

An artistic illustration featuring two hands, one reddish-brown and one light brown, holding a green leafy branch. The hands are positioned around a central circular frame containing text. The background is a soft, abstract composition of pastel colors like pink, peach, and light green, with some stylized floral and leaf motifs scattered around. The overall style is gentle and contemplative.

Mindful.

Surpassing the
invisible boundaries of
our mind



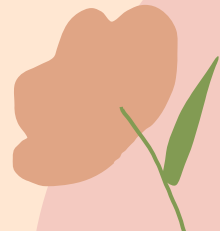
Our Team

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Mind of the youth.

- Covid-19's influence on our community was immense
- Mental health impacts how we think, feel act and cope with situations
- Rates of depression, anxiety and suicidal thoughts have risen

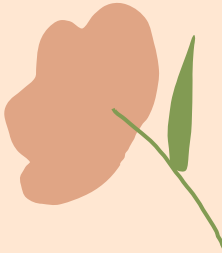


Mindful.

- Provides inspirational quotes
- Music organized into different moods user may be experiencing
- Guided meditation
- Breathing exercise



Implementation and Distribution.



01

Java Code

Allysa! The AI.

03

Distribution

Service will be distributed through mindful website, and app

02

Advertising through social media

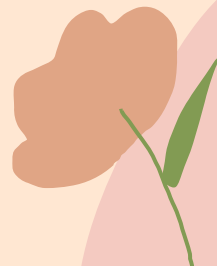
Instagram, Snapchat, TikTok, Twitter





Music.

The youth's safe haven

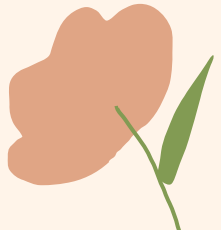




Guided Breathing.

Clearing the mind from unnecessary thoughts

- Stay in control
- Don't let your emotions get the best of you!
- 4-7-8 breathing technique



Thank You!

