



AIR Space

1.1 Release Notes

August 25th, 2022

Resilient organizations thrive through stressful times.



1.1– AIR Space Release Notes

Overview

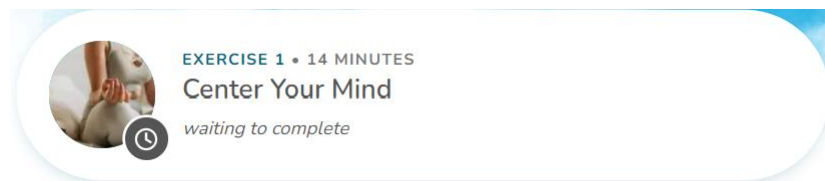
[Updated Exercise Interface](#)

[Added the Self-compassion and Containment Modules](#)

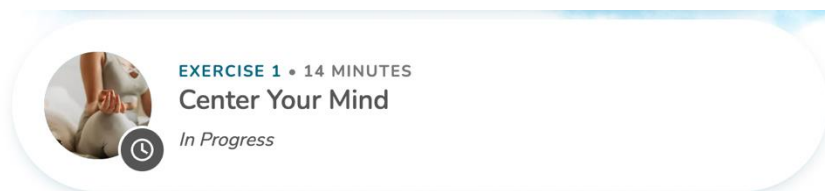
Detail

UPDATED EXERCISE INTERFACE

- The exercise interface was changed from saying 'Waiting to Complete to 'In Progress'.



Before



After

Resilient organizations thrive through stressful times.



ADDED THE SELF-COMPASSION AND CONTAINMENT MODULES

- The self-compassion and containment modules have been added to the Feel fit domain.

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