

# WISHING WELL

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# PRESENTATION OVERVIEW

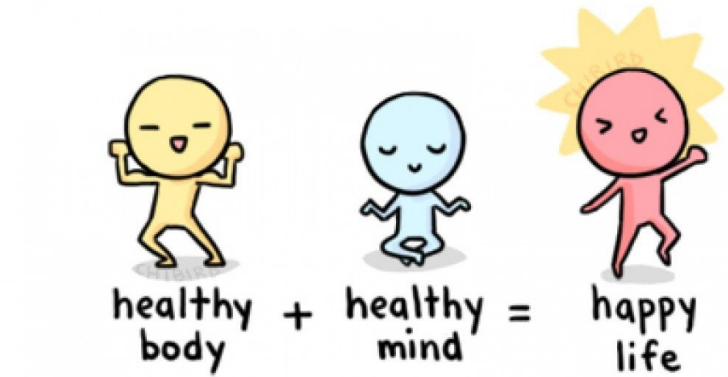


## KEY TERMS

<b>Mental wellness</b>	Self-driven, differs from mental health
<b>Checking in</b>	Monitoring personal and peer mental wellness
<b>Reaching out</b>	Asking for extra support from people around you

# PROBLEM - MOTIVATING CONSCIOUS REFLECTION & INTERACTION

- Reflection:
  - Difficult to perform conscious self reflection on a regular basis
- Interaction:
  - Difficult to check in with friends in a meaningful way through social media



# DESIGN RESEARCH

- 2 interviews with mental health counselors
- Survey with 50 respondents
- Diary study

# DIARY STUDY

- 3 participants
- 3 days
- 4 entries each day
- Self-designed entries based on what that participant cared about in relation to mental wellness

Four entries a day

- morning
- noon
- afternoon
- evening

email

for 3 days

about

- time/date
- location

how am I identifying these things

- Identifying how I'm feeling
- How I respond to certain things
- recognition and response and action

• 12:45 on Monday

## THEMES FROM RESEARCH



**Social  
Relationships**

**Awareness**

**Personal  
Differences**

## 6 TASKS

- Building a habit of checking in on yourself
- Determining what is important to you for a check-in
- Checking in with yourself
- Checking in on your friends
- Sharing feelings with a support system
- Reaching out for help





# DESIGN SKETCH 1 - SELF JOURNALING APP

Create your Journal

Select a question:

- ☐ Rate how you currently feel
- ☐ Describe your feelings with 3-words
- ☐ ~~~~~

Determining what is important



Set a Reminder

Remind me

Every   hours

Building a habit

HomePage

New entry

Previous Entries:

Monday 9:00 pm

Monday 3:00 pm

~~~~~

Complete an Entry

Time: ~

Q: ~ ~ ~

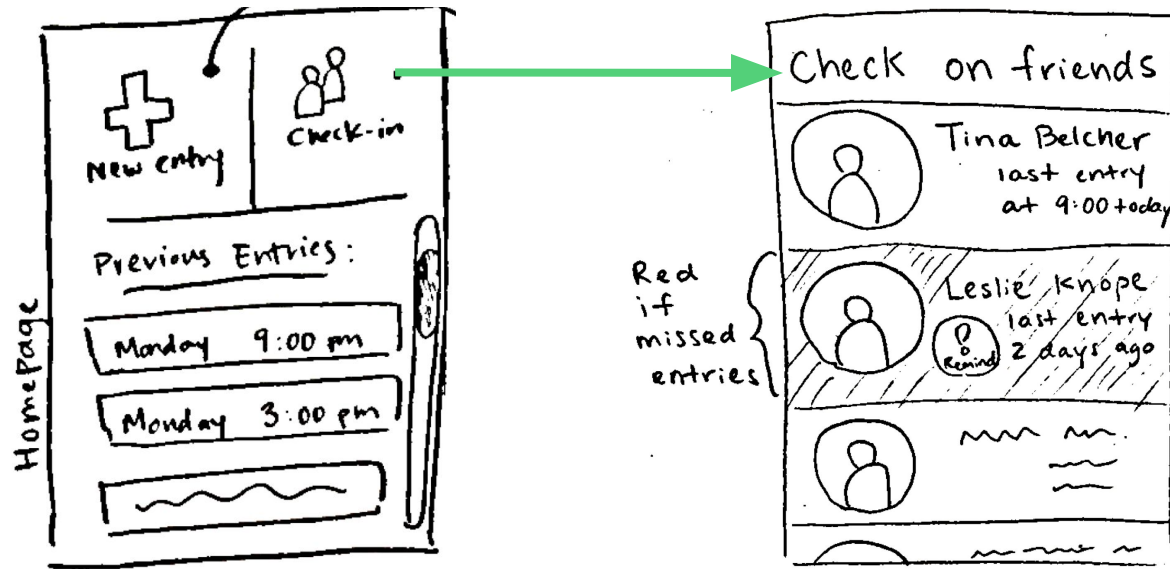
Q: ~ ~ ~

⋮

save

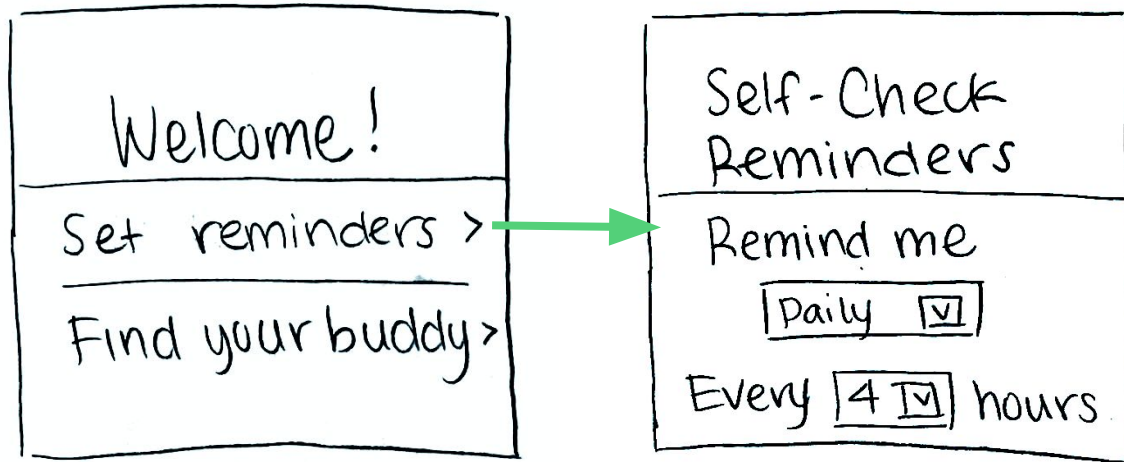
Checking in with yourself

# DESIGN SKETCH 1 - SELF JOURNALING APP



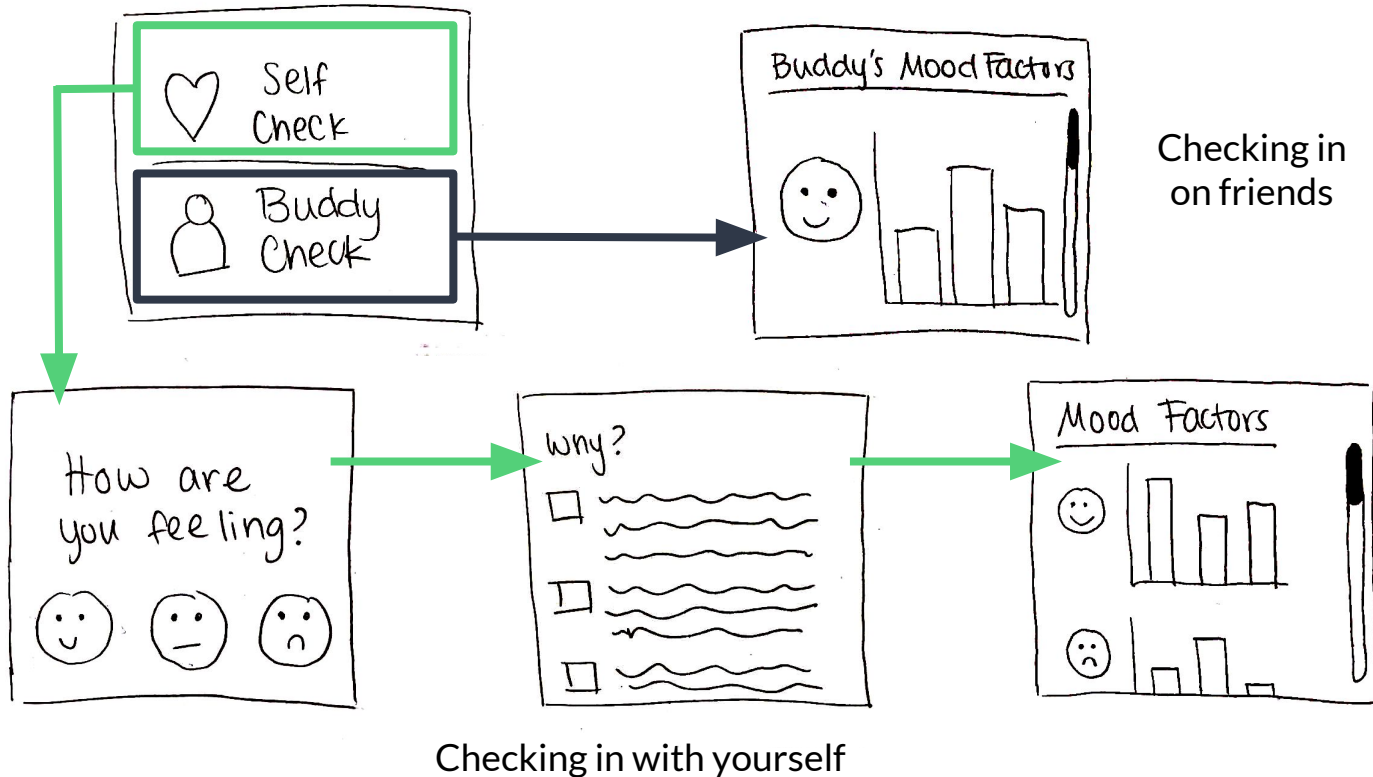
Checking in on friends

## DESIGN SKETCH 2 - WEARABLE

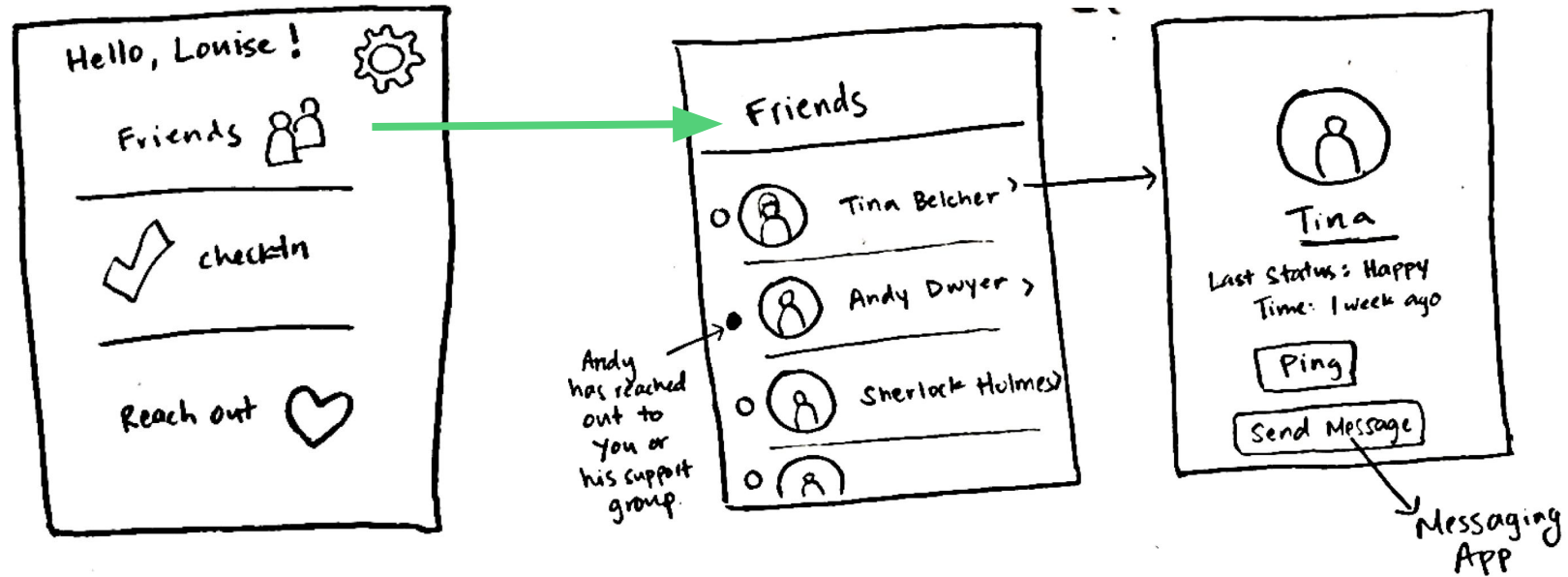


Building a habit

## DESIGN SKETCH 2 - WEARABLE

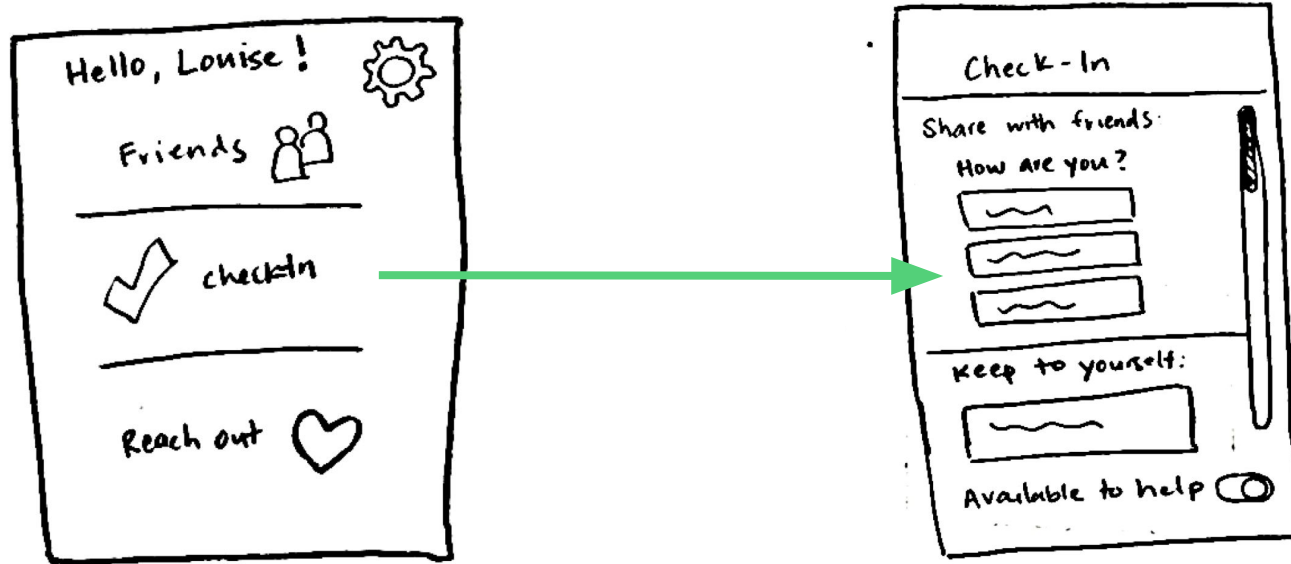


# DESIGN SKETCH 3 - SOCIAL APP



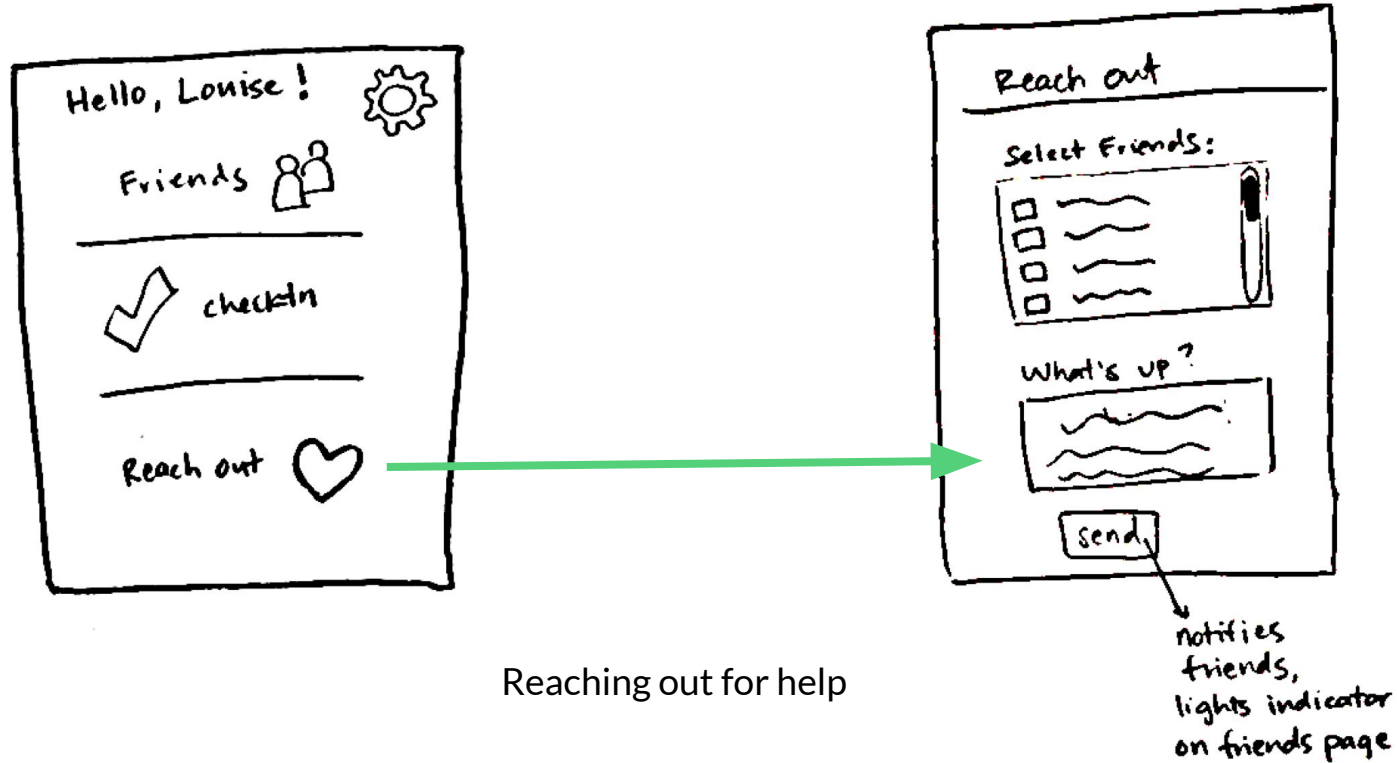
Checking in on friends

## DESIGN SKETCH 3 - SOCIAL APP



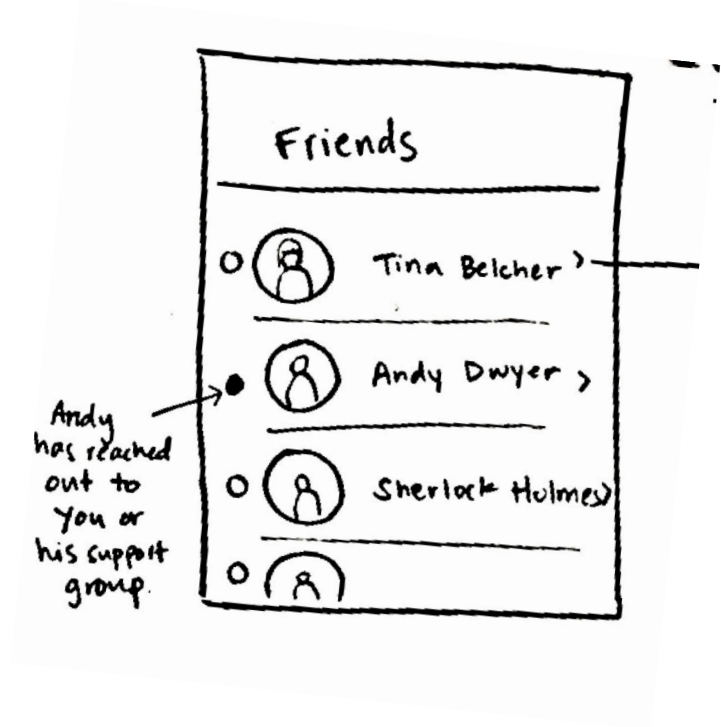
Checking in with yourself

# DESIGN SKETCH 3 - SOCIAL APP



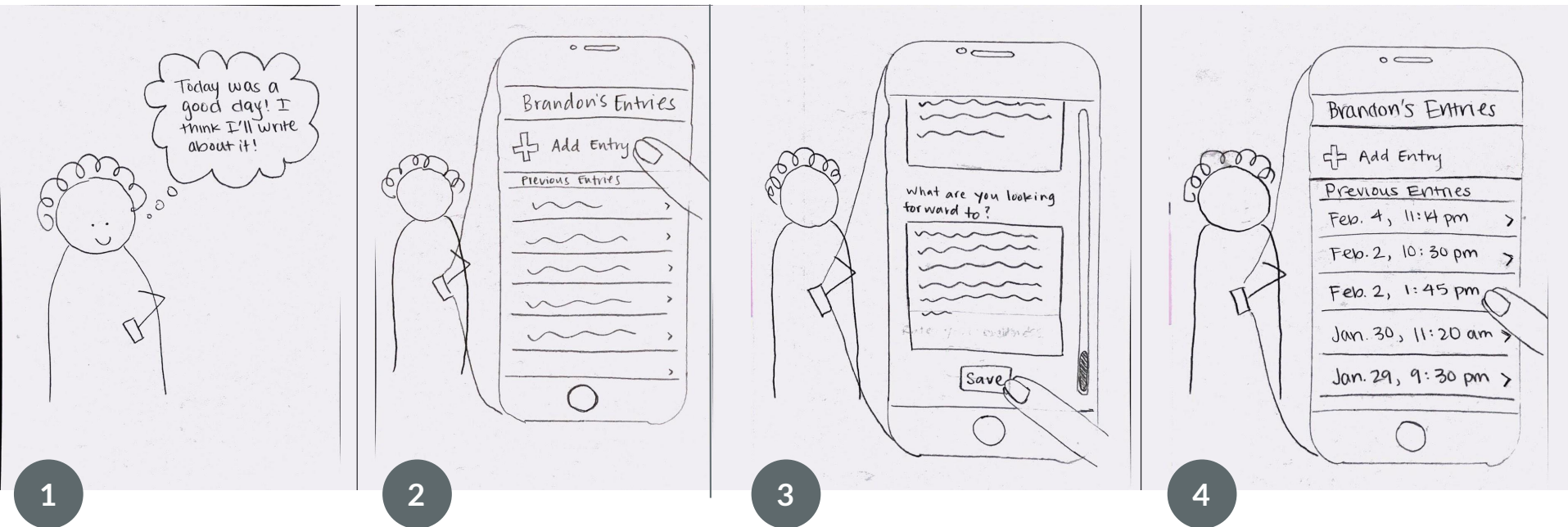
# CHOSEN DESIGN

- Social design
  - Support system of a small group of close friends
- Promotes actions people already do but want to do more
- Purposeful support of your close friends

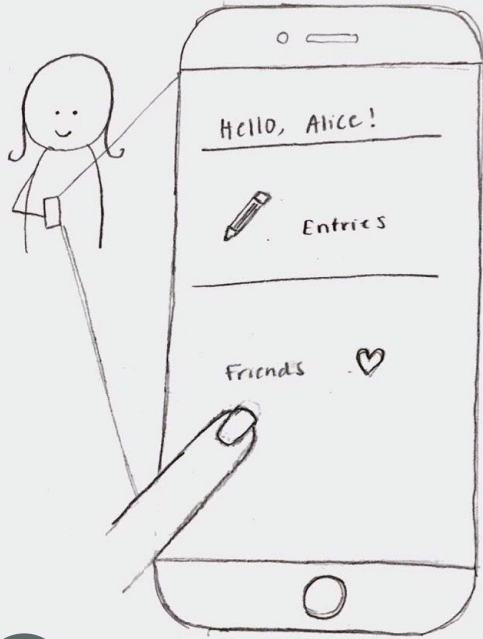




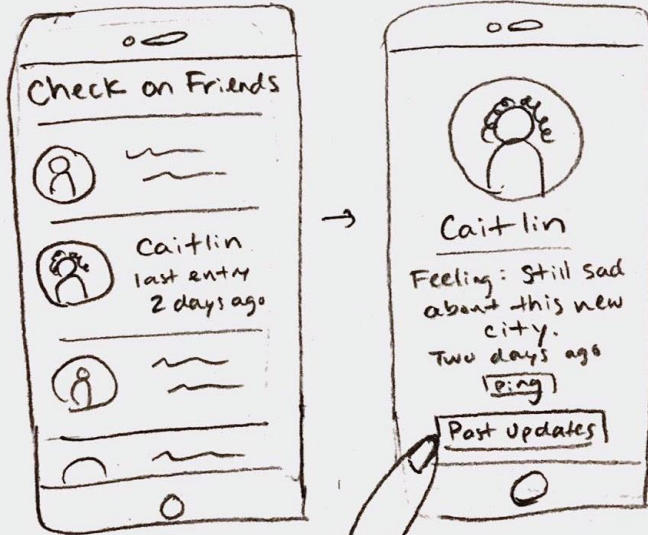
# SELECTED STORYBOARDS & TASKS: CREATING CONTENT



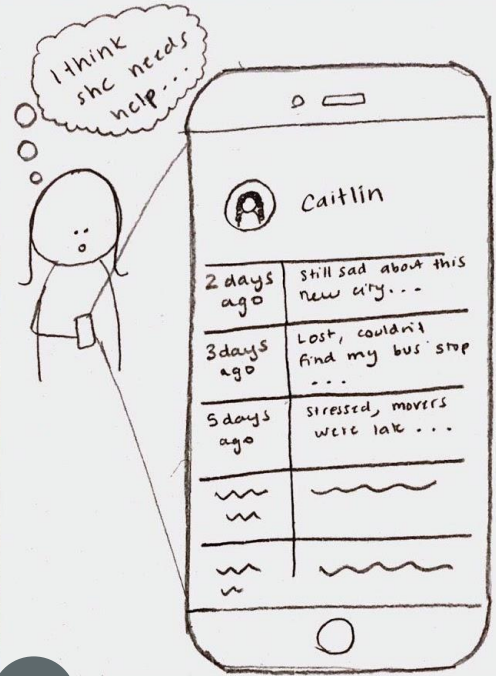
# SELECTED STORYBOARDS & TASKS: INTERACTING WITH CONTENT



1

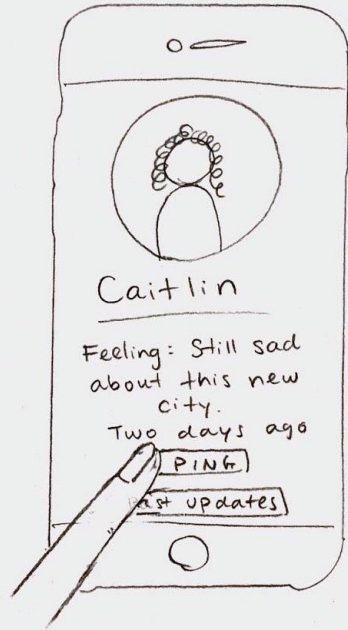


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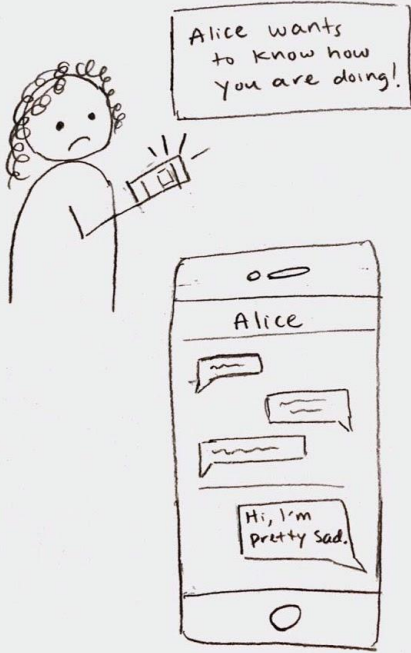


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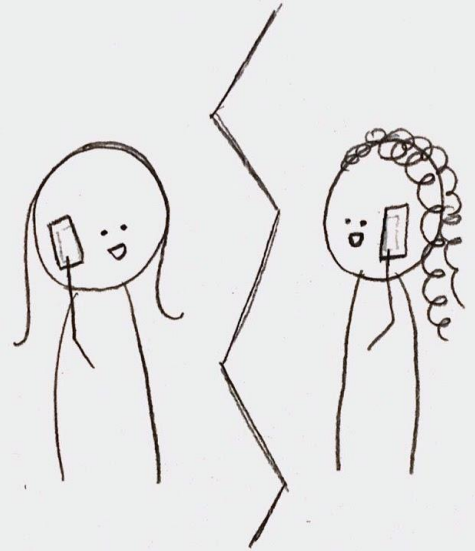
# SELECTED STORYBOARDS & TASKS: INTERACTING WITH CONTENT



4



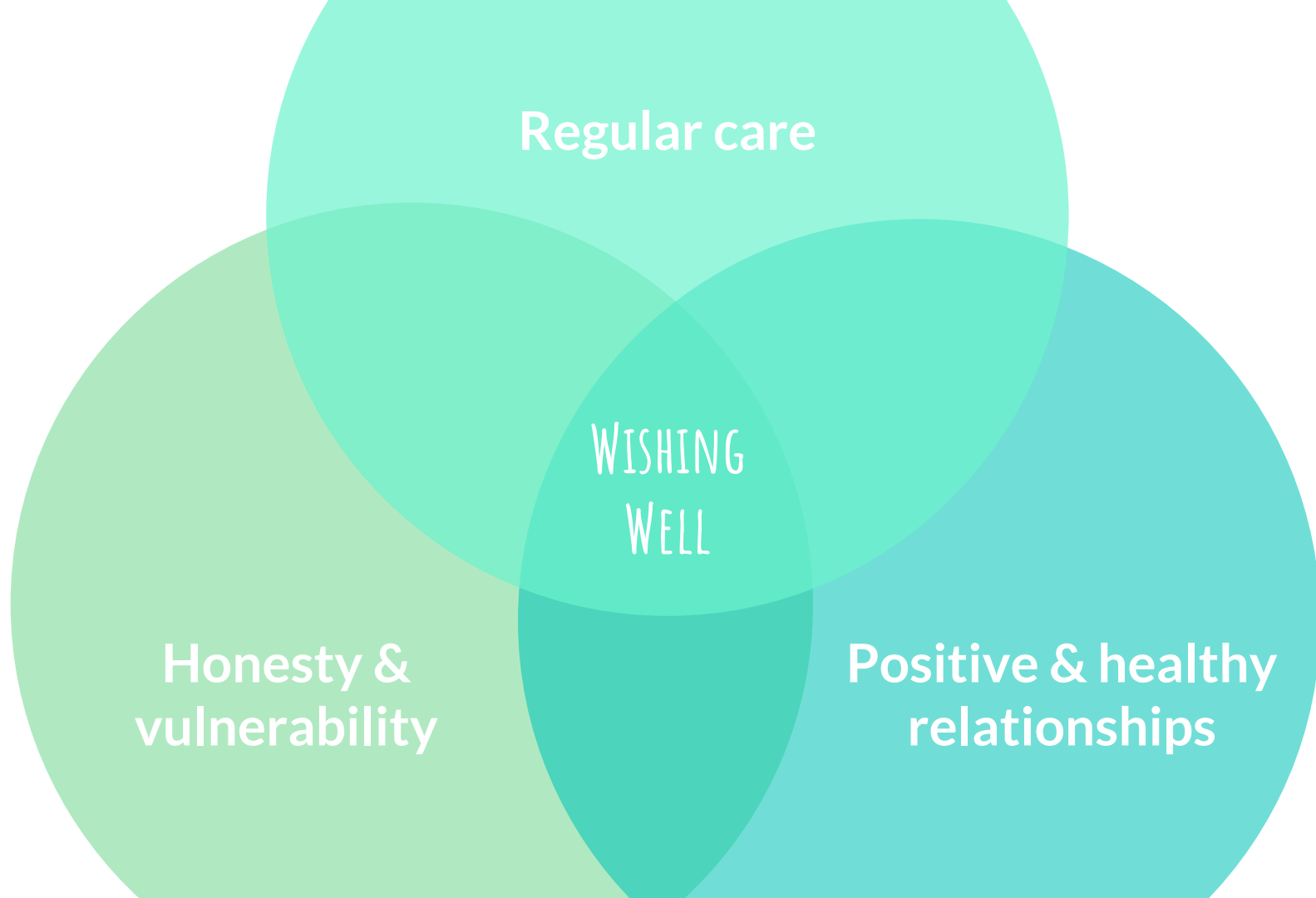
5



6

# SUMMARY

- Socially creating and interacting with content related to personal mental wellness
- Considering mental wellness more often and in a structured way
- Supporting mutually beneficial social interactions
- Creating structure to support actions wanted more in real life



Regular care

WISHING  
WELL

Honesty &  
vulnerability

Positive & healthy  
relationships