THALEA

HUMANS ∞ NATURE

THALEA FOR TEAMS

Nature, as a benefit you can measure.

A wellbeing programme grounded in neuroscience. Every morning, each person on the team gets a personal prescription of real nature near them: where to go, how long to stay, one precise thing to do there. The company sees aggregate results it can actually read: participation, outings, WHO-5 wellbeing.

Andrea Bariselli — psychologist and neuroscientist, founder of THALEA

thalea.ai · info@thalea.ai

WHY

“Imagine a therapy that had no known side effects, was readily available, and could improve your cognitive functioning at zero cost.”

MARC BERMAN — UNIVERSITY OF CHICAGO

It exists, and it’s called interacting with nature.

This is not a metaphor. People who walk in green places come back with better working memory and attention, and the benefit does not simply run through mood: measured in winter and in summer, mood changes with the season and the effect remains. Where green is part of everyday life, the difference shows up over years — in the cognitive development of children who grow up near it.

> Two hours a week in nature goes with better health and wellbeing (White et al., *Scientific Reports*, 2019; ~20,000 people).

The problem was never knowing it. It’s doing it.

An ordinary Tuesday, a full calendar, a phone in hand. Between what we know and what we do there is a gap no study crosses for us. THALEA lives in that gap: it doesn’t try to convince anyone of something they already believe. It makes it happen tomorrow morning.

Who is behind it

Andrea Bariselli is a psychologist and neuroscientist. He spent almost ten years in clinical practice with people living with chronic pain or neurological illness, and now writes about the place where mind and nature meet.

- Author of *Unspecial* (Rizzoli, 2026) and *A Wild Mind* (Rizzoli)
- Podcasts *A Wild Mind* and *The Filament* — over 2.5 million listens
- Mantica newsletter — over 8,000 readers
- Monthly column “Restart” in DOVE (Corriere della Sera), since 2024
- Registered with the Lombardy Order of Psychologists no. 12286

Berman, Jonides & Kaplan, Psychological Science, 2008 · Schertz & Berman, Current Directions in Psychological Science, 2019 · Dadvand et al., PNAS, 2015 · White et al., Scientific Reports, 2019

HOW IT WORKS

Every morning, one precise thing to do outside.

THALEA is not a meditation app or a content library. It is a daily prescription of real nature, calibrated to each person with a method built on the scientific literature — and made possible every day by AI. **It is the only app designed to work when you close it.**

1

Where to go

A real green place near home or the office — the wood, the park, the river the person actually has around them — with its real name, the distance, the minutes on foot and the elevation.

2

How long to stay

Usually 10–20 minutes, chosen on the time the person really has today, the weather and how they are doing. No videos, no counters.

3

One precise gesture

Name three sounds you can hear. Watch the light move on a tree. Walk slowly for ten minutes. Some days it asks for quiet, some days for a little effort.

4

Two lines, phone down

Back inside, two lines in a private journal. Then the phone goes away. Nothing to scroll: the app sends you out, and that's it.

−0.33

points of self-reported tension, on average, after a single outing

on a 1–5 scale · 1,377 before/after pairs · June–September 2026

WHAT THIS NUMBER DOES NOT SAY

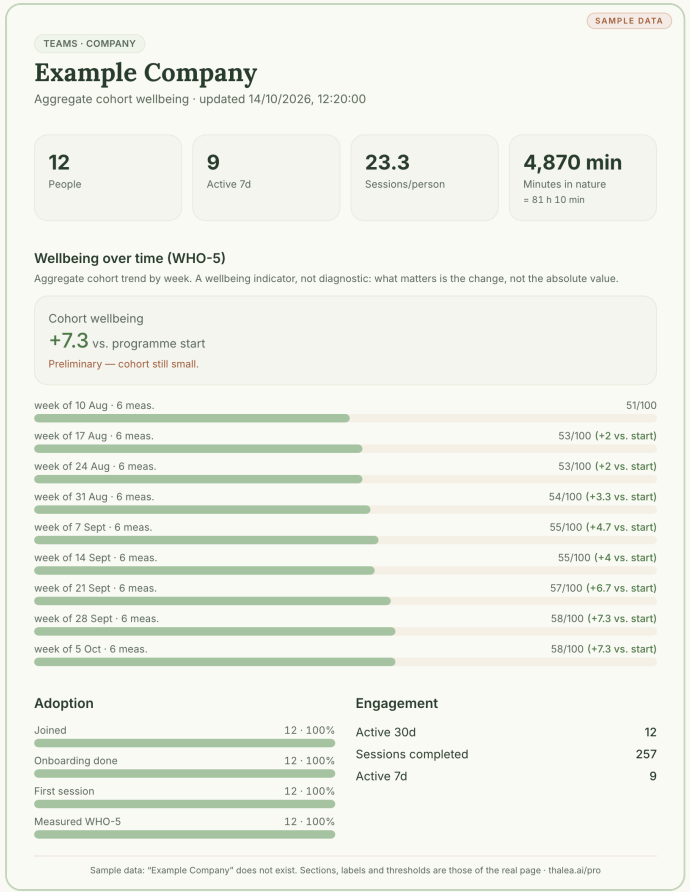
Measured on THALEA users before and after each outing: self-reported, no control group. It says tension reported after the outing is lower than before, not that THALEA causes the drop. It is not a clinical study.

Source: THALEA database, count run on 14 September 2026 · aggregate and anonymous, no individual data. Available in English, Italian, French, German, Spanish and Japanese.

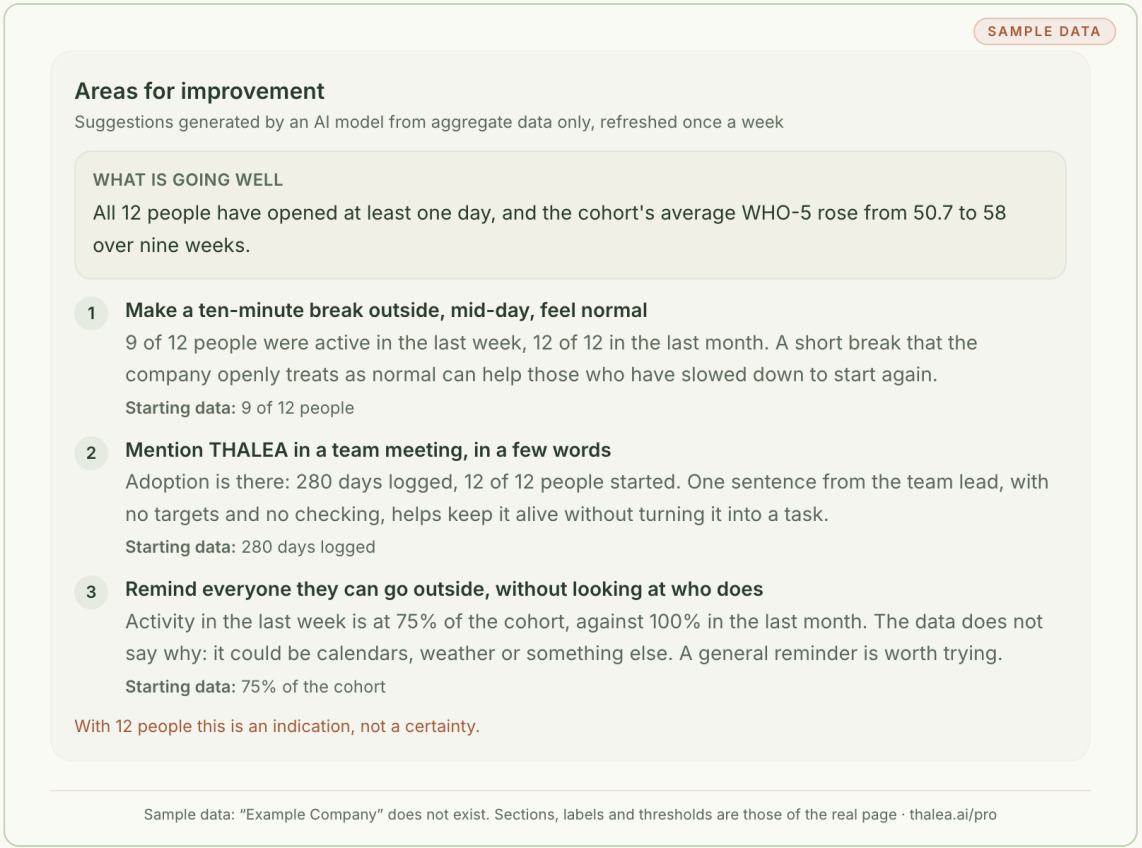
THE COMPANY DASHBOARD

A clear dashboard. Seen by one person.

The dashboard lives at **thalea.ai/pro** and only the company’s programme lead opens it. It shows how the group is doing — never an individual.



The overview. People, weekly activity, minutes in nature, and the group’s WHO-5 wellbeing week by week.



Areas for improvement. A weekly note written by an AI model from aggregate numbers only. A suggestion that cites a figure not found in the data is discarded before you see it.

How we measure wellbeing. WHO-5 is the World Health Organization’s five-question wellbeing index. People fill it in every two weeks. The group trend appears once at least five people have answered, and stays marked “preliminary” below fifteen.

PRIVACY BY DESIGN

What the company never sees.

The boundary sits inside the product, not in good intentions. It is not material we choose not to show you: it never leaves.

Yes

WHAT REACHES THE COMPANY

- ✓ Aggregate, anonymous numbers
- ✓ The group's wellbeing trend
- ✓ Participation and continuity over time
- ✓ A summary by email, once a week

Always aggregated: never the single person.

Never

WHAT STAYS WITH THE PERSON, ALWAYS

- × Who wrote what
- × Anyone's journal
- × Where someone went
- × An individual's mood
- × Names next to data — or who takes part

None of this reaches the company.

Below 5 people: only how many have joined, no results.

Not because the data is missing, but because with a handful of people an average describes someone.

Voluntary. People join by choice, never by obligation — and the company cannot see who did.

Built for GDPR. Aggregation and the five-person threshold are architectural choices, consistent with European data protection rules.

Wellbeing, not medicine. THALEA is a wellbeing tool. It is not a medical device and does not replace care.

HOW IT WORKS

Start free. Add the dashboard when you are ready.

Free for up to 10 people, with no time limit. The team dashboard and larger teams are paid; we share pricing on request.

DAY 1

One link

You receive a private invite link to share. Each person signs up from their phone in about five minutes. Nothing to download from an app store.

EVERY DAY

Every morning, outside

Each person receives their day: the full app, for up to 10 people of your company, free and with no time limit.

ANY TIME

A short call

With Andrea Bariselli, the founder, if you would like to talk it through. We agree on the group and who follows it on your side.

WHEN YOU ARE READY

Add the team dashboard

Aggregate and anonymous, from groups of at least five people. The dashboard and teams beyond ten people are paid.

- Free for up to 10 people, with no time limit.
- Available in English, Japanese, German, French, Spanish and Italian.
- Works in the phone's browser and can be added to the home screen.
- The team dashboard and larger teams are paid; pricing on request.

LET'S TALK

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Write to us: Alice, from the THALEA team, will reply. If you'd like to go deeper, Andrea Bariselli joins the call.