# Wishing Well

## Support your mental wellness



### **Mental Wellness**

Mental wellness is a self-defined state of wellness. It is different than mental health, which is often diagnosable by a doctor. Reflection and meaningful social interactions are important parts of mental wellness.

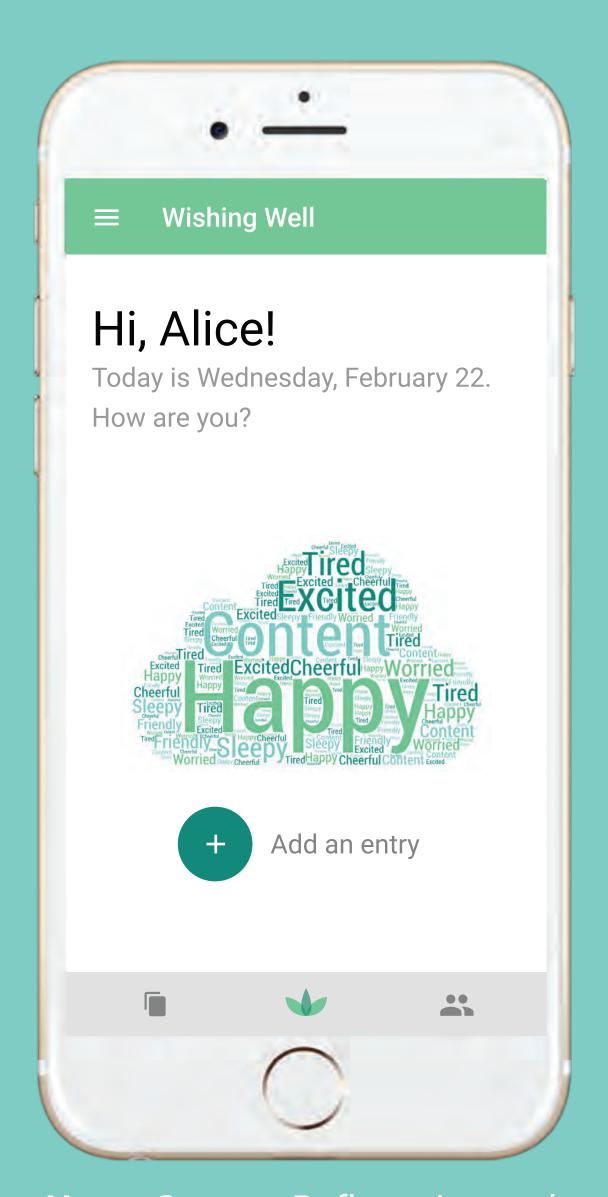
#### **Problem**

College students are often busy and do not take time to maintain their mental wellness. It is difficult to reflect on a regular basis and check in on friends in a meaningful way.

#### **Solution**

Wishing Well allows individuals to track their mental wellness through journal entries and a small support group. The application supports mental wellness through regular care, honesty and vulnerability, and positive relationships.

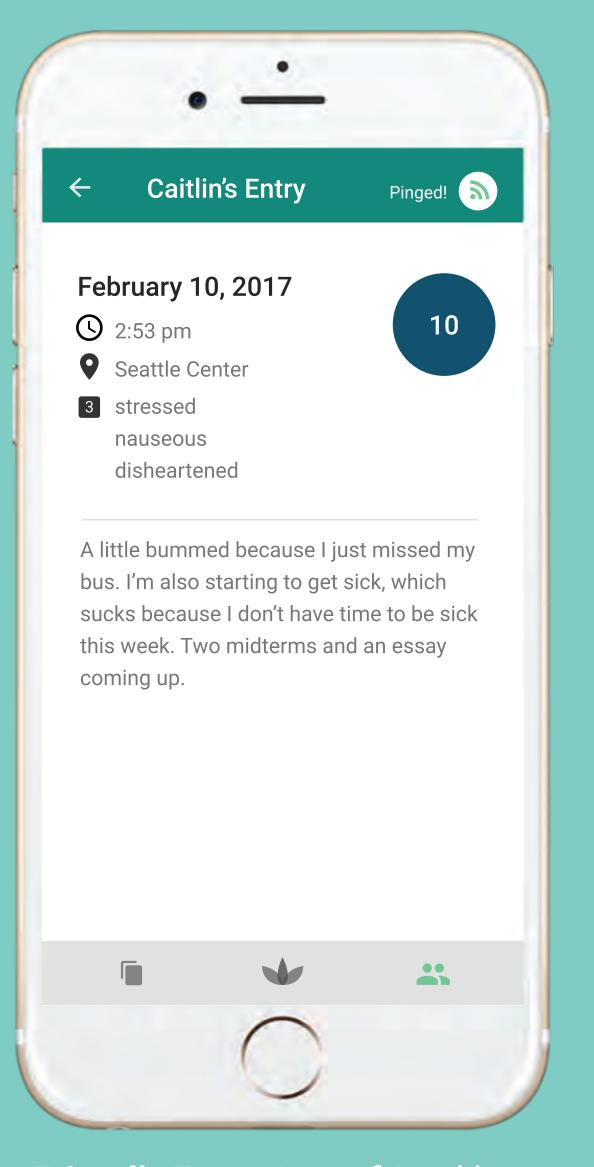
### Design



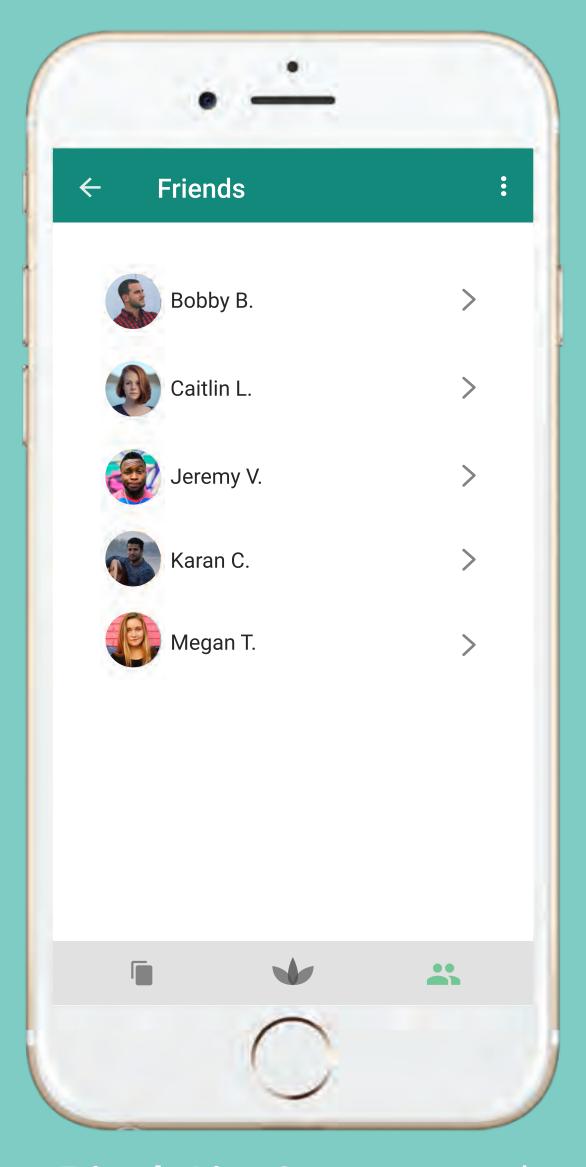
Home Screen: Reflect via word cloud or quickly add an entry



Calendar View: View previous entries through a color-coded calendar



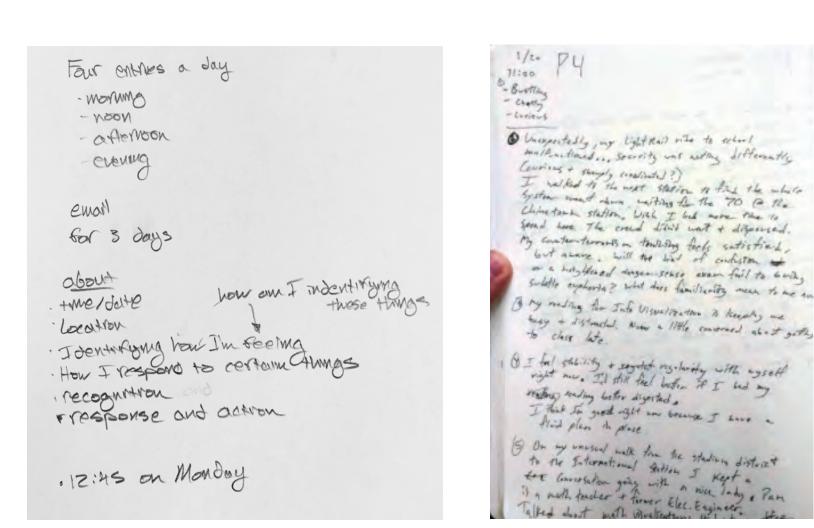
Friend's Entry: Let a friend know you're there for them via ping



Friends List: Stay connected with a close group of friends

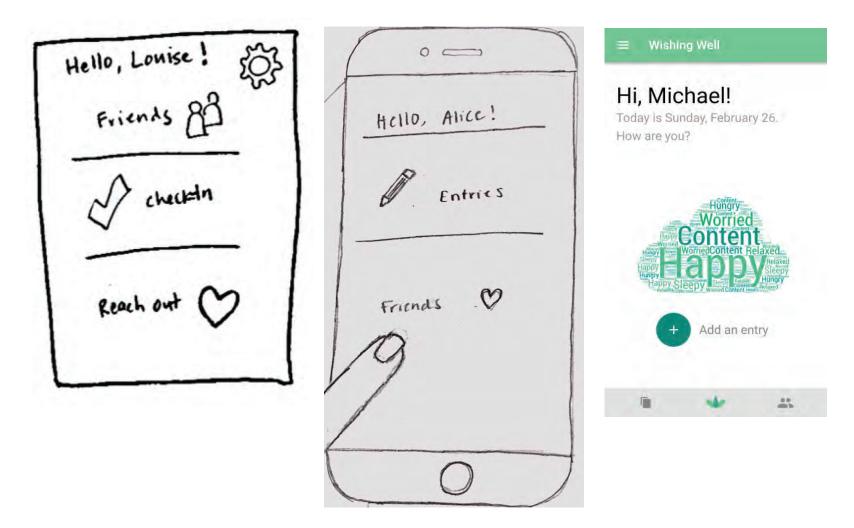
### Research & Iteration

### Methods



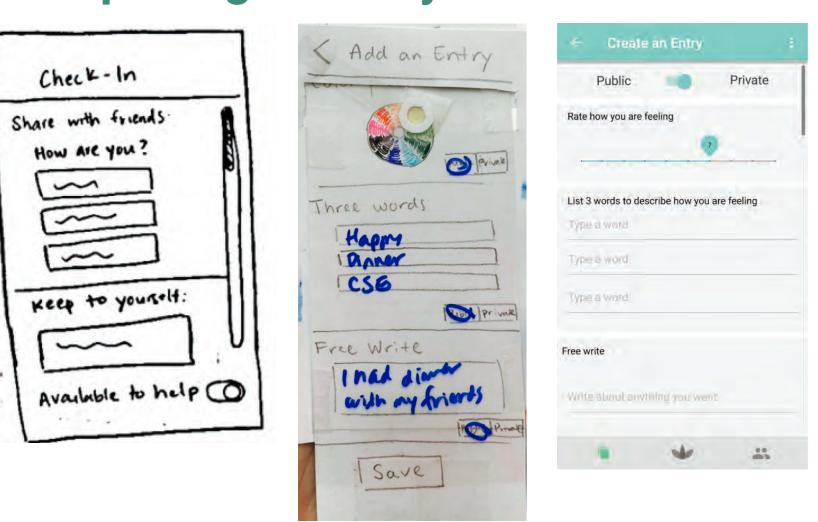
- Diary studies with 3 participants
- Online survey with 50 participants
- Mental health counselor interviews

### **Home Screen**



- "Reach out" evolved into "ping"
- In paper prototype, checking in on yourself refined to filling an entry
- Homepage refined once nav bar was added to include word cloud and Add an Entry button

### Completing an Entry



- In paper prototype, each component could be public or private, but testing showed that discrete privacy settings were unnecessary
- Final mockup has a public or private selection for the entire entry