

MindSync

Reflect, Reflection, Grow

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

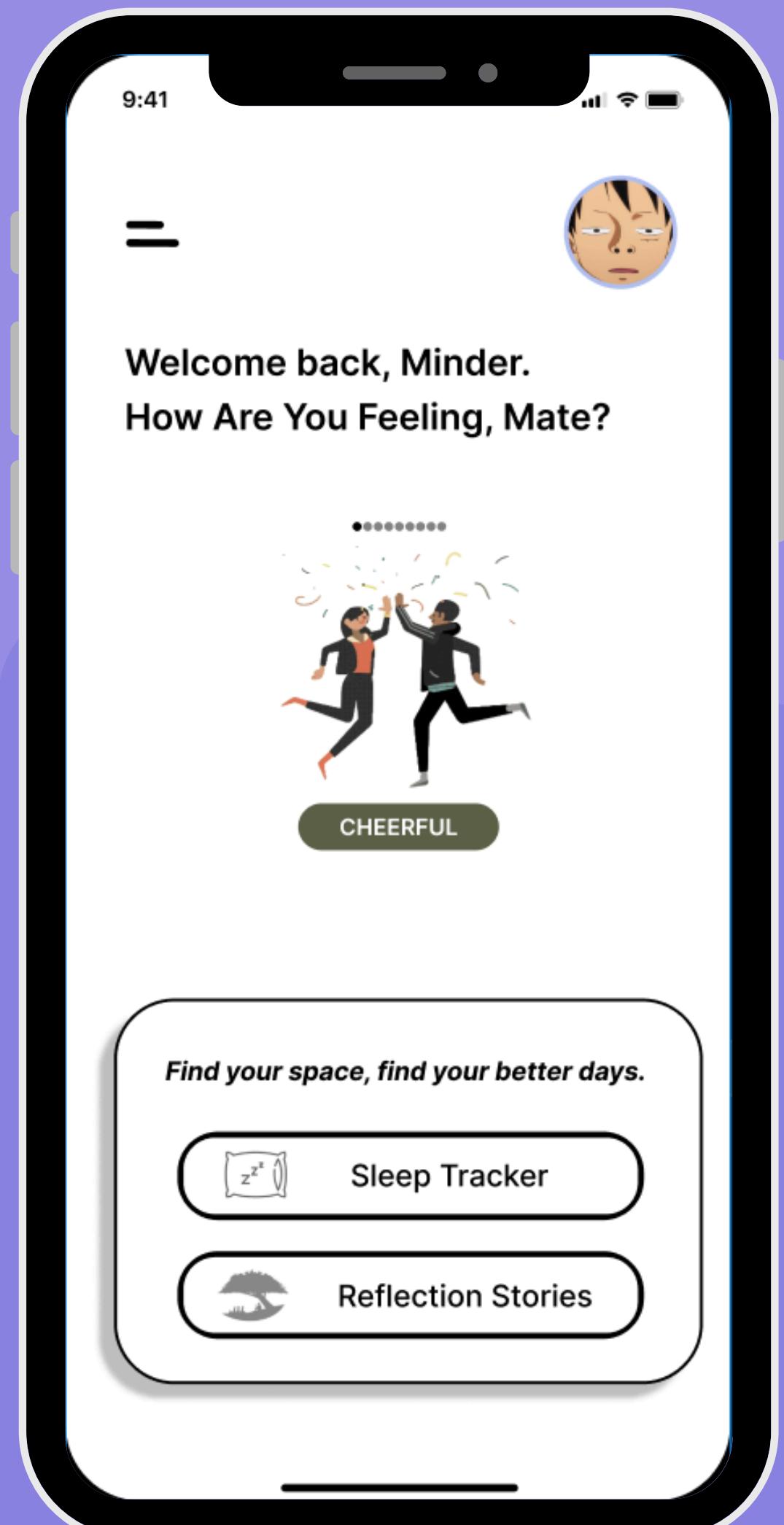


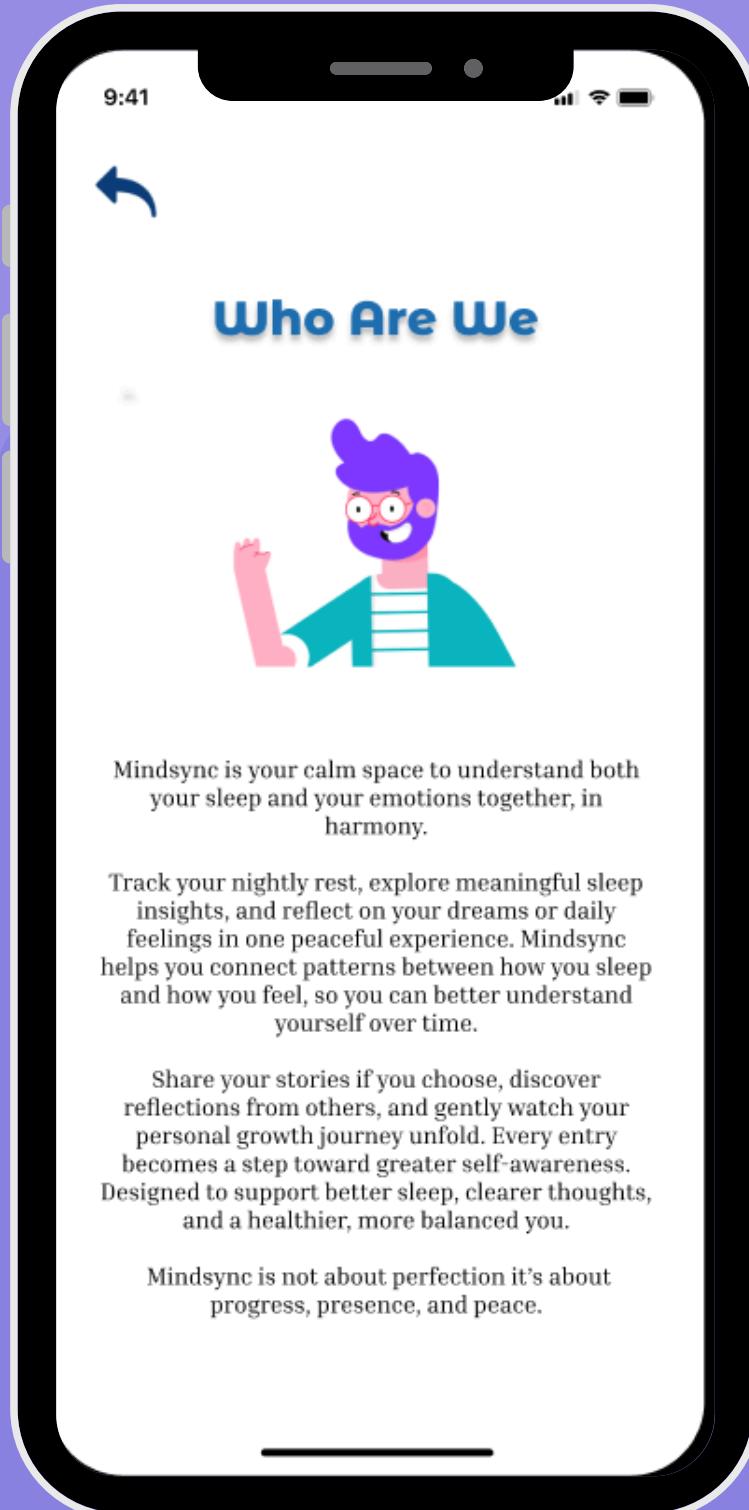
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Introduction

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

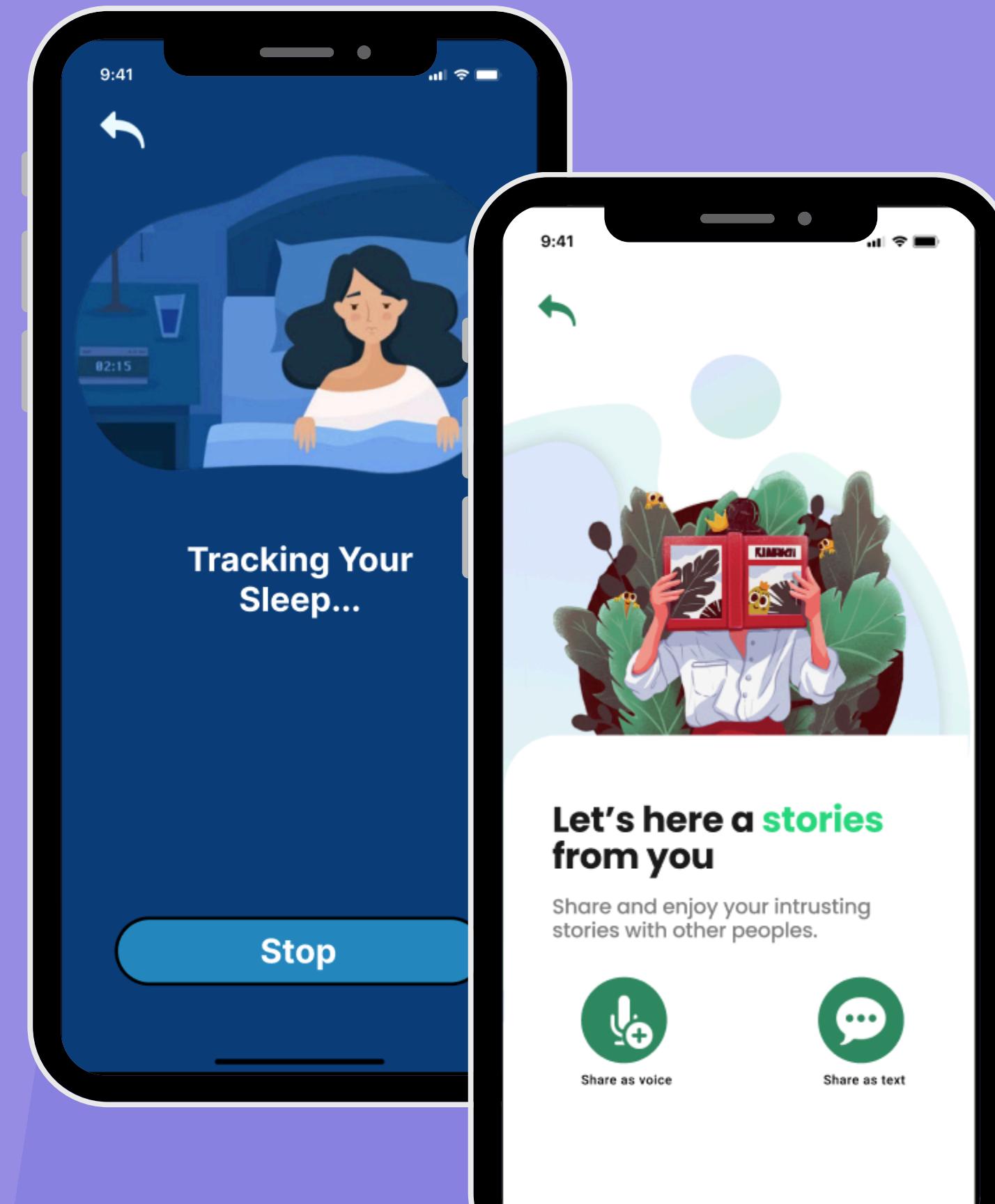
overwhelmed managing adult responsibilities.

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.



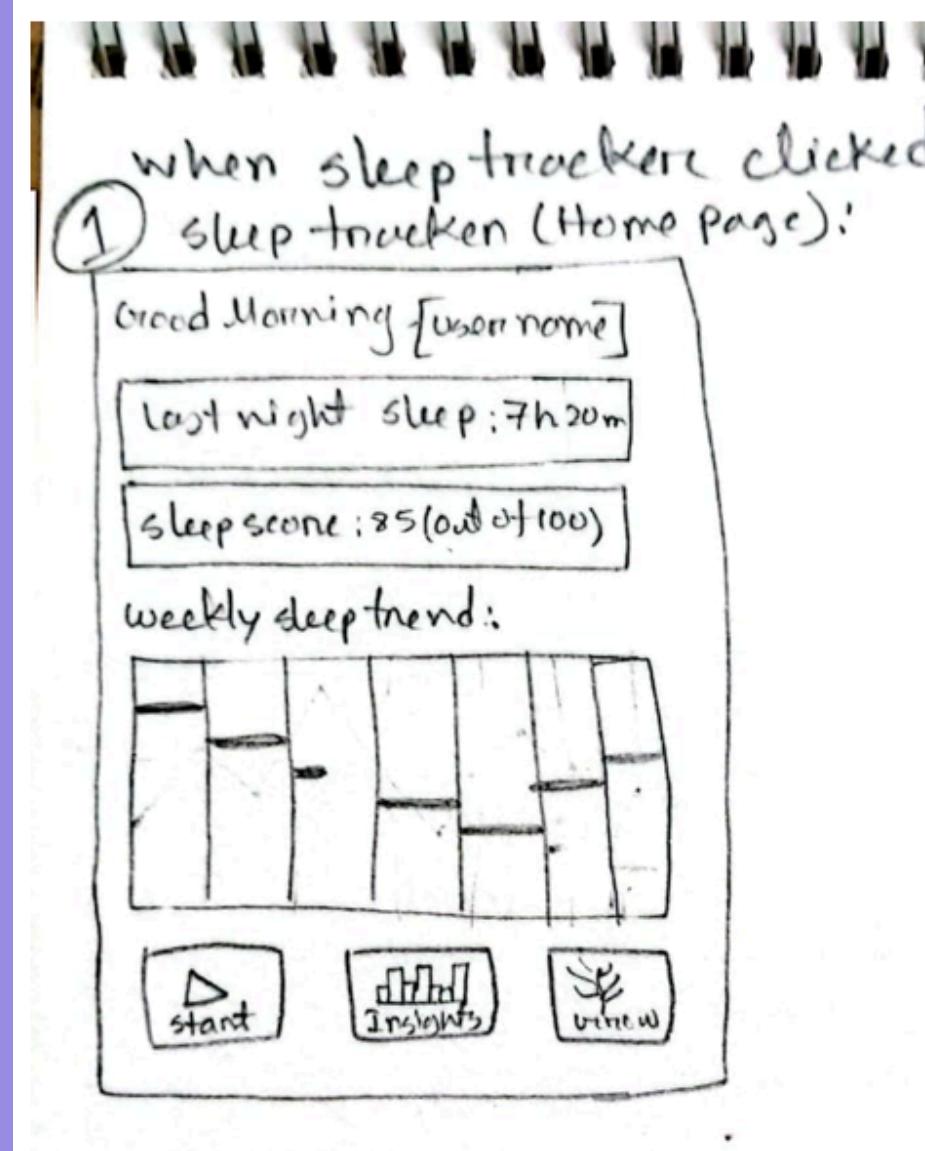
Project Scope

- ✓ 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

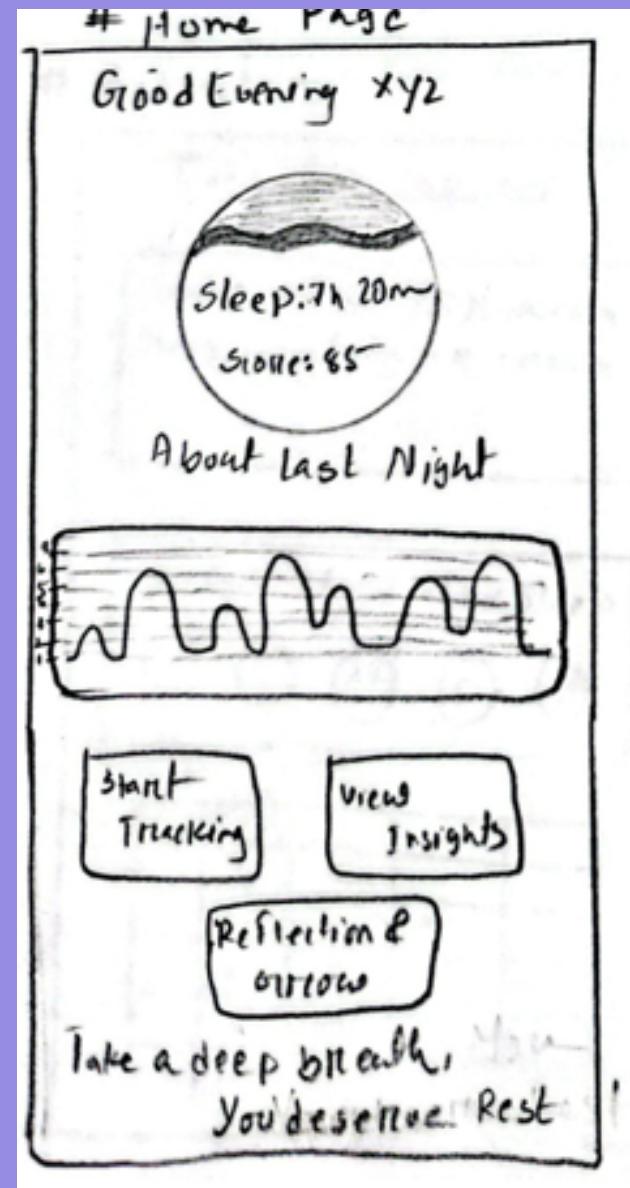


Design Process

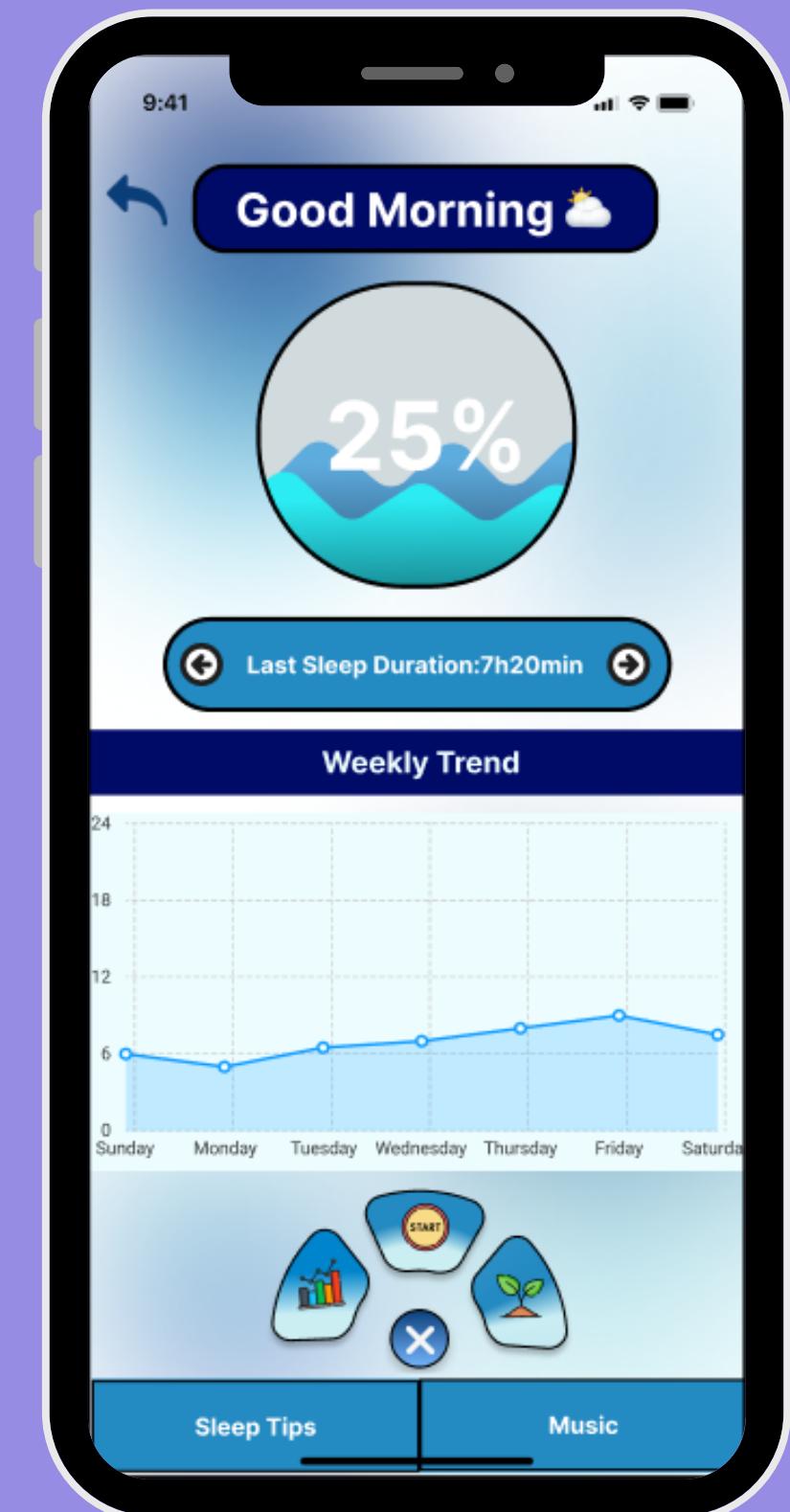
From low-fidelity to high-fidelity



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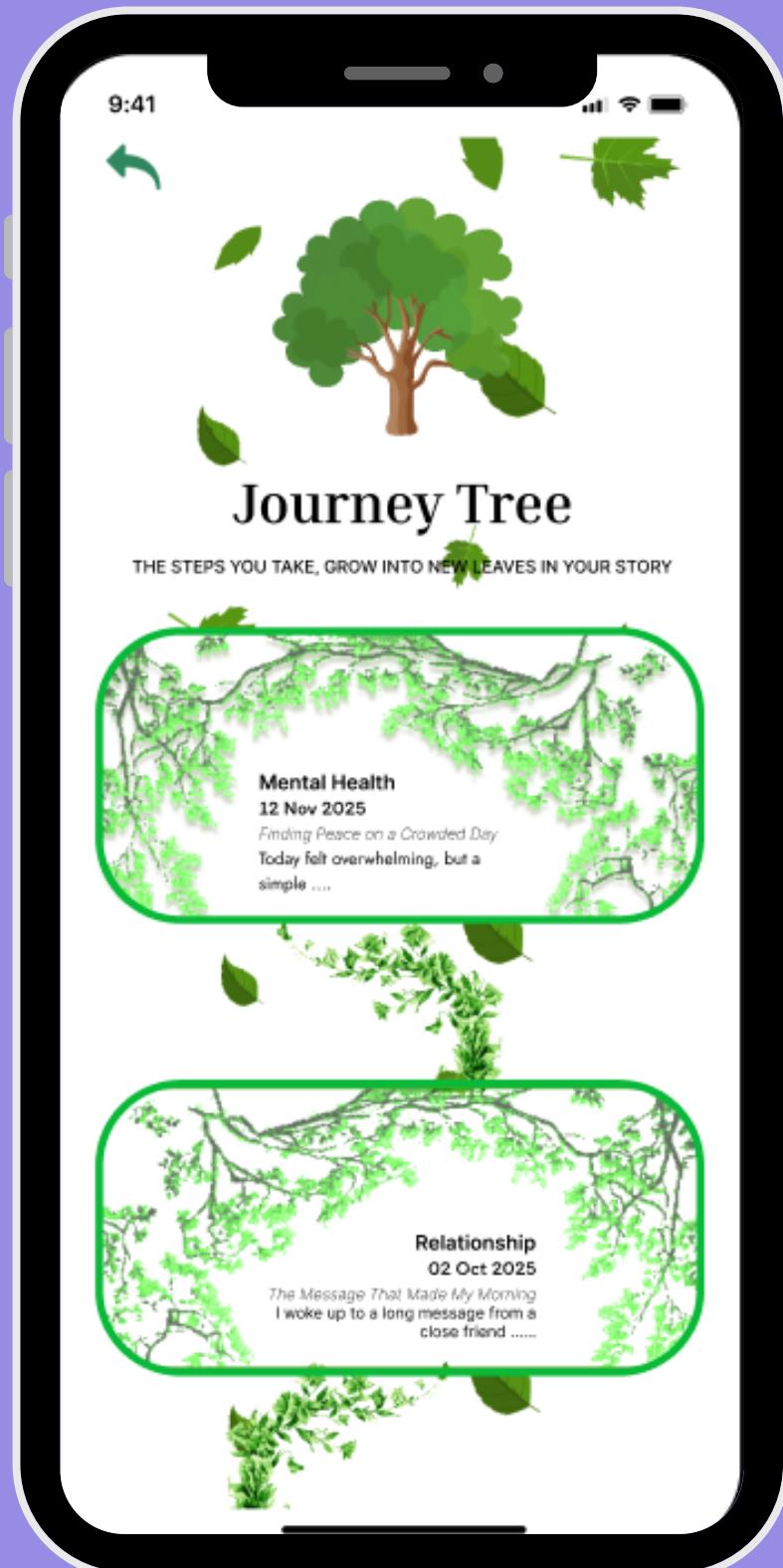
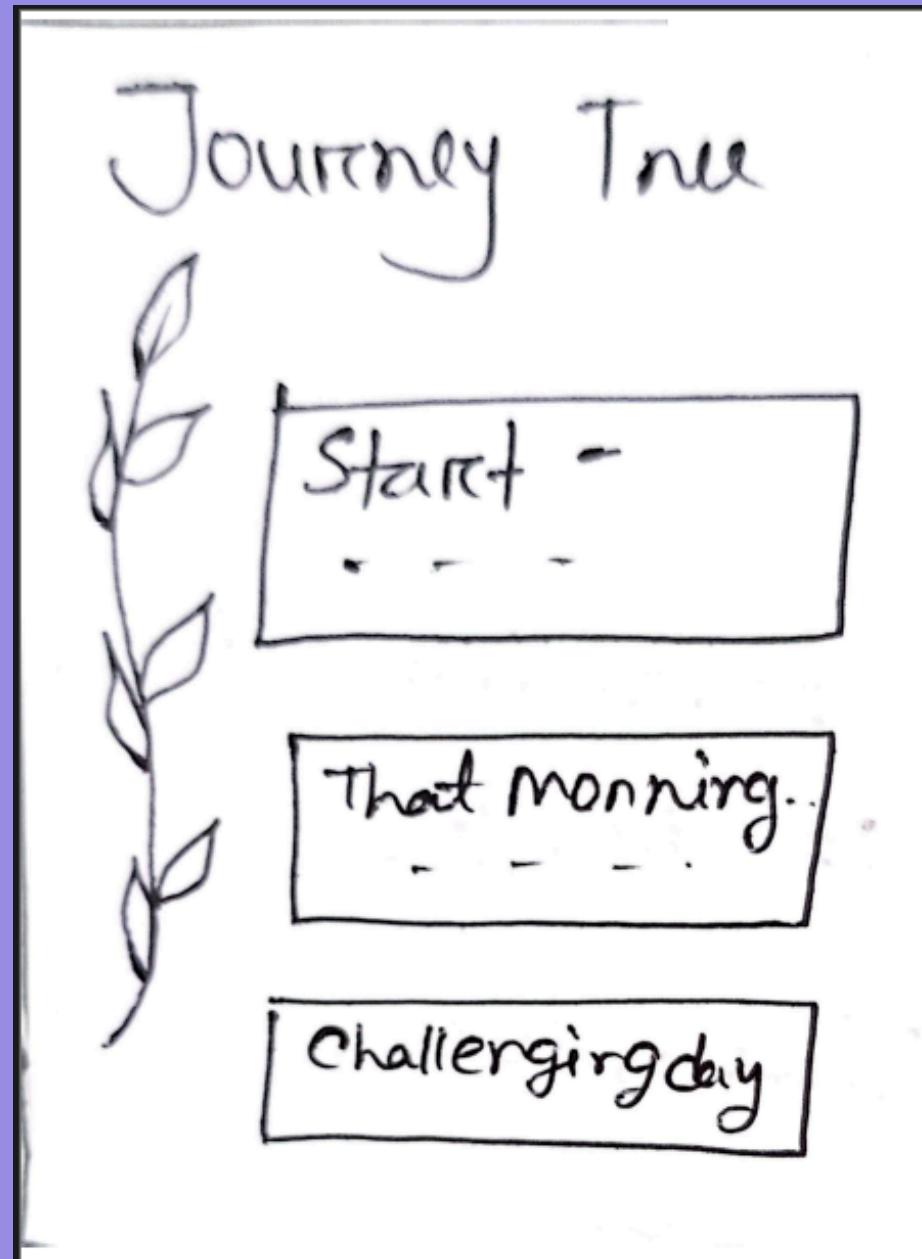


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Design Process

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**

A circular icon featuring a stylized brain with a lightbulb inside, surrounded by leaves and an open book. Below the icon are three green buttons: "Share Story" (pencil icon), "View my Journey" (leaf icon), and "Explore and reflect" (person icon).
- Screen 2: Let's here a stories from you**

An illustration of a person sitting in a lush, green environment, holding a red book titled "JOURNEY". Below the illustration are two green buttons: "Share as voice" (microphone icon) and "Share as text" (speech bubble icon). A text overlay reads: "Share and enjoy your intrusting stories with other peoples."
- Screen 3: Journey Tree**

A central tree with several green leafy branches. Below the tree are two examples of story cards:
 - 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
- Screen 4: Create a Story**

A form for creating a new story. It includes a title field ("The message that made my morning"), two radio button options ("Public" and "Anonymous"), a recording interface with a microphone icon and a timer (00:00:06), and a "Save" button. There is also a "Categories" dropdown menu.
- Screen 5: Story Feed**

A list of stories from various users:
 - 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 "
...Each story card includes a play button icon and a progress bar.

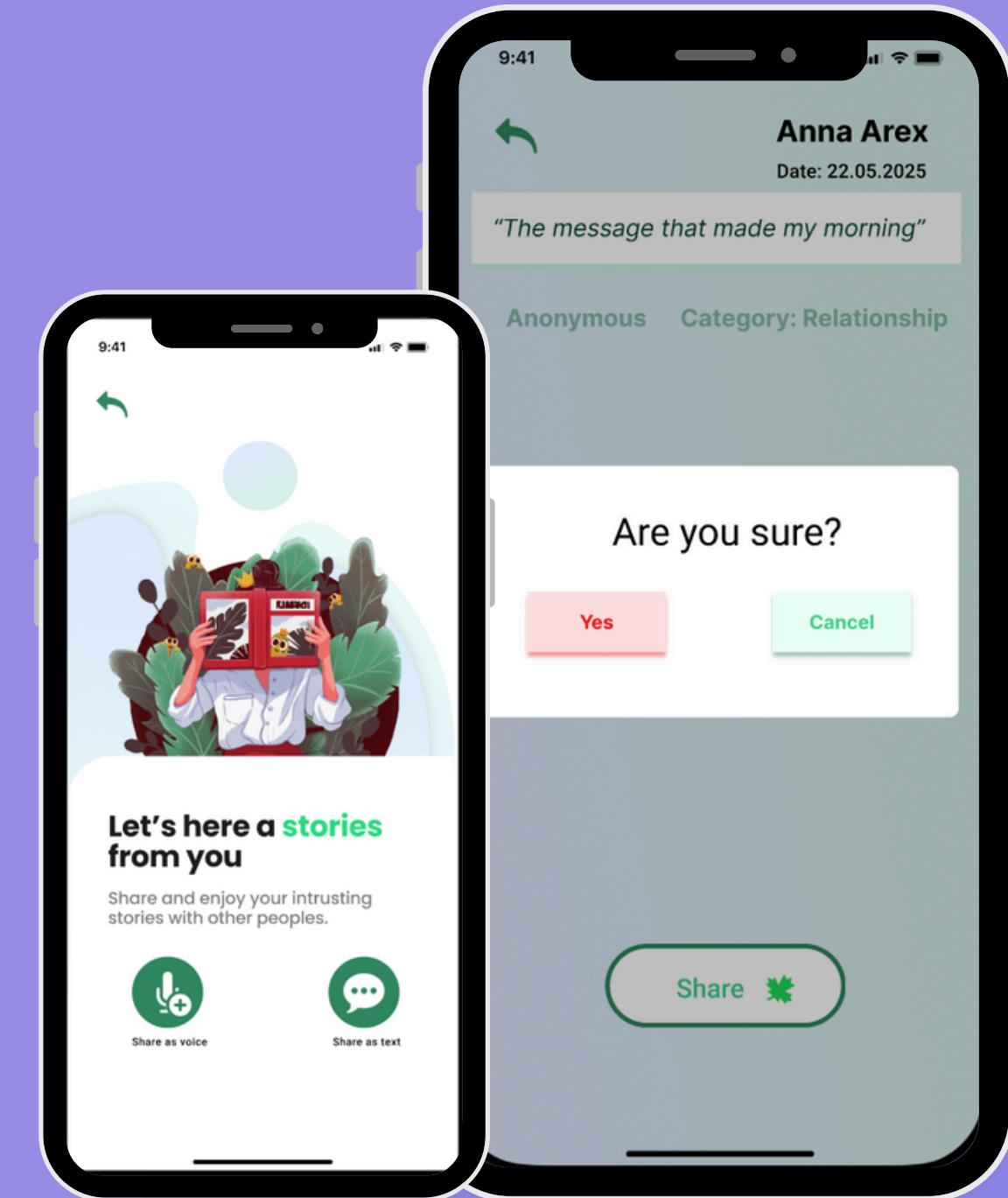
Implementation Efforts



- 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

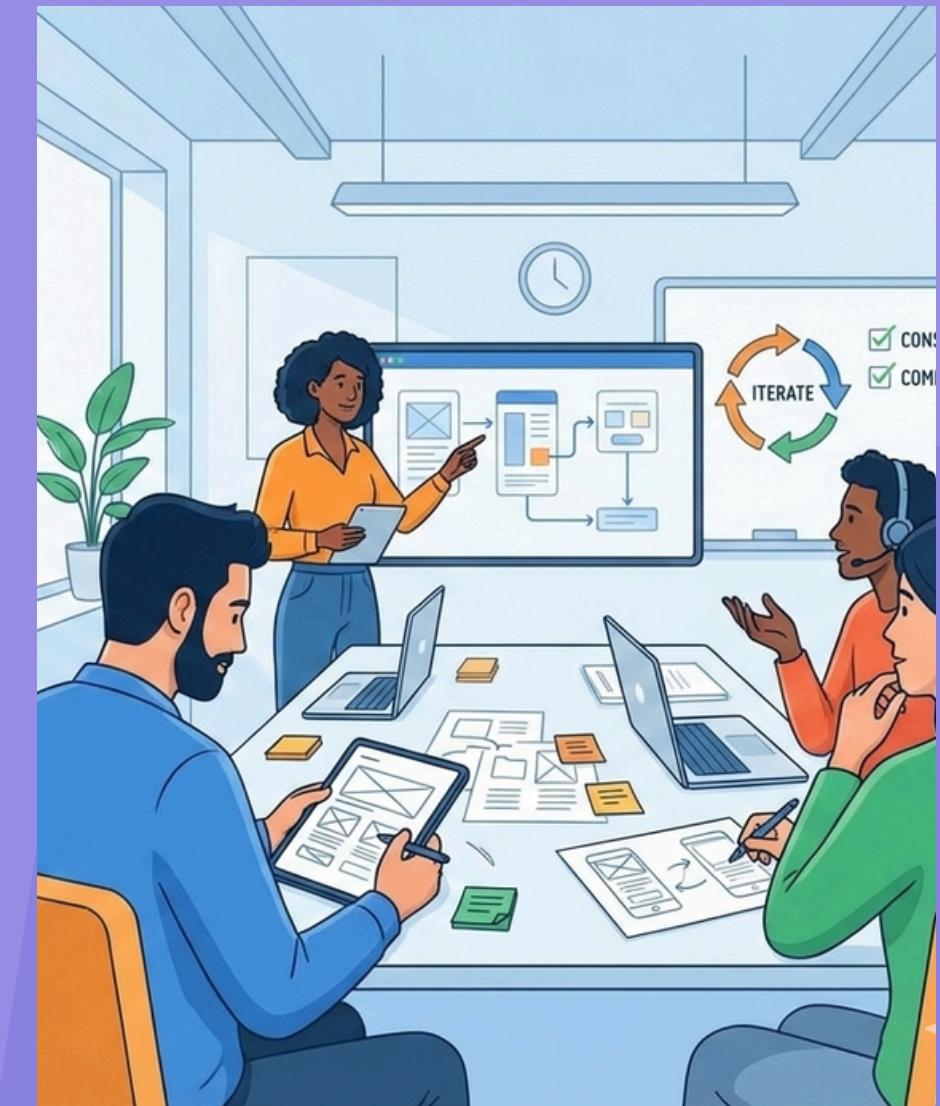
- Low-fidelity designs needed repeated changes.
- Layouts and components were redesigned multiple times.
- Consistency was difficult with multiple designers.
- Animations were hard to keep simple and smooth.
- Limited time reduced testing opportunities.





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.