

Mason Kester

Interactive Design 2 Project 2 Part 02

Concept:

A virtual self-care assistant that promotes a healthy, productive lifestyle. It is an outlet to manage emotions, tasks, reminders, and more with the goal to help to keep daily life on track and improve a user's wellbeing.

It's a non-invasive tool with an individualized experience - focus on as many or as little topics as needed for your own mind and schedule.

Design:

White backdrop accented with cool, pastel tones.

Hamburger navigation resulting from "assistant" circular icon – slides from the top down. Should act as if you are communicating/relating.

Simple sans-serif body copy.
Serif headers and decoration.

Design choices focused around the psychology of mental health. (ex. The color blue promotes productivity, calmness, and stability.)

Features:

*Key elements centered around notifications and highlighted purple.

Daily challenges, such as complete a simple drawing, write a poem, go for a walk, listen to a new song, etc. Short guides on how to learn new hobbies as a creative outlet to disperse negative energy or emotions.

Symptom evaluation, weekly.

Mood journal with custom intervals, hourly minimum and daily maximum. Prompts users to record their thoughts of what stimulates them positively/negatively.

Reminders for multiple categories, such as for medications, meals, hygiene, exercise, etc.

Completion rating and point-reward system based on the amount of data entered daily by the user. Points result in levels/ranking up, providing a visual of personal progress.

Agenda for time management (appointments, events, special dates).

Additional digital notepad, unguided.

Guided trips and tricks to manage stress or anger and promote relaxation.