



.calm

cbt in your pocket

anxiety?



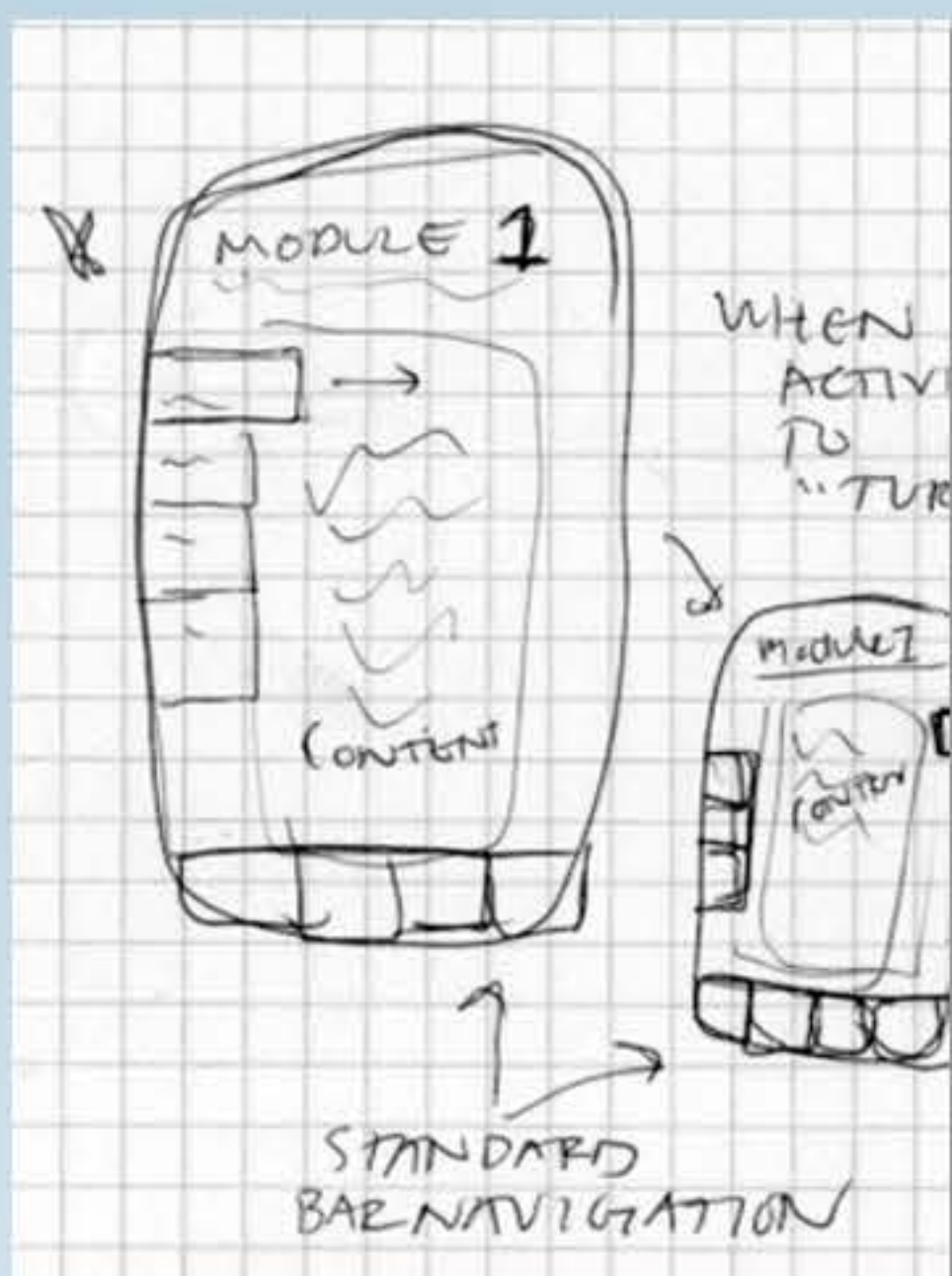
cognitive behavioral therapy (cbt) is a leading approach to anxiety management.

.calm supports those living with anxiety by offering them a **suite of mobile cbt tools**.

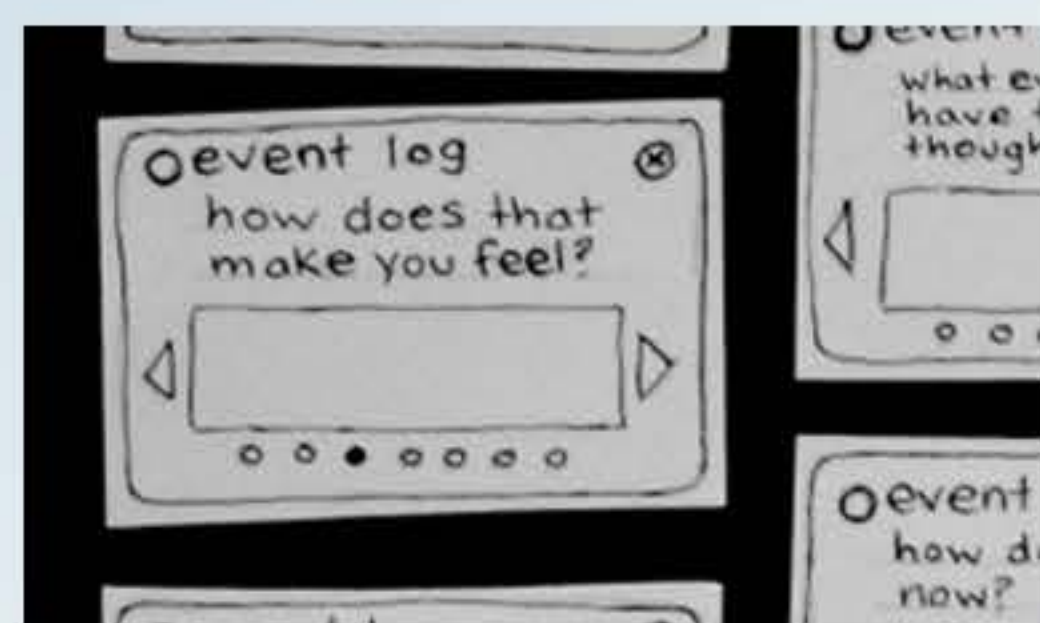


with .calm, you can create **daily logs** and **event logs**, complete **cbt worksheets**, and produce stunning **visuals** of your progress.

design process



contextual inquiry and task analysis



usability testing



hi-fidelity prototype

cse 440
introduction to hci

megan langley
alexis hope
clint tseng
brian le

www.mydotcalm.com