

MindSync

Reflect, Reflection, Grow

(This project focuses on UI/UX design, not application development)

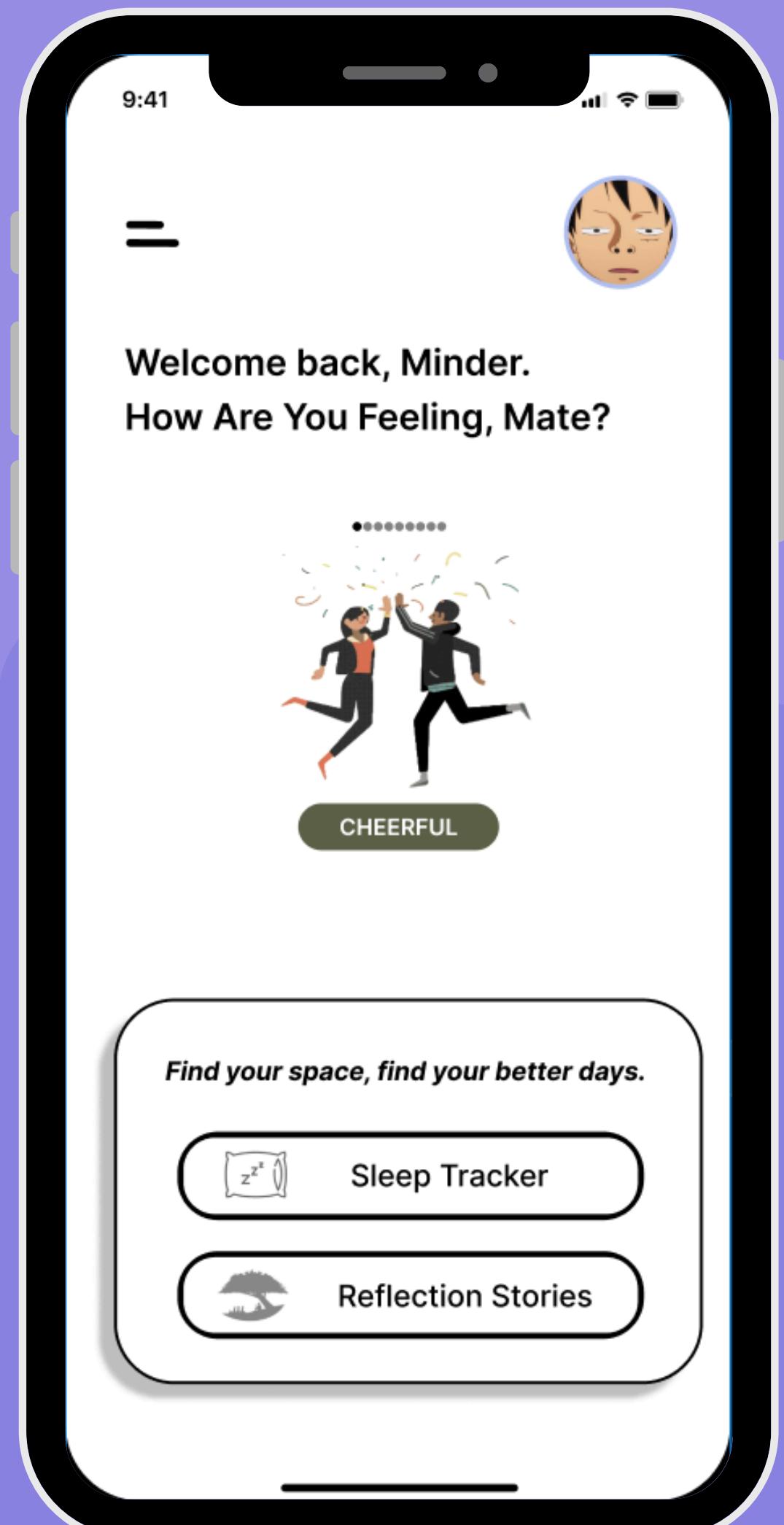


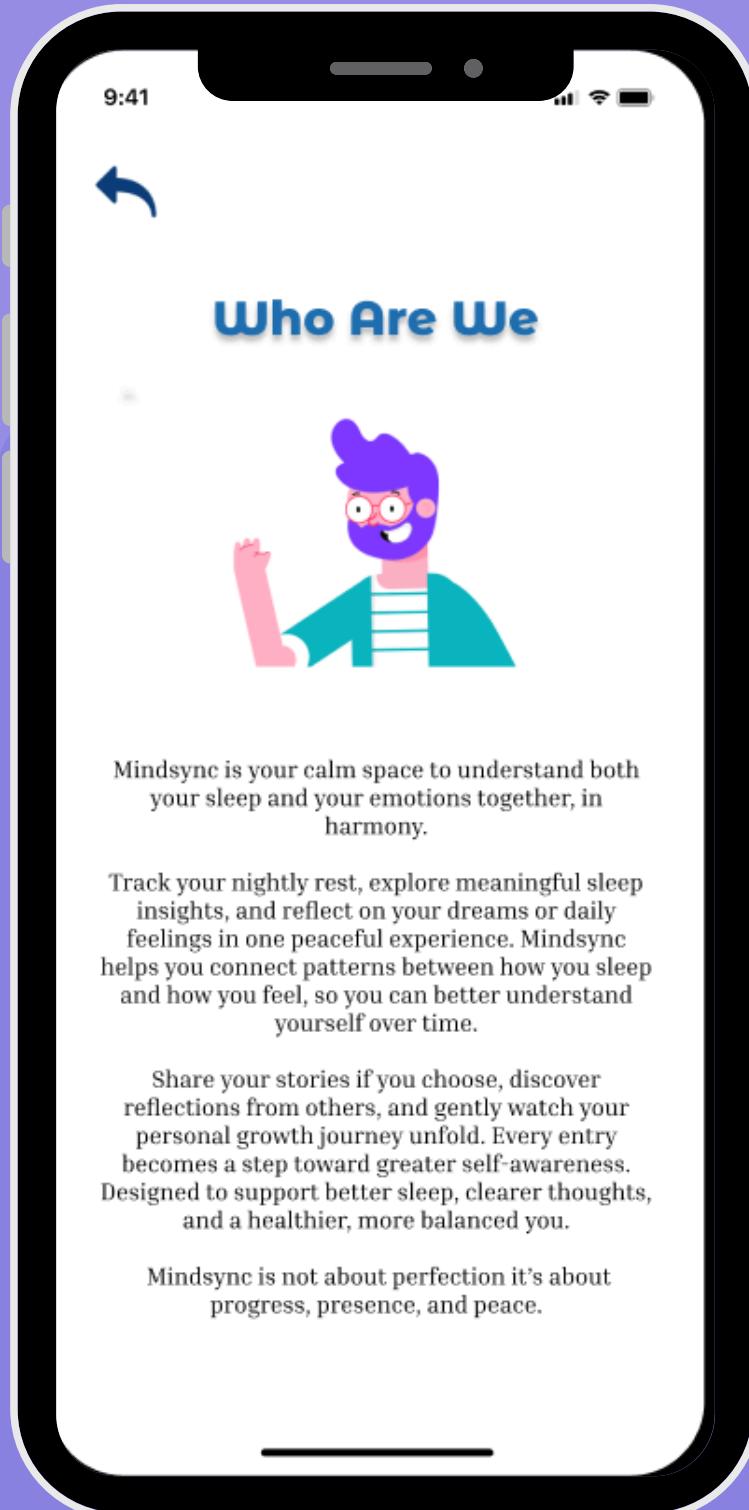
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(Sleep Wellness UI)
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(Reflection UI)
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Introduction

Why We Designed MindSync

- Young adults struggle with stress, burnout, and sleep issues.
- Mental health apps often focus on either sleep OR emotions, not both.
- There is a lack of calm, empathetic interfaces for adulting struggles.
- MindSync is a UI/UX solution that visually connects rest and reflection.



Problem Statement

User Problems We Identified

No structured, judgment-free space for reflection.

Poor sleep impacts emotional well-being

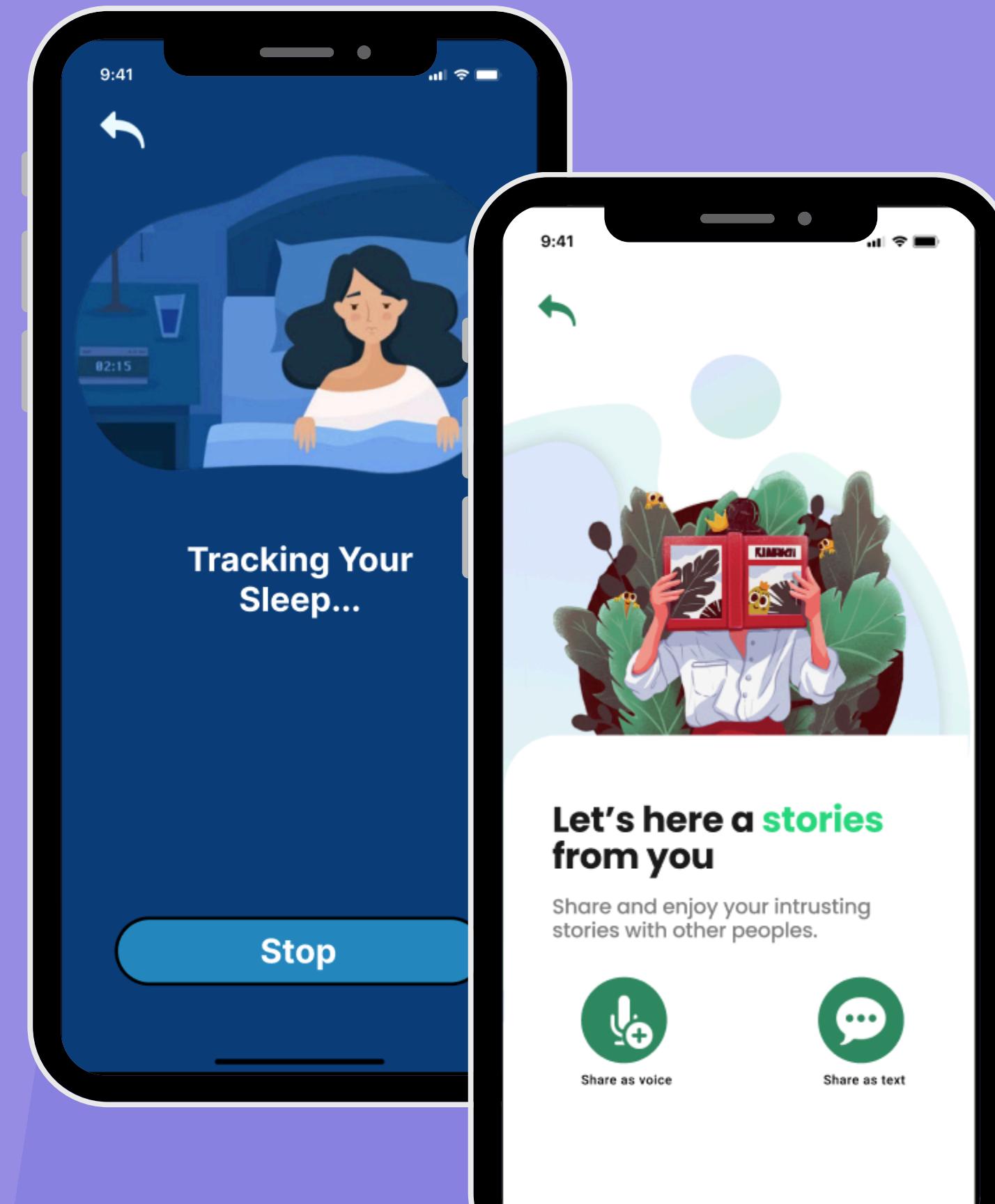
overwhelmed managing adult responsibilities.

Existing apps feel robotic or overwhelming



Design Goal & Objectives

- Design a calm and supportive interface for adult users.
- Visually integrate sleep wellness and emotional reflection.
- Reduce anxiety using soft colors, minimal layouts, and friendly icons.
- Create a safe digital space for storytelling and self-growth.



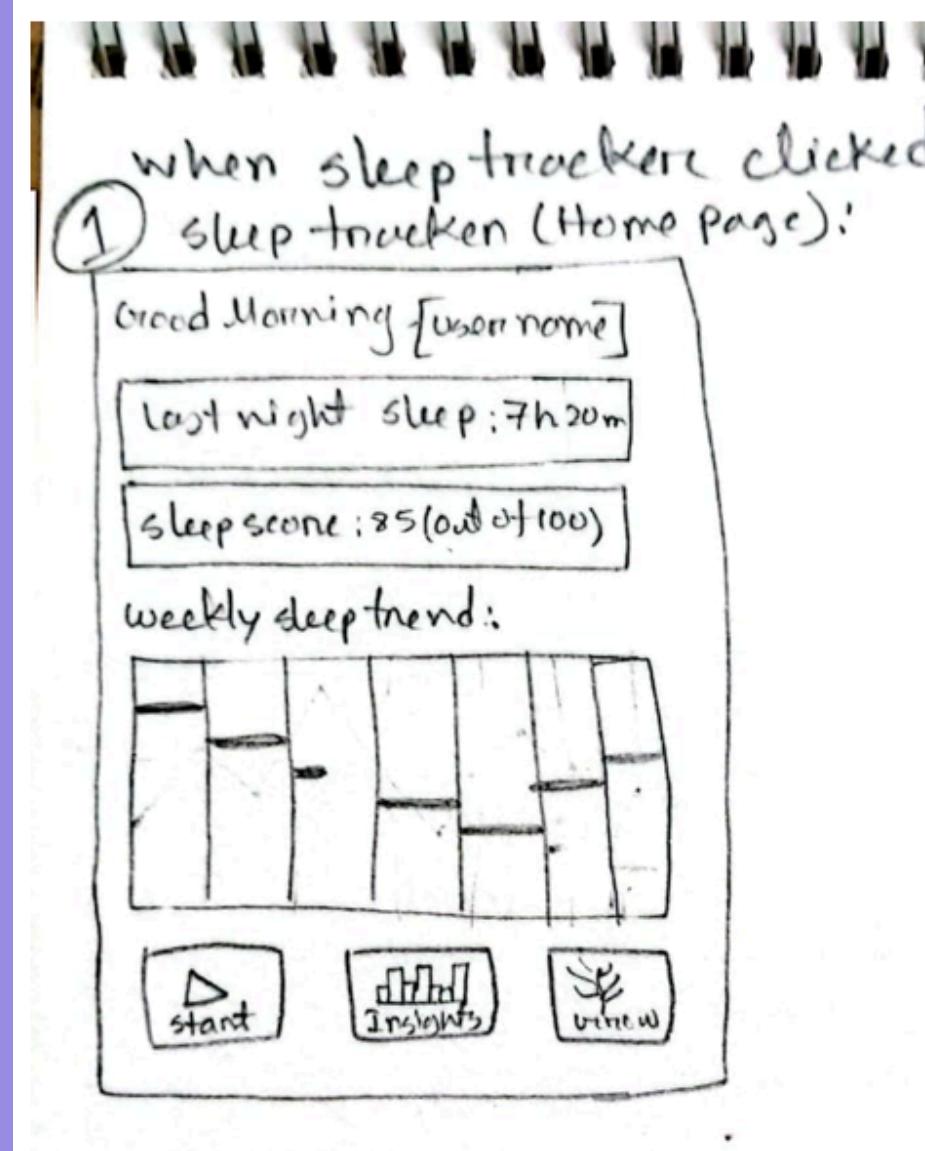
Project Scope

- ✓ UI/UX design only
- ✓ High-fidelity prototype using Figma
- ✓ User flow, wireframes, and visual design
- ✗ No backend or mobile app development
- ✗ No real data or sensors

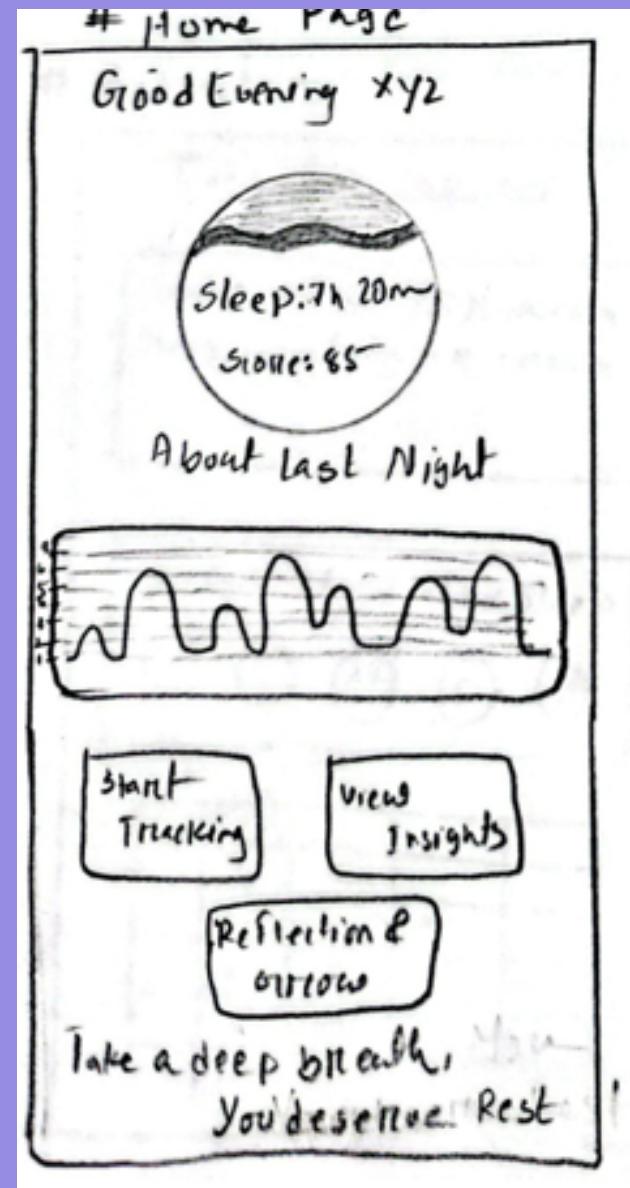


Design Process

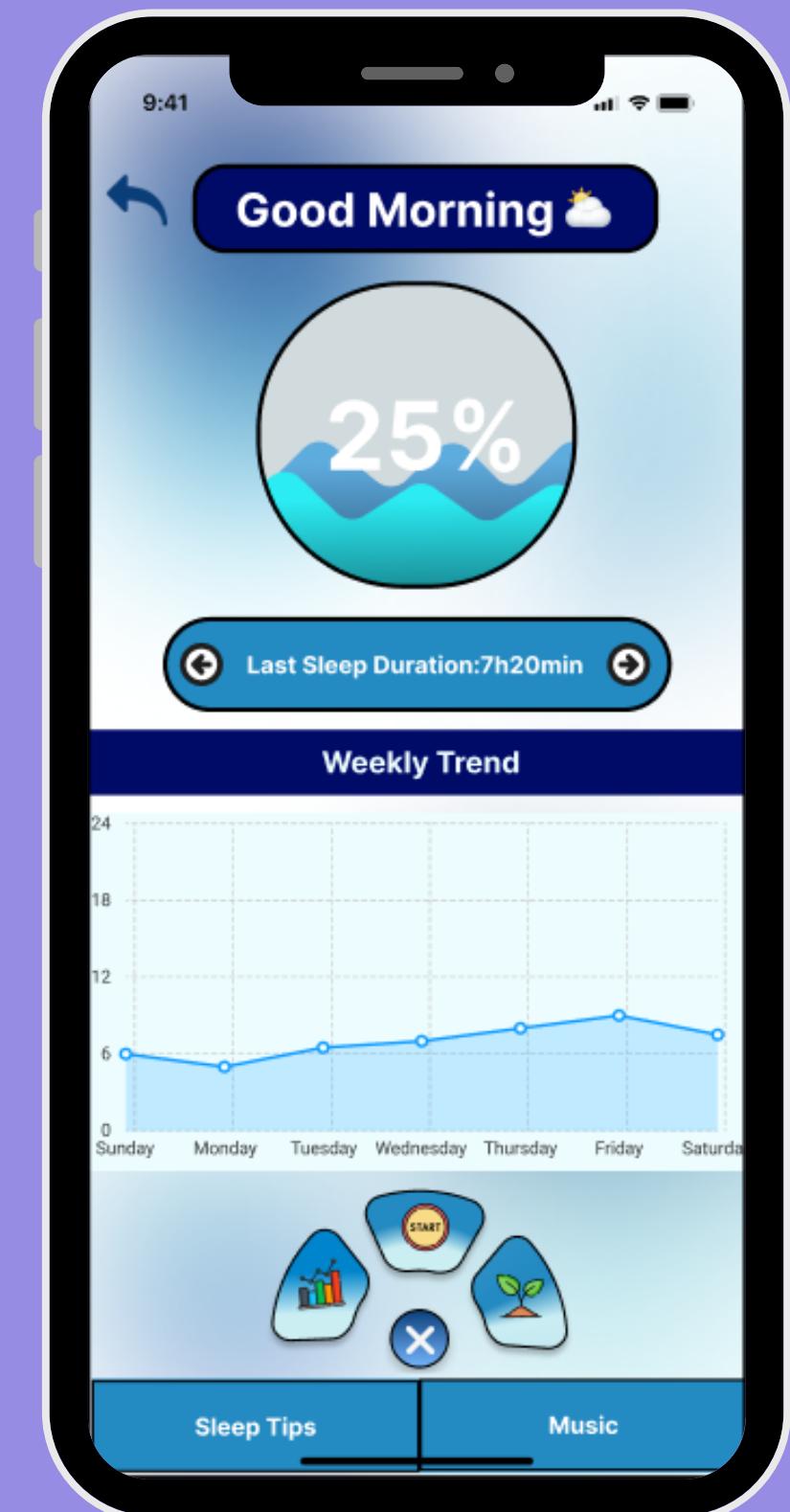
From low-fidelity to high-fidelity



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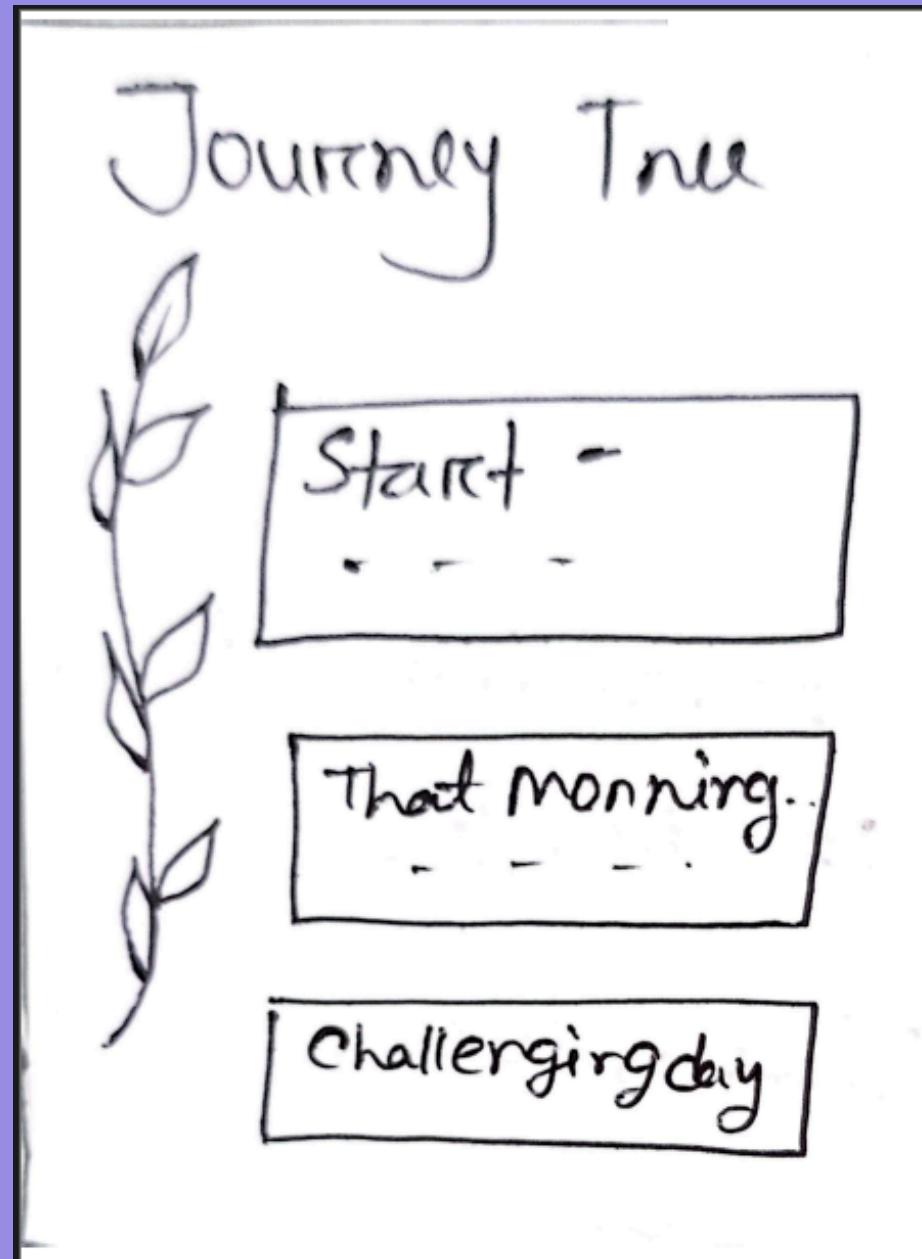


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Design Process

From low-fidelity to high-fidelity



Feature Design – DreamSync



Feature Design – Memory Lane

The image displays five smartphone screens illustrating the Memory Lane feature design, arranged horizontally against a purple background.

- Screen 1: Your Reflection space**

9:41

Your Reflection space

Share Story

View my Journey

Explore and reflect

This screen shows a circular icon with a brain and leaves, and three green buttons at the bottom.
- Screen 2: Let's here a stories from you**

9:41

Let's here a stories from you

Share and enjoy your intrusting stories with other peoples.

Share as voice

Share as text

This screen features a central illustration of a person reading a book surrounded by leaves, with two green buttons at the bottom.
- Screen 3: Journey Tree**

9:41

Journey Tree

THE STEPS YOU TAKE, GROW INTO NEW LEAVES IN YOUR STORY

Mental Health 12 Nov 2025

Finding Peace on a Crowded Day

Today felt overwhelming, but a simple

Relationship 02 Oct 2025

The Message That Made My Morning

I woke up to a long message from a close friend

This screen shows a large tree graphic with two story cards integrated into its branches.
- Screen 4: Create a Story**

9:41

Date: 22.05.2025

The message that made my morning

Public Anonymous

00:00:06

Cancel Save

Categories

This screen is a creation interface with a microphone icon, a timer, and a dropdown menu for categories.
- Screen 5: Story Archive**

9:41

Search

Anna Arex Date: 22.05.2025 Category: Relationship

"The message that made my morning"

I woke up to a long message from a close friend I haven't spoken to in...

Anonymous Date: 22.07.2025 Category: Personal Growth

"The Importance of Mindful Rest"

For most of my life, I prided myself on being a "workaholic." I thought that the more

Edward Date: 22.09.2025 Category: Career

"Overcoming the Fear of Change"

Anonymous Date: 22.11.2025 Category: Achievement

"Finding peace on crowded day "

This screen displays a list of saved stories with their details, dates, and categories.

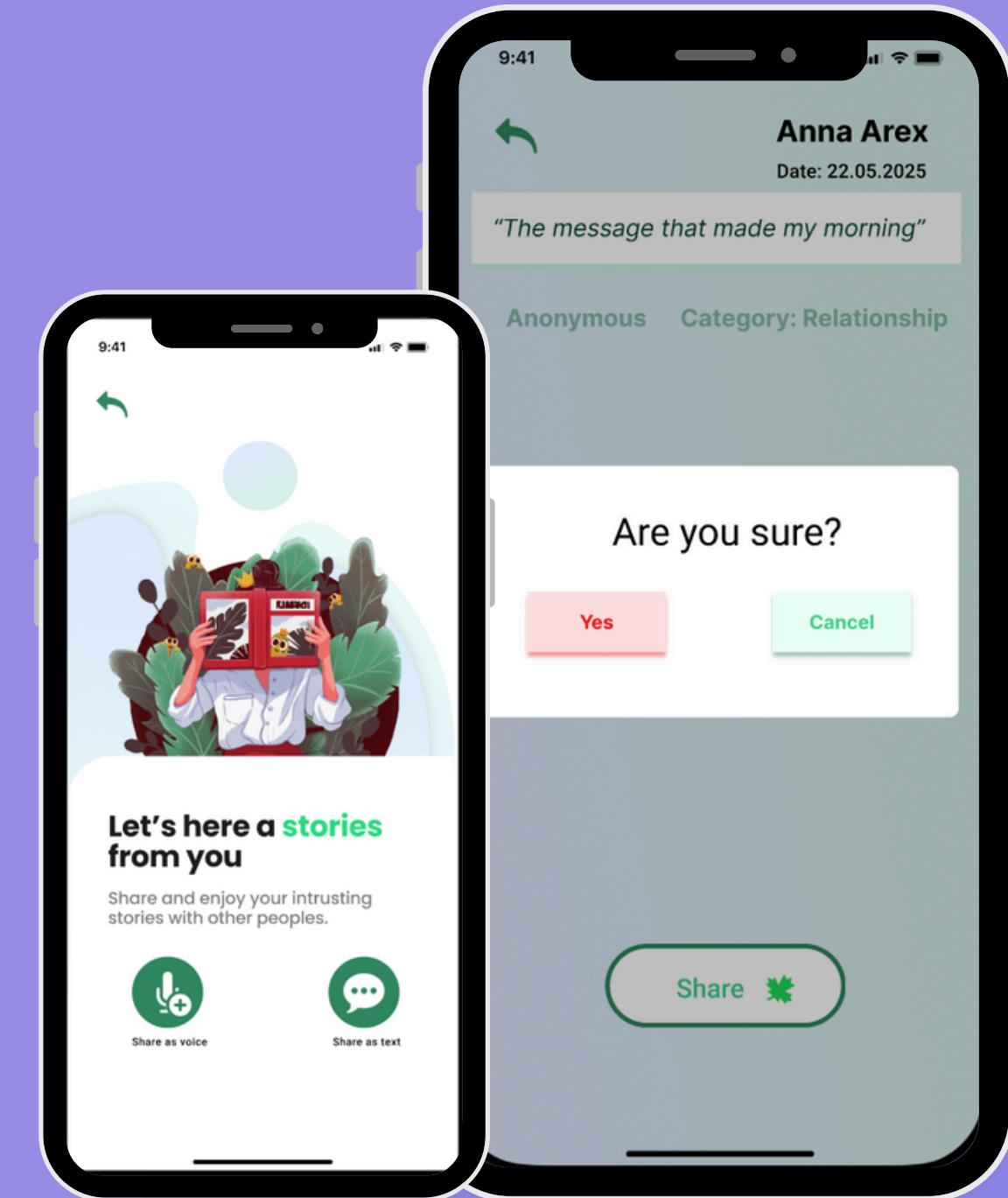
Implementation Efforts



- user flow & data visualization components,
- consistent typography, colors & components,
- cards, modals, popups, and micro-interaction ideas
- Reusable components & design consistency
- UX focused on emotional well-being

HCI Principles Applied

- Affordances
- Multiple Interaction Styles
- Consistency
- Metaphors
- Visibility & Exposing State
- Safety
- preventing Errors
- Efficiency



Challenges Faced

- Low-fidelity designs needed repeated changes.
 - Layouts and components were redesigned multiple times.
 - Consistency was difficult with multiple designers.
 - Animations were hard to keep simple and smooth.
 - Limited time reduced testing opportunities.





Lessons Learned

- UI/UX design is an iterative process.
- Strong wireframes reduce later rework.
- Consistency is crucial in team projects.
- Clear communication improves collaboration.
- Adaptability helps meet tight deadlines.



Future Work

- App development using Flutter/Android
- Real sleep sensors integration
- AI-based emotion analysis
- User testing & iteration

Conclusion



- MindSync is a UI/UX design solution for adulting wellness.
- Focuses on empathy, calmness, and reflection.
- Demonstrates strong application of HCI principles.
- Ready for future development.