* With the rise of the pandemic and as the variants become more and more frightening for the public, the percentage of individuals struggling with feelings of anxiety, depression, negativity, and a lack of self-esteem and control. Even prior to the pandemic these struggles were common. “  Anxiety disorders are the most common mental illness in the U.S., affecting 40 million adults in the United States age 18 and older, or 18.1% of the population every year.” (Adaa). Further research suggests that “Anxiety disorders develop from a complex set of risk factors, including genetics, brain chemistry, personality, and life events.” Given the pandemic and the feeling of a lack of control it is indubitable that the anxiety has peaked this time around. When it comes to anxiety, negativity is prone to rise. Studies show that “ How you talk to yourself about events, experiences, and people plays a large role in shaping how you interpret events. When you find yourself interpreting something in a negative way, or only focusing on the bad aspect of the situation, look for ways to reframe the events in a more positive light.” (Psychology.org). Given the rise of anxiety, depression, and overall negativity it was important to find a solution to how to increase positivity to overcome these feelings of lack of control. It is important to find a way to give individuals a sense of control and positivity to start of their day in order to reduce feelings of anxiety ,depression, overwhelm, and lack of control.
* For my Design Activities I have chosen to do:
  + Market Research
  + Competitive Analysis
  + Personas
  + POV/HMW statements
  + User flow/ User journey
  + Lo-Fi wireframes
  + Hi-fi wireframes
  + Usability Testing ( if enough time)
* I would love to try to do this in the format of how I’ve seen some bootcamp portfolios being done but I’m not sure if I’ll have enough time, so we’ll see where this goes :D

Progress:

![Text, letter

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![Graphical user interface, application

Description automatically generated]()![Table

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Graphical user interface, text, application, Word

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Description automatically generatedGraphical user interface

Description automatically generatedGraphical user interface, application

Description automatically generatedGraphical user interface, text, application

Description automatically generatedA picture containing text, vector graphics, businesscard

Description automatically generatedA screenshot of a phone

Description automatically generated with medium confidenceA screenshot of a phone

Description automatically generated with low confidenceA picture containing diagram

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Description automatically generatedGraphical user interface, application

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Description automatically generatedGraphical user interface, text, application

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APA:

*Facts & Statistics: Anxiety and Depression Association of America, ADAA*. Facts & Statistics | Anxiety and Depression Association of America, ADAA. (n.d.). Retrieved December 6, 2021, from https://adaa.org/understanding-anxiety/facts-statistics.

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*cus on the negative*. Verywell Mind. Retrieved November 15, 2021, from https://www.verywellmind.com/negative-bias-4589618.