

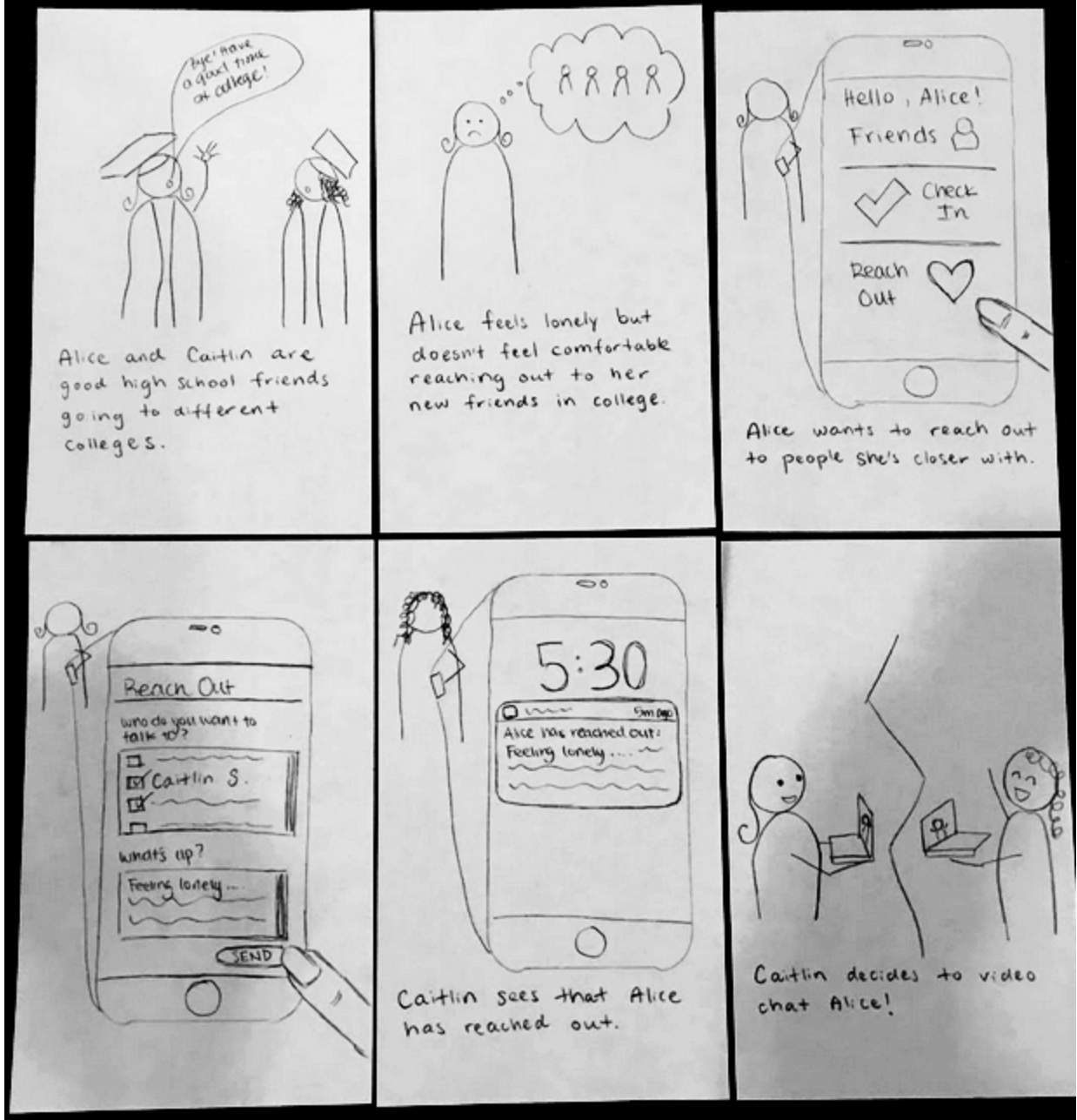
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Section AC: Mental Wellness
2f: Design Review

The design we picked is the social application. We found that during our research, relationships and conversations with friends were a major part of wellness. We also learned that the act of checking in with other friends was beneficial, and one participant reported that they appreciated having friends taking the time to notice them and reach out.

These tasks are actions that we found that people already do, but would like to do more often, with more purpose and direction. We found people also got stressed and distracted by modern social media due to the public sharing and constant stream of information and opinions. Our design focuses on the positive aspects of reaching out and checking in with friends and allows for people to more consciously decide to interact with friends in a more supportive way. It allows people to be more vulnerable in a social way in contrast to other forms of media and communication.

This design is better for our target audience because it allows people to avoid distractions that come with social media, such as friends you aren't as close with, lack of empathy, potential cyberbullying, and distracting news. Often on Facebook or Instagram, people only present the best of themselves, and this can make it intimidating to reach out. Additionally, simply sending a message on these platforms doesn't always feel appropriate for a serious situation.

Task 1: Reaching out to friends



Task 2: Checking in on friends

