influence how you feel and act. Through guided practices, self-assessments, and calming VR exercises, you'll build awareness, emotional resilience, and a stronger sense of control - one step at a time.

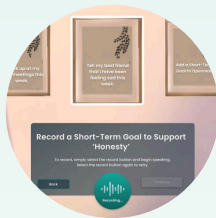
How Does It Work?

You'll go through an 8-week journey. Each week unlocks a new session. Each sessions last around 20 min, and include:



Cognitive Behavioral Education

Short, engaging videos introduce foundational CBT concepts such as thought patterns, emotional regulation, and behavior change strategies.



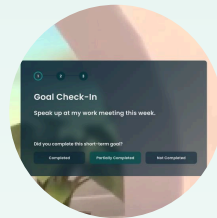
Values & Goal Setting

Users are guided to identify meaningful values, establish long-term goals, and define short-term, actionable steps that align with those values.



Mindfulness Practice

Calming, guided mindfulness experiences are included throughout the program to support emotional self-regulation and stress reduction.



Reflection & Reinforcement

Each week includes opportunities to revisit previous content and reinforce key skills through interactive practices and goal check-ins.



Disclaimer

First Resort is a seated or stationary virtual reality experience that involves gentle hand movements, such as reaching forward.

Make sure you're in a quiet, safe indoor space, free of distractions or obstacles.

If you feel unwell, overwhelmed, or need a break - feel free to pause at any time.



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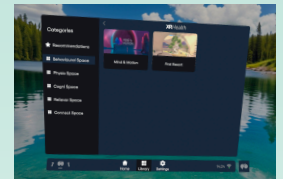
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Step-by-Step Guide for First-Time Users

1.

Select First Resort from the XR Portal Library.

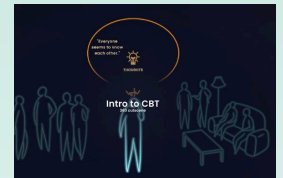
Note: The app must be activated by your clinician or coach.
Can't start? Reach out to them.



2.

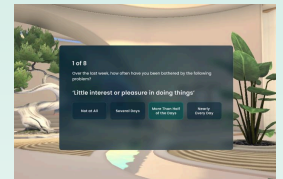
Watch the first time tutorial.

[Click here](#) to watch it now.



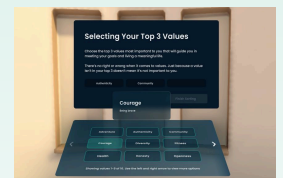
3.

Complete the short assessments - help the app get to know you and track your mood.



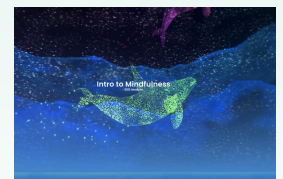
4.

Set your values - watch a short video about values, then choose the ones that matter most to you.



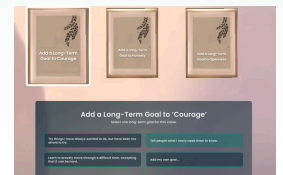
5.

Practice mindfulness - watch an introduction to mindfulness, then follow a guided practice in a calming VR environment.



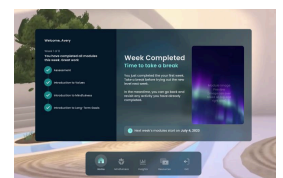
6.

Set your long-term goals - watch a video on goal setting, then define a meaningful long-term goal for yourself.



7.

You're all done! You're now in the Home screen, where you can explore, revisit content, or continue at your own pace.



Note: To exit the application, press the Meta button on your right controller and select "Quit."



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Your 8-Week Journey

Here's a week-by-week look at what you'll experience in the program:

Week 1	Week 2	Week 3	Week 4-7	Week 8
Introduction to CBT + How to Get Around Video	Assesment	Assesment	Assesment	Goal Check-In
Assesment	Introduction to Short- Term Goals + Short- Term Goal Setting	Importance of Practice Video	Goal Check-In	Assessment
Introduction to Values + Values Setting	The Power of Your Thoughts Video	Goal Check-In	Optional: Practice Shifting Thinking / Practice Mindfulness	Graduation and Maintenance
Introduction to Mindfulness + Mindfulness Practice	Shifting Your Thinking Video + Practice			Optional: Practice Shifting Thinking / Practice Mindfulness
Introduction to Long Term Goals + Long- Term Goal Setting				



Notes:

- Each week begins with a short mental health assessment (PHQ-2, GAD-2, PSS-4 on weeks 1, 4, 8).
- You can always revisit previous content, and the app will suggest practices to repeat.
- Most users find the first two weeks the most content-heavy - it is recommended to split them into 2-3 shorter sessions.