

# Personas

## Jack



### *Profile*

Jack, a 35-year-old software engineer who has a history of depression and anxiety. He often finds himself feeling overwhelmed at work and is struggling to balance his job and personal life. He wants to find a way to manage his symptoms so that he can be more productive and happier.

Name: Jack

Age: 35

Location: Chicago, MI

Job: Software Engineer

Salary: 92 000 – 110 000\$/annually.

Family: Single

### *Interests*

- Riding Bike
- Goes Kayaking
- Attending live concerts

### *Frustration*

- Managing depression
- Wants to change job, but unable

### *Goals*

- Moving to south
- Finding friends
- Buying a bigger house