

Mindful - Mental Wellness Companion App

Overview

Mindful is an app that is focused on the mental health of users, providing a straightforward and easy way to track their moods, take part in short meditations when stressed as well as journaling to track their thoughts.

Features

- Short Meditation Function
- Mood Tracking Function
- Journaling Function with ability to access, delete and edit old journal entries.
- Language Switching (English and Afrikaans)
- Biometric Finger Scan Function

Video Demo

App walkthrough here:

https://drive.google.com/file/d/1eliSfinyBIDJ9lF4dIJgUa_yxMI0C_7S/view?usp=sharing