



KRISTIN RULON

Kristin is the founder of Mind Star. The world's first self-care app that pays you back.

#ENTREPRENEUR

As a survivor of severe post-partum depression, anxiety, and currently dealing with generalized anxiety disorder and PTSD, I am all too familiar with mental health struggles.

Hi, I'm Kristin Rulon.

I refused to settle for the mental health roller-coaster and I decided to do something about it. In the fall of 2018 I founded Mind Star. Mind Star is a self-care app that allows users to track their self-care over time and be rewarded for it by businesses. Earn free or discounted products, services or experiences by making your self-care and mental health a priority. We are more than just an app, we are advocates of universal self-care. It's our mission to help raise awareness about the importance of self-care, for all minds, because all minds deserve to shine.

I would love to share my story with your audience. Thank you for your consideration.

ASK ME

- What are important elements of self-care that entrepreneurs miss?
- How has being a mother of a special needs child shaped the design of your app?
- How should women assess the risks of hormone replacement and the birth control shot?
- What are some ways we can encourage positive self talk?
- Who is the ideal person to download and love this app?

FOUNDER

MIND  STAR

FOR PODCAST PLACEMENT

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AUDIENCE

WOMEN IN TECH

ENTREPRENEURSHIP

MENTAL HEALTH



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