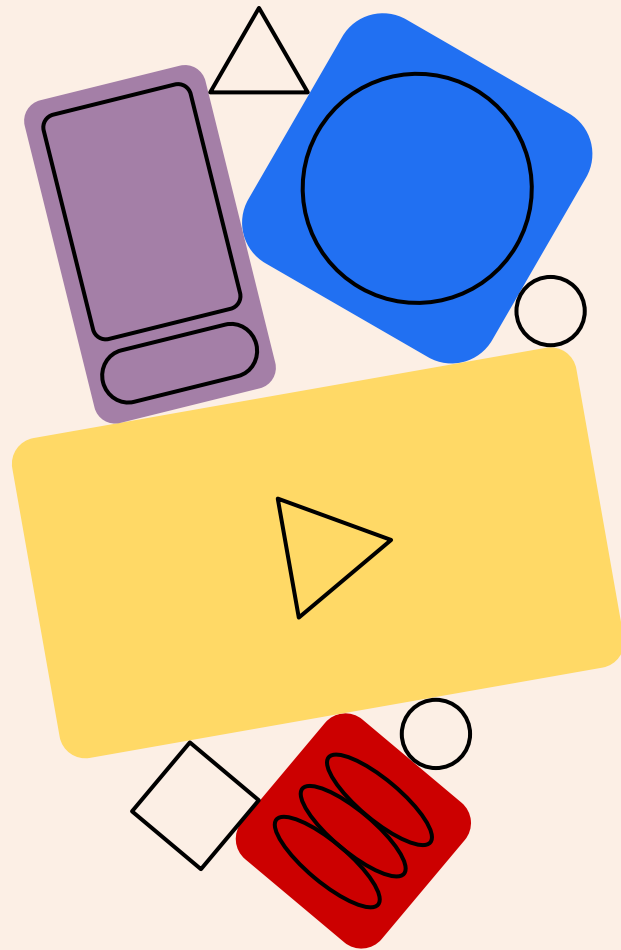
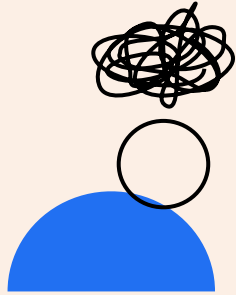


Mindfulness App

Keegan | Kexin | Rachel



The Campus Condition



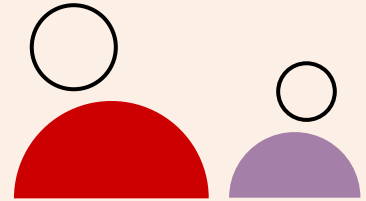
Burnout

Over time, students can fall into a rut. Walking between classes on auto-pilot and zoning out on their phone, many students struggle to find meaning in their day-to-day activities.



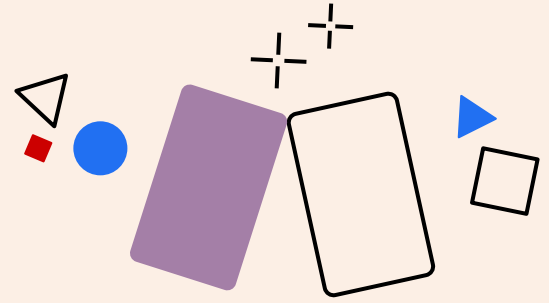
Mounting Stresses

Students have to juggle exams, projects, job interviews, sports, and sleep. It can be hard to find the time to unwind



Isolation

It can be hard for some students to find meaningful connections and relate to their peers.



Do Mental Health Apps Help?

Yes, existing mental health apps are generally helpful tools for improving mental health.
However, they each have their flaws that hold them back.

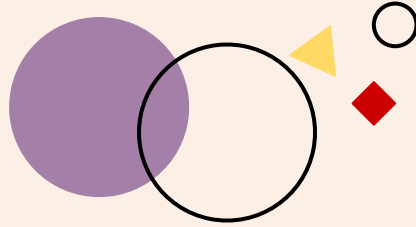
Do Mental Health Apps Help?

Feels Like a Chore

- Many apps require a large time investment when students already have a tight schedule.
- Mental health apps can often feel clinical, or overcomplicated
- Too many notifications can overstimulate already anxious students



Do Mental Health Apps Help?



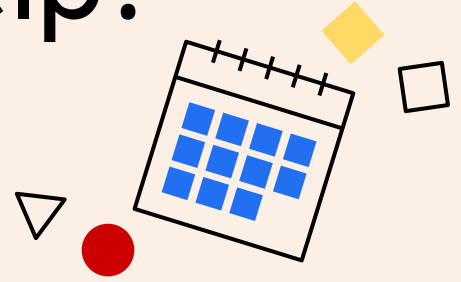
Limited Audience

- Many people don't think that they need help with their mental health to begin with
 - It is hard to get people to adopt mental health apps. These apps largely reach people who seek them out
 - Some students may worry about being perceived differently for engaging with mental health apps
-

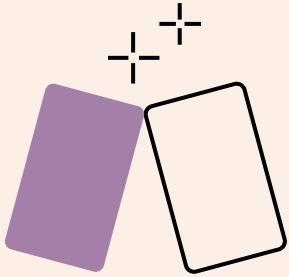
Do Mental Health Apps Help?

Forgettable

- Many of these apps are too detached from daily activities, and are forgotten after a couple of weeks or months
- People sometimes struggle to hold themselves accountable for regular use of these apps



What Do Students Need?



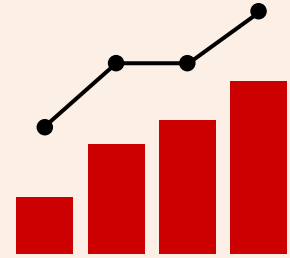
Simplicity

Students need something simple to interact with that won't add stress to their busy schedules



Social Incentive

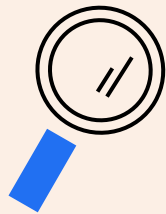
Adding a social aspect to the app would not only incentivize students to use it more, but also allow the app to reach those it otherwise would not have



Fun

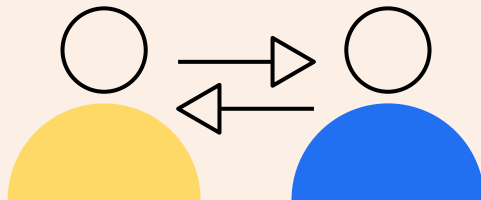
For students to regularly engage with the app, it has to be fun and enjoyable to use

How Can Glimmers Help?



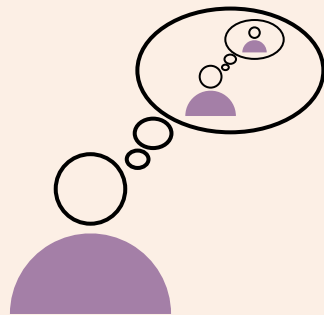
Turns off autopilot

By incentivising users to capture and share the things that make them happy, students who use the app will be more likely to be on the lookout for glimmers instead of on autopilot.



Sharing Glimmers builds connections

Being able to see the little things that other students appreciate will help foster a sense of connection throughout campus.

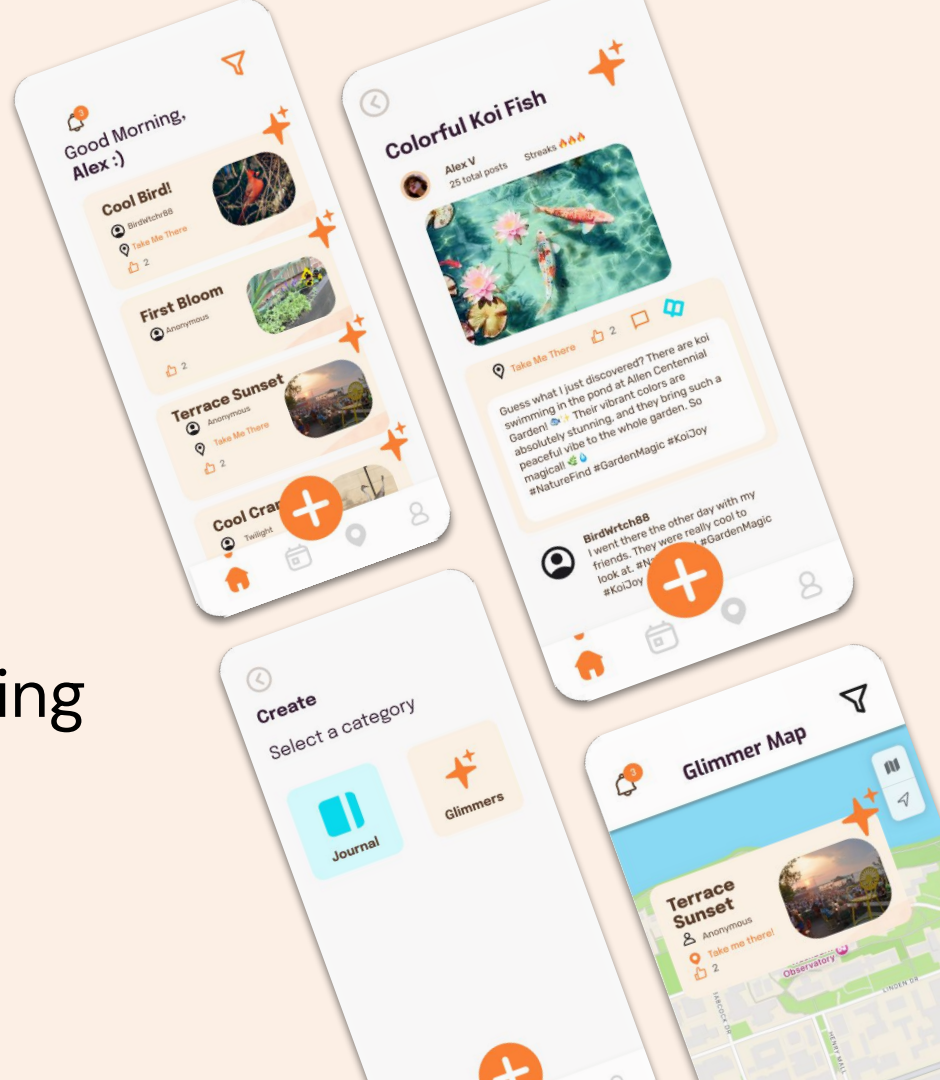


Opens opportunity for introspection

By recognising and naming the things that make them happy, students will be able to notice and experience positive emotions more easily.

MyGlimmers ✨

An AI-driven Wellbeing App
that supports human flourishing
through shared glimmers



MyGlimmers Homepage

The Homepage immediately engages the users in the core feature of the app: glimmer sharing.

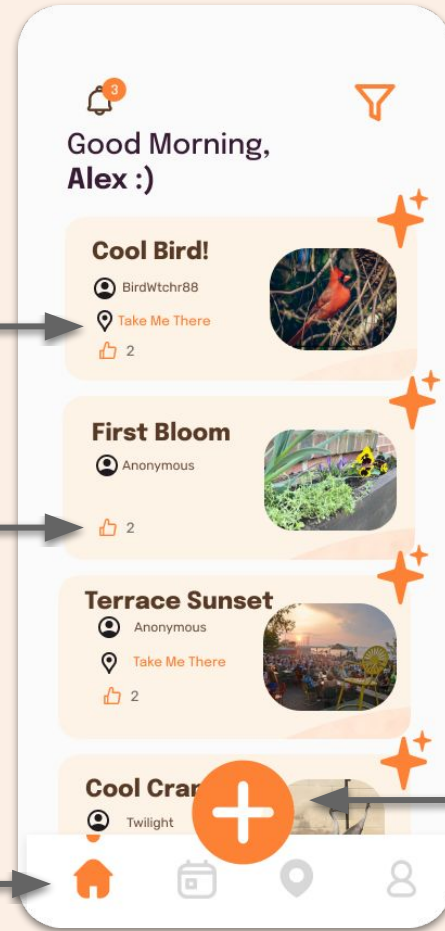
If location data is available, tapping this icon will open maps and give directions to the glimmer

A "like" system is in place so users can come back to glimmers they liked. It also helps the app personalize the user's experience based on their preferences

The navigation bar at the bottom takes users between the Homepage, Mindfulness Calendar, Glimmer Map, and Profile Page

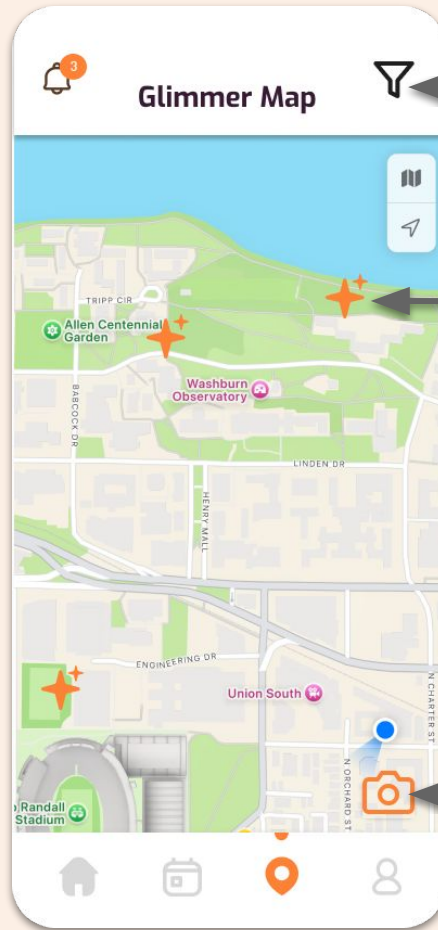
Users can filter their results based on a variety of different criteria

This "create" button allows the user to create a glimmer or journal right from the homepage



Glimmer Map

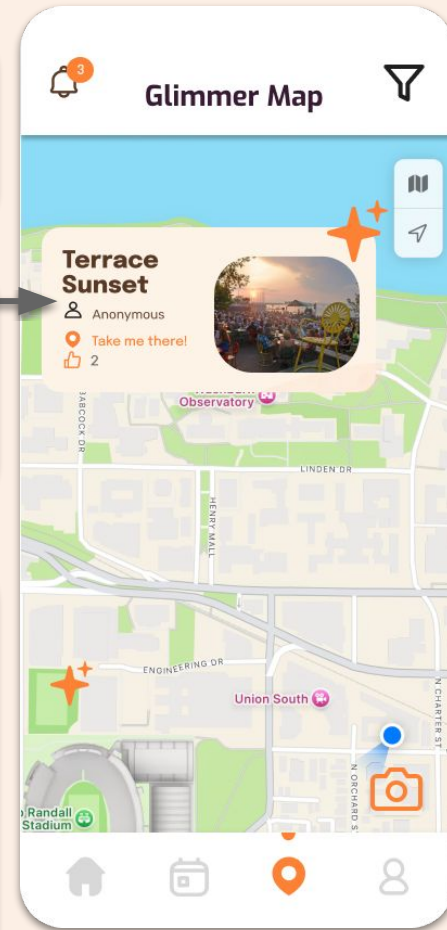
The Glimmer Map helps tie the user's experience in the app to the real world.



Users can filter the glimmers they want to see based on various criteria

Tapping on a glimmer on the map will pull up more information, including the option for directions

Users can use their camera to enter an AR view, where nearby glimmers are marked with 3D icons. Taking a photo of a glimmer allows users to "capture" the glimmer again for their own profile

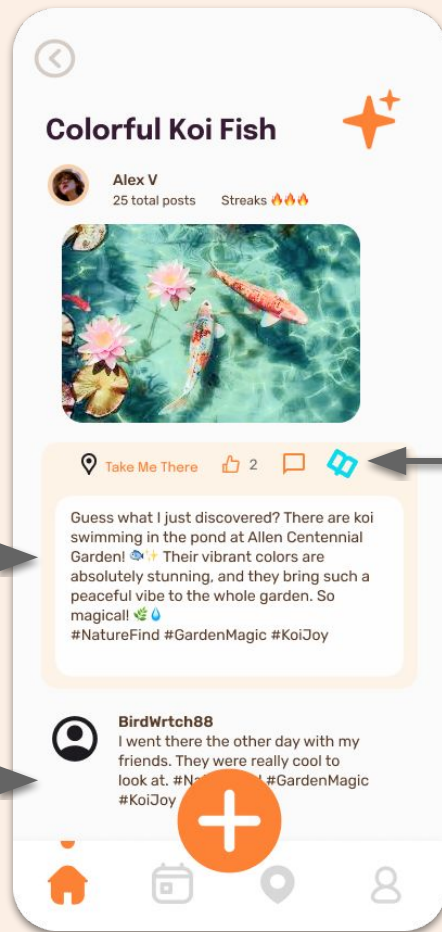


Glimmer Interactions

Users can tap on any glimmer and interact with it in on a deeper level.

Some glimmers may have descriptions, including tags that can be used to find similar glimmers with filter features

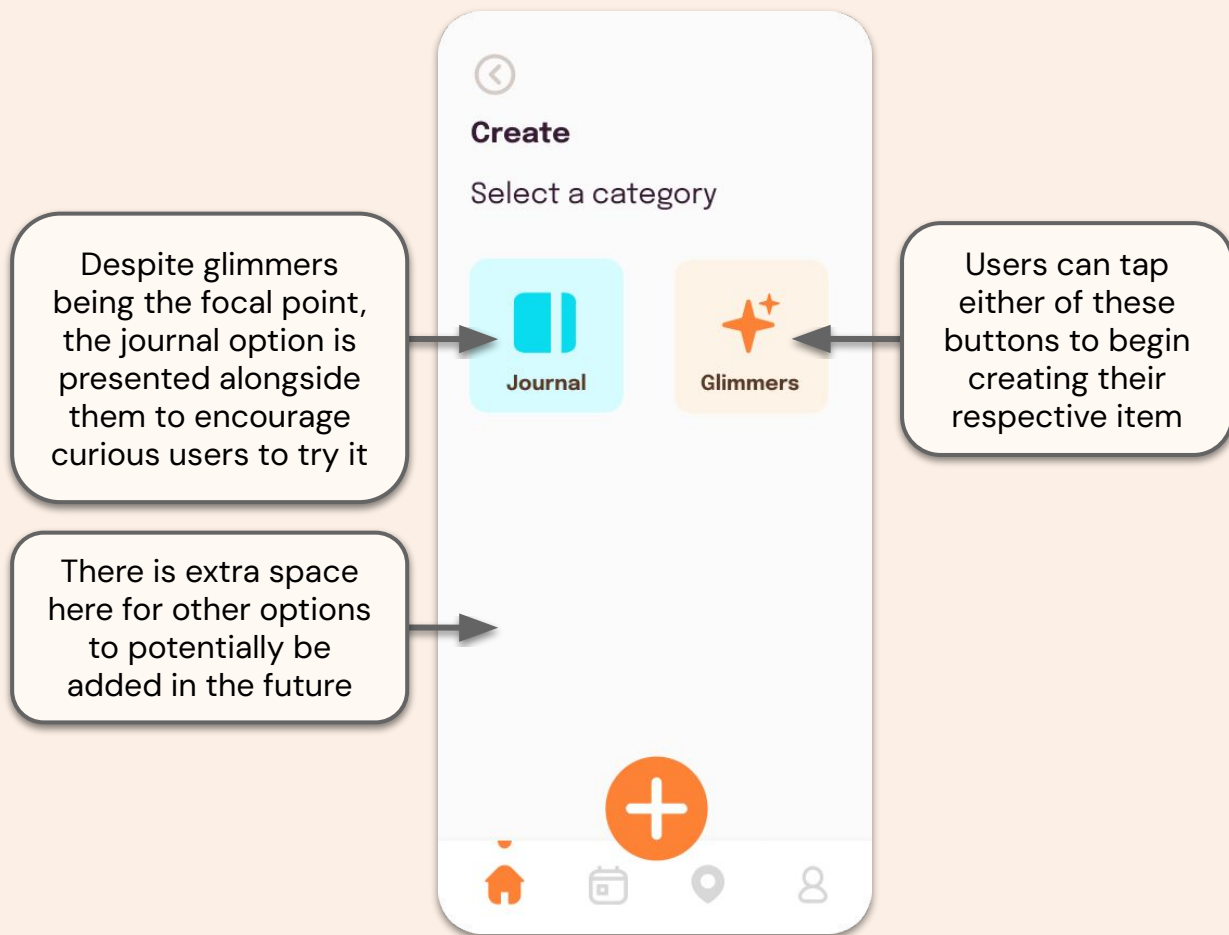
If the post has comments enabled, users can post and view positive comments about the glimmer. Comments will be moderated to prevent negativity



Users can tap this button to quickly create a journal about the glimmer they see

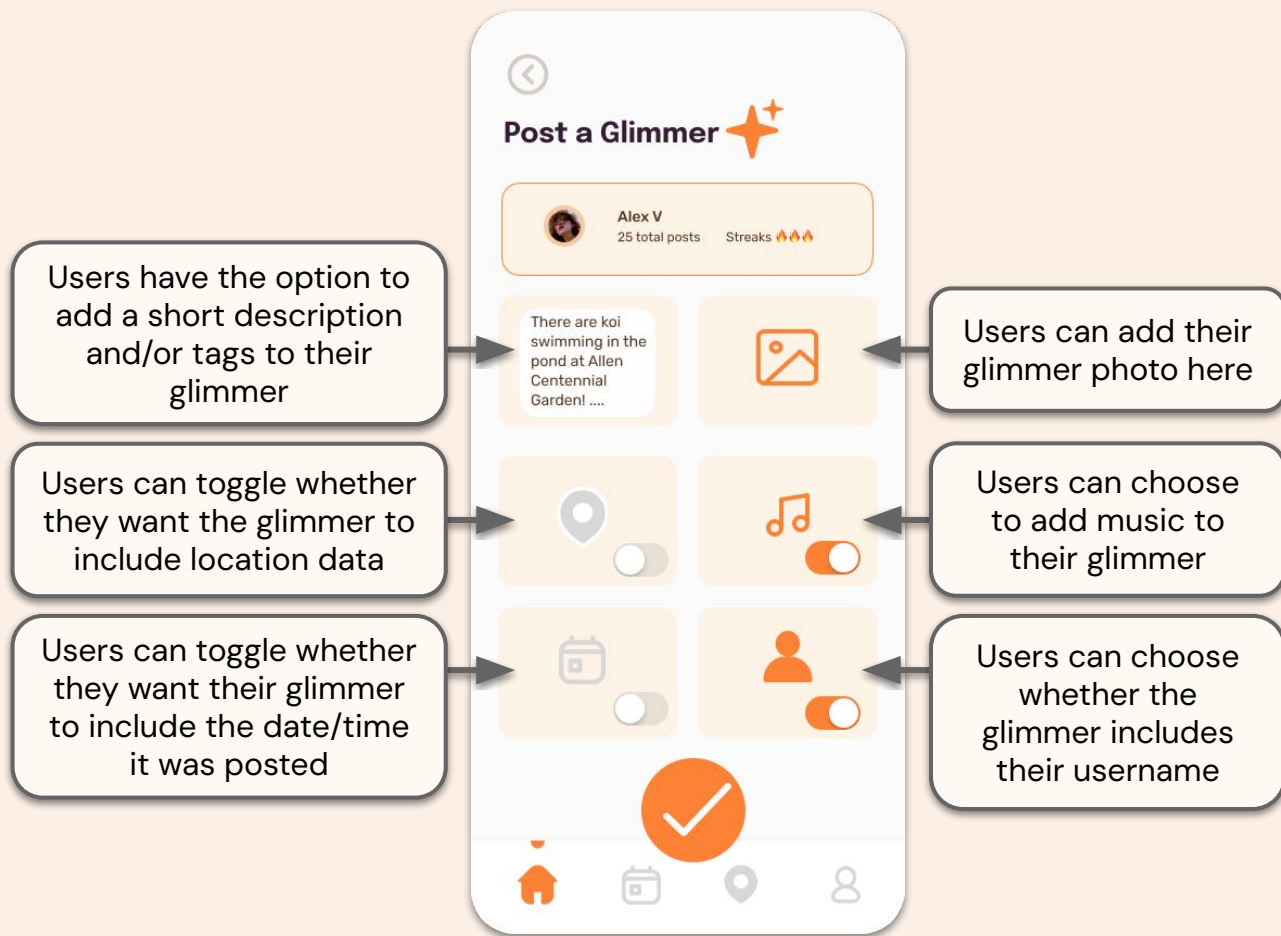
Creation Options

If users decide that they want to share their own glimmers, they can press the create button. This brings up a screen with the option to create a glimmer or a journal



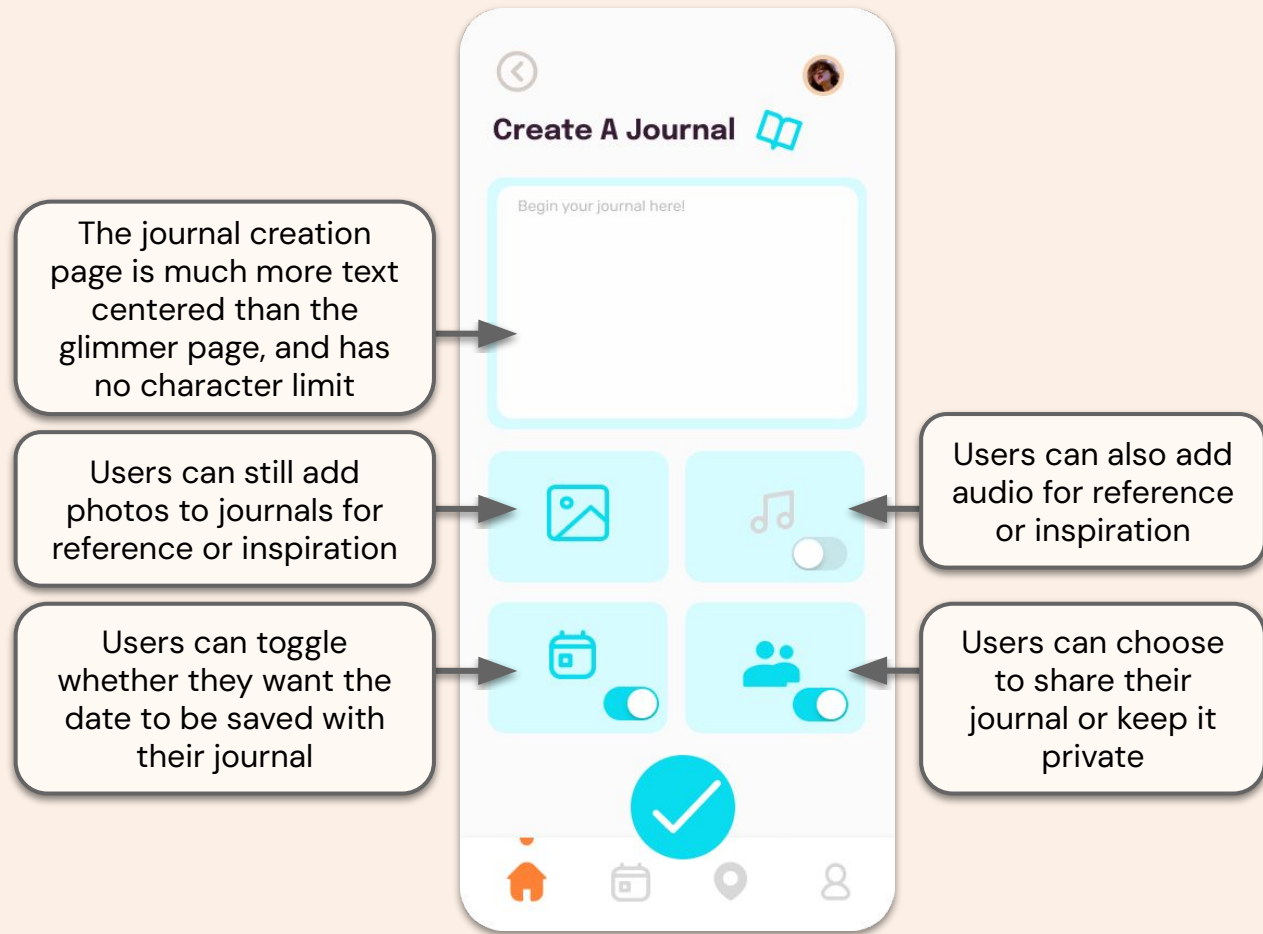
Glimmer Creation

A simple creation screen allows users to create their glimmer and have complete control over what other users will be able to see once it is created



Journal Creation

The journal creation page is designed to be very similar to the glimmer creation page in order to ease apprehensive users into the process of journaling

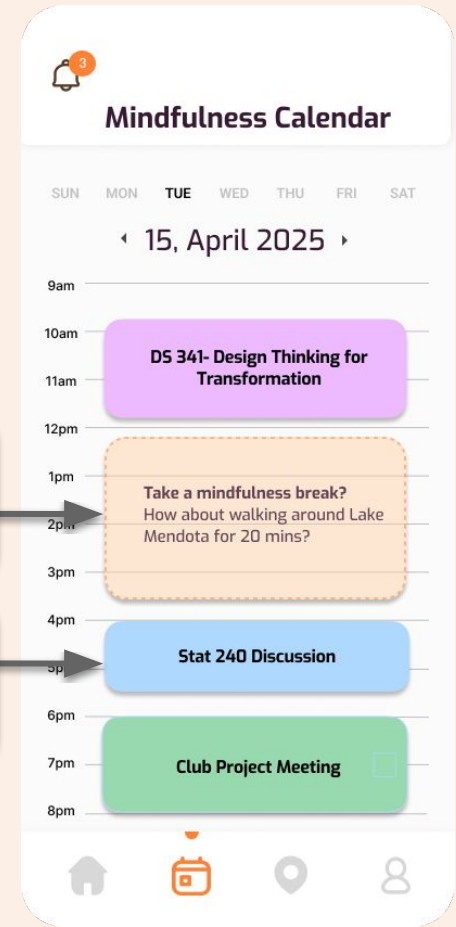


Mindfulness Calendar

The mindfulness calendar is made to help users find time for simple mindful activities they may not have otherwise thought to do

The calendar will suggest personalized mindfulness activities based on user interactions with the app

The mindfulness calendar has the option to connect with other calendar apps to propagate the users schedule

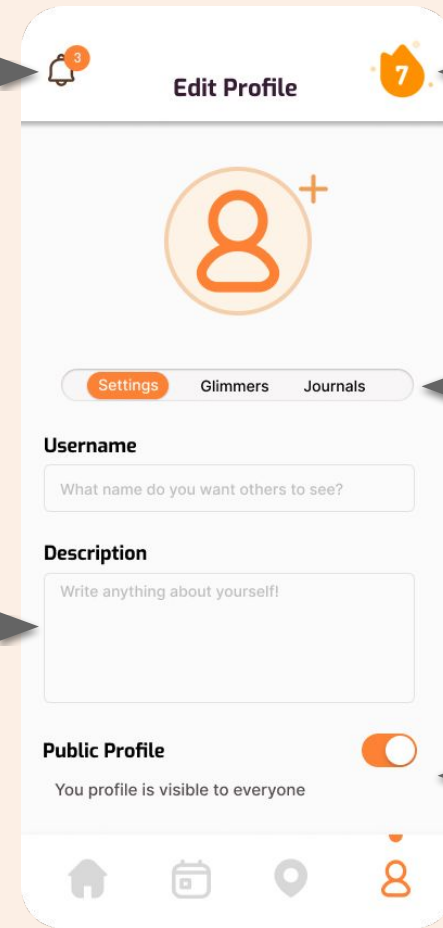


User Profile

The profile page allows users to further customize their experience and keep track of their glimmers and journals

Users will get notifications from interactions with their public content, as well as daily glimmer recommendations. These can be easily disabled with settings

Users can add any information about themselves they feel is important here. With user permission, the app can also use this to personalize their app experience



Users have the option keep score of how many days in a row they have found or posted a glimmer/journal

Users can navigate to see all of their glimmers or journals

Users have the option to hide their profile from other users

Questions?

