

TFC



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Design Challenge Statement 1:

How might we design an interactive game that makes stress relief fun and engaging through mindfulness puzzles, breathing exercises, and calming challenges?

Idea Title 1: Interactive Stress-Reduction Game

“Relax & unwind through play! Our stress-reduction game uses mindfulness puzzles & breathing exercises to make self-care fun.”

Must Have






- Engaging Mini-Games
- Guided Breathing Exercises
- Mindfulness Puzzles
- User-Friendly Interface
- Progress Tracking

Nice to Have

- Daily Challenges & Rewards
- Calming Audio & Visuals

Optional

- Social Features
- Wearable Device Integration

Criteria	Rating (★ out of 5)
Vitamin 	★★★★☆ (4/5)
Easy to Monetize 	★★★★★ (5/5)
Simple 	★★★☆☆ (3/5)
Personally Relevant 	★★★★☆ (4/5)
Follow Through 	★★★★☆ (4/5)
Big Market 	★★★★★ (5/5)
Secret Sauce 	★★★★☆ (4/5)

Total = (29/35)

Design Challenge Statement 2:

How can we create an accessible AI-driven mental health chatbot that offers real-time coping strategies, self-care reminders, and anxiety relief?

Idea Title 2: Virtual Mental Health Chatbot

“Feeling overwhelmed? Our AI-powered mental health chatbot is here to provide instant coping strategies & self-care reminders.”

Must Have


- Immediate Coping Strategies
- Self-Care Reminders
- User-Friendly Interface
- Confidentiality & Privacy

Nice to Have

- Mood Tracking
- Personalized Responses

Optional

- Gamification Elements
- Community Support

Criteria	Rating (★ out of 5)
Painkiller 	★★★★☆ (4/5)
Easy to Monetize 	★★★☆☆ (3/5)
Simple 	★★★☆☆ (3/5)
Personally Relevant 	★★★★☆ (4/5)
Follow Through 	★★★☆☆ (3/5)
Big Market 	★★★★☆ (4/5)
Secret Sauce 	★★★☆☆ (3/5)

Total = (24/35)

Design Challenge Statement 3:

How might we develop a personalized self-care planner that helps users create, track, and maintain self-care routines with timely reminders and activity suggestions?

Idea Title 3: Personalized Self-Care Planner

“Prioritize YOU! Our self-care planner helps you track routines, set reminders, and stay mindful. Take care of yourself, daily!”

Must Have

- Customizable Self-Care Routines
- User-Friendly Interface
- Activity Tracking
- Privacy & Data Security

Nice to Have

- Reminders & Notifications
- AI-Powered Suggestions
- Integration with Calendar & Wearables
- Journaling Feature

Optional

- Community & Social Sharing
- Gamification & Rewards

Criteria	Rating (★ out of 5)
Vitamin 	★★★★☆ (4/5)
Easy to Monetize 	★★★★☆ (4/5)
Simple 	★★★★★ (5/5)
Personally Relevant 	★★★★☆ (4/5)
Follow Through 	★★★☆☆ (3/5)
Big Market 	★★★★☆ (4/5)
Secret Sauce 	★★★☆☆ (3/5)

Total = (27/35)