

# TALK IT OUT: HOW TO RECORD A TALK IT OUT SESSION.



## ? THE ISSUE

**450 MILLION** people are **struggling** with a mental health condition, **right now**.

**66% WON'T SPEAK TO A HUMAN** about it as they're **concerned about stigma**, but research shows we're **5 times** more likely to **talk to a machine**.

**WE KNOW THAT TALK IT OUT CAN HELP** as it's a **proven approach used by psychologists**, but we need a digital version to achieve meaningful scale and impact.

## ★ OUR SOLUTION

**WE'RE TAKING PART IN A HACKATHON** where we'll be exploring **how Artificial Intelligence can detect changes in emotion** from our voice, in the same way your partner would in a face to face Talk It Out session.

To do this we need **as many recordings of people Talking it Out as we can get**. These recordings will be super useful to help the AI learn during the hackathon.

As someone we know has **experienced the benefit of TalkItOut**, this is where we need YOUR HELP!

## ☁ HOW YOU CAN HELP...

By recording yourself Talking It Out and sharing this with us, you can help us create a bank of recordings that we can use to help the AI learn during our Hackathon.

Follow the simple steps below to help us put a dent in global suffering...

### ⚙ STEP 1

Unlike a face to face Talk It Out session, you don't need a partner to listen to you. Just click on this image to download the free 'Audio Record Pro' App and record yourself.



### 👤 STEP 2

When you're ready, tap the record button on the App and start walking and talking. When you've finished hit the stop button and the App will save your recording.

Some top-tips from us when recording your session:

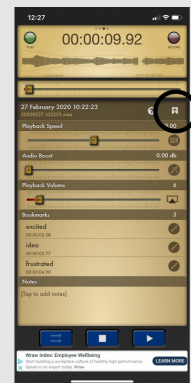
- Pick your topic before you go, so you're clear on what it is you want to talk through. You can talk about anything - it could be about life, work, relationships, anything you want to get some clarity on.
- Keep going uncensored for 20 minutes so you can get into a subconscious flow.
- If you're going to do it outside, shelter your microphone so we don't get lots of background wind noises – the AI will struggle to hear you otherwise.
- You don't need to share your name or any info about yourself in the recording, just let yourself go around your chosen topic and enjoy the clarity it brings.
- If you need a quick reminder about how Talk It Out works, check out our website here: [www.uppingyourelvis.com/talk-it-out](http://www.uppingyourelvis.com/talk-it-out)

### 📁 STEP 3

Listen back to your recording, keeping an ear out for the changes in your tone or energy as you're talking.

When you spot a change in your state, bookmark it by tapping the bookmark button.

Give each bookmark a title so we know what the change was. Descriptive titles such as 'Excited', 'Relieved', 'Angry' or 'New idea', will be super-useful as it means we can guide the AI to learn what happened for you in that moment.



### ⬆ STEP 4

Send the audio file as an email attachment to [ross@uppingyourelvis.com](mailto:ross@uppingyourelvis.com) using the 'Send by email' function. By emailing the audio this way we'll also get the bookmarks you created too.

We'll then save the audio file and bookmarks as an anonymous recording for the AI to learn from during our Hackathon.

**ALL RECORDINGS WILL BE ANONYMISED  
AND TREATED CONFIDENTIALLY.**