

Ideation Phase

Brainstorm & Idea Prioritization Template

Date	11 October 2023
Team ID	
Project Name	Depression: A Common Mental Disorder
Maximum Marks	4 Marks


Brainstorm & Idea Prioritization Template:

Brainstorming provides a free and open environment that encourages everyone within a team to participate in the creative thinking process that leads to problem solving. Prioritizing volume over value, out-of-the-box ideas are welcome and built upon, and all participants are encouraged to collaborate, helping each other develop a rich amount of creative solutions.

Use this template in your own brainstorming sessions so your team can unleash their imagination and start shaping concepts even if you're not sitting in the same room.

Reference: <https://www.mural.co/templates/empathy-map-canvas>

Step-1: Team Gathering, Collaboration and Select the Problem Statement



Brainstorm & idea prioritization

Use this template in your own brainstorming sessions so your team can unleash their imagination and start shaping concepts even if you're not sitting in the same room.

🕒 10 minutes to prepare
🕒 1 hour to collaborate
👥 2-8 people recommended

➔

Before you collaborate

A little bit of preparation goes a long way with this session. Here's what you need to do to get going.

🕒 10 minutes

A **Team gathering**
Define who should participate in the session and send an invite. Share relevant information or pre-work ahead.

B **Set the goal**
Think about the problem you'll be focusing on solving in the brainstorming session.

C **Learn how to use the facilitation tools**
Use the Facilitation Superpowers to run a happy and productive session.


[Open article](#) ➔

1

Define your problem statement

What problem are you trying to solve? Frame your problem as a How Might We statement. This will be the focus of your brainstorm.

🕒 5 minutes



Depression is a major problem for people from all walks of life, making their lives harder and costing a lot in healthcare. Even though more people know about it, many don't get the help they need. We need new and easy ways to help people with depression early, reduce the shame around it, make treatment available, and promote overall well-being. This will make life better for everyone and save money in healthcare.

Step-2: Brainstorm, Idea Listing and Grouping

2

Brainstorm

Write down any ideas that come to mind that address your problem statement.

🕒 10 minutes

TIP



You can select a sticky note and hit the pencil [switch to sketch] icon to start drawing!

Person 1

Online
Support
Communities

Mental
Health
Education

Workplace
Wellness
Programs

Teletherapy
Services

Mobile
Apps for
Mental
Health

Person 2

Crisis Text
Lines

Peer
Support
Groups

Meditation
and
Mindfulness
Programs

Outdoor
Activities
and Nature
Therapy

Social
Connection
Initiatives

Person 3

Improved
Access to
Medication

Online
Self-Help
Resource

Mental Health
Screening
and Early
Intervention

Coping
Skills
Workshops

Art and
Music
Therapy
Programs

Person 4

Healthcare
Integration

Community
Outreach and
Awareness
Campaign

Volunteer
Opportunities

24/7 Crisis
Helplines

Research
and
Innovation

Step-3: Group Idea

3

Group ideas

Take turns sharing your ideas while clustering similar or related notes as you go. Once all sticky notes have been grouped, give each cluster a sentence-like label. If a cluster is bigger than six sticky notes, try and see if you can break it up into smaller sub-groups.

🕒 20 minutes

TIP

Add customizable tags to sticky notes to make it easier to find, browse, organize, and categorize important ideas as themes within your mural.

Online
Support
Communities

Online
Self-Help
Resource

Community
Outreach and
Awareness
Campaign

Mental
Health
Education

An integrated platform that offers an online support community, mental health education, mobile apps for mental health, and online self-help resources to empower individuals in their mental health journey

Mobile
Apps for
Mental
Health

Social
Connection
Initiatives

Outdoor
Activities
and Nature
Therapy

Art and
Music
Therapy
Programs

Coping
Skills
Workshops

Promoting holistic well-being through a comprehensive initiative that combines social connections, outdoor activities and nature therapy, art and music, and coping skills workshops.

Step 4: Priority

4

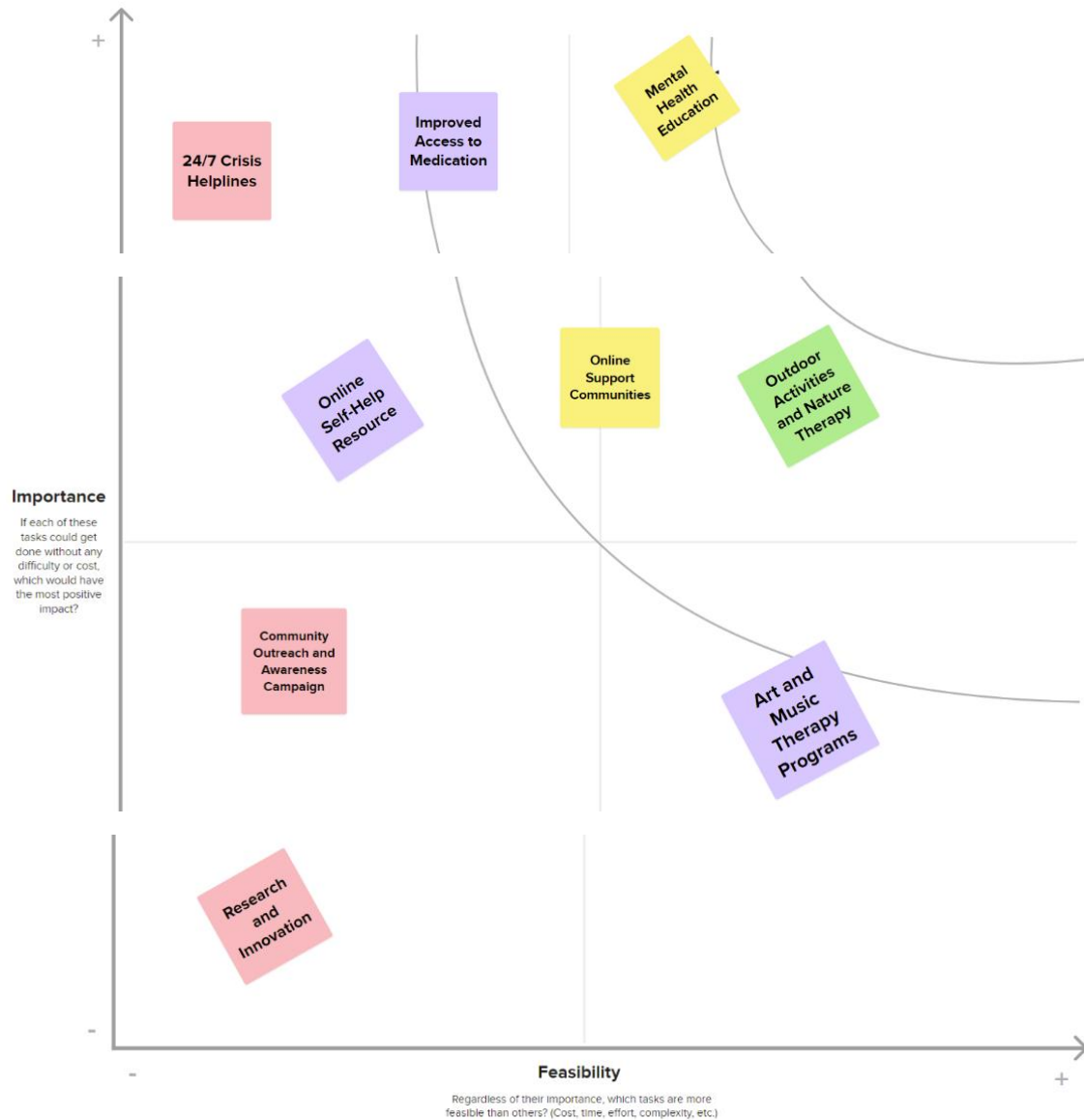
Prioritize

Your team should all be on the same page about what's important moving forward. Place your ideas on this grid to determine which ideas are important and which are feasible.

🕒 20 minutes

TIP

Participants can use their cursors to point at where sticky notes should go on the grid. The facilitator can confirm the spot by using the laser pointer holding the **H** key on the keyboard.



STEP 5: OVERVIEW

Brainstorm & Idea Prioritization

Use this template to plan your brainstorming session to plan your ideas, create your brainstorming ideas, and your energy concerns when you're not doing the same work.

Before you collaborate

1. Prepare your ideas: Write down your ideas on sticky notes or index cards. 2. Prepare your energy concerns: Write down your energy concerns on sticky notes or index cards. 3. Prepare your time: Set a time for your brainstorming session. 4. Prepare your space: Set up a space for your brainstorming session.

Define your problem statement

1. Define your problem: Write down your problem statement. 2. Define your goal: Write down your goal. 3. Define your constraints: Write down your constraints. 4. Define your resources: Write down your resources.

Brainstorm

1. Brainstorming: Write down your ideas. 2. Grouping: Group your ideas. 3. Prioritizing: Prioritize your ideas. 4. Implementing: Implement your ideas.

Group ideas

1. Grouping: Group your ideas. 2. Prioritizing: Prioritize your ideas. 3. Implementing: Implement your ideas.

Prioritize

1. Prioritizing: Prioritize your ideas. 2. Implementing: Implement your ideas.