

User Guide

Key-Note

For any serious cases of anxiety attacks we recommend seeking professional medical help. Please contact your medical support personnel rather than using this app.

Diary

To view/enter a diary entry, select the icon that is labelled “Diary”.

To enter a new diary entry:

1. Select the “Enter Entry Here” section
2. Enter the required information
3. Once completed select the button labeled “New Entry”

To view a diary entry:

1. Tap the already written entry

To delete a diary entry:

1. Tap and hold the entry that is to be deleted
2. Once the entry is highlighted
3. Swipe to the left until the writing “delete” is on the left side
4. Release pressure from the screen

Information

To view more information about Social Anxiety Disorder

1. Select the icon labelled “Information”
2. Read the required title
3. Tap on the selection required
4. Go to the external link (internet is required).

Contact Us

To Contact Us on Github

1. Select the icon labelled “Contact Us”
2. Select the icon GitHub (internet is required).

To Contact Us on Facebook

1. Select the icon labelled “Contact Us”
2. Select the icon Facebook (internet is required).
3. Find the “Send Message” button
4. Send us a message

Goals

To create a new goal

1. Select the icon labelled "Goals"
2. Tap the button "My Goals"
3. Tap the section "Add Goals"
4. Enter the goal in the text field
5. Select "Confirm Goal" to confirm

To view a goal

1. Select the icon labelled "Goals"
2. Tap the buttons "My Goals"
3. Tap the goal that is to be read

To complete a goal

1. Select the icon labelled "Goals"
2. Tap the buttons "My Goals"
3. Find the goal that is to be completed
4. Tap the circle on the right hand side
5. When a "tick" is in the circle a goal is completed

To delete a goal

1. Select the icon labelled "Goals"
2. Tap the buttons "My Goals"
3. Find the goal that is to be completed
4. Once the entry is highlighted
5. Swipe to the left until the writing "delete" is on the left side
6. Release pressure from the screen

For more information on goals and how they work

1. Select the icon labelled "Goals"
2. Tap the buttons "What is a Goal"
3. Scroll down to view all information

Breathing Exercise

1. Select the icon labelled "Breathing Exercise"
2. When ready select the "Start" button
3. When the pulsing light is moving away from the centre breath in
4. When the pulsing light is return to the centre breath out
5. After anxiety has finished / lowered
6. To stop the pulsing light, tap the "Stop" button

Relaxing Image

To upload and use this feature

1. Select the icon labelled "Relaxing Image"
2. Tap the box labelled "Set Relaxing Image"
3. If it is your first time using the app, select the "Accept" button when prompted
4. Find your own relaxing image
5. Focus on the image to help block external stimuli until anxiety has finished/lowered
6. Select the "Home" button to go back to the home screen

Note: The image will disappear each time the relaxing image section is exited

