

## **Mental Wellness Ideas**

### ***Possible tools***

- Provide place to journal/reflect
- Tool to practice gratitude
- Mindfulness and meditation
- Mood check
- Talking therapy
- AI support chat bot: If we are able to find transcripts for a dialogue between a patient and a therapist in order to train the bot this idea would be feasible. This might be difficult due to confidentiality laws
- Chat therapy
- Chat function to connect with community
- Coaching
- Stress management
- Gamified challenges

### ***Show them***

- Notify about meds
- Empowering quotes
- Affirmations
- Checklist morning and evening routine tasks

### ***Other thoughts/questions:***

Are we building a phone app or rather a tool like an apple watch or fitbit...?

We could use the metrics that they measure for assessing a person's mental state (Heart Rate Variability, Body Temperature, Activity levels, Sleep Tracking)

Is there already a team that focuses on sleep and if so do we want to connect with them?  
Do we want to add a tool especially for mental wellness for athletes?

### ***Possible tools for athletes***

- Performance anxiety tools: Exercises and methods to reduce pre-game/ Pre-race nerves
- Goal setting
- Injury recovery Journal
- Stress due to overtraining indicators

EDUCATION: do we also want to teach them more information about mental wellness and how to improve mental health? And how would we do that? Would we create a video or podcast with information or more like a blog post?

Things to do:

Research about functions that similar apps already have

Find out through scientific articles which connections between technology and mental wellness are successful