

Our **REAL Eyes Realize** podcast interview with **Johnny Crowder** highlights the company he founded and is currently leading: [Cope Notes](#). This is a text-based mental health platform that provides daily support to users in nearly 100 countries around the world. Johnny's personal journey through mental health challenges such as OCD, PTSD, bipolar disorder and others, have provided him a series of life experiences where he has learned how to survive and in this journey, has created practical and effective ways to provide mental health tools that are accessible to all, without stigma or high prices of support. He wants others to receive the help that allows for living a life worth living.

How Does It Work? ...

Cope Notes

- Cope notes helps to positively rewire thoughts to mitigate: hopelessness, relationship woes, depression, self-image challenges, loneliness, negativity, lack of self-care/self-love, anxiety, stress and anger.
- Listen to Johnny's description of how Cope Notes can work for you [Here](#).
- Subscribe to Cope Notes in a few easy steps [Here](#).
- Gift a subscription to someone you know could benefit from a daily positivity lift [Here](#).

Step One. Subscribe!

Upon receiving your first text, save the text number with familiar contact name like "Cope Notes" or "Buddy" or "BFF", and you'll see how it feels to receive insightful texts, one/day, from a good friend who cares enough to check-in - this helps your brain associate messages with **positivity** and **progress**.

Step Two. Take your time.

Regardless of when you choose to open it, each text is an opportunity to pause, **unplug from anxiety**, and be present. Taking a deep breath as you read each message allows it to sink in and leave a longer-lasting impression, transforming it into an even more powerful **agent of change**.

Step Three. Make it personal.

Read the incoming texts with an **open mind**. Ask Yourself?

Why do I need to hear this right now?

What does this have to do with me?

How can I apply this to my own life?

Step Four. Speak your mind.

Journaling has been proven to improve mental and emotional independence and IQ, making it easier to process complex thoughts and emotions.

Some texts specifically ask for a response, while others are more open-ended statements that simply get your brain's wheels turning. Although you never have to text us back, we've found that subscribers who regularly respond to our messages have reported the highest levels of growth.

Just like a physical journal, we won't respond, we won't interrupt, and we won't share or judge anything you say. There isn't a counselor on the other end of the line—Instead, think of Cope Notes as a digital journal that's always willing to start the conversation and give you the space to speak freely.

Step Five. Reflect and grow.

Want to keep track of your growth over time? Need a little nudge in the right direction? Curious about how you felt a few weeks or months ago?

You can always scroll through your Cope Notes text thread to find hidden gems from the past, glimpses of perspective for the present, and inspiration for the future. Enjoy!

