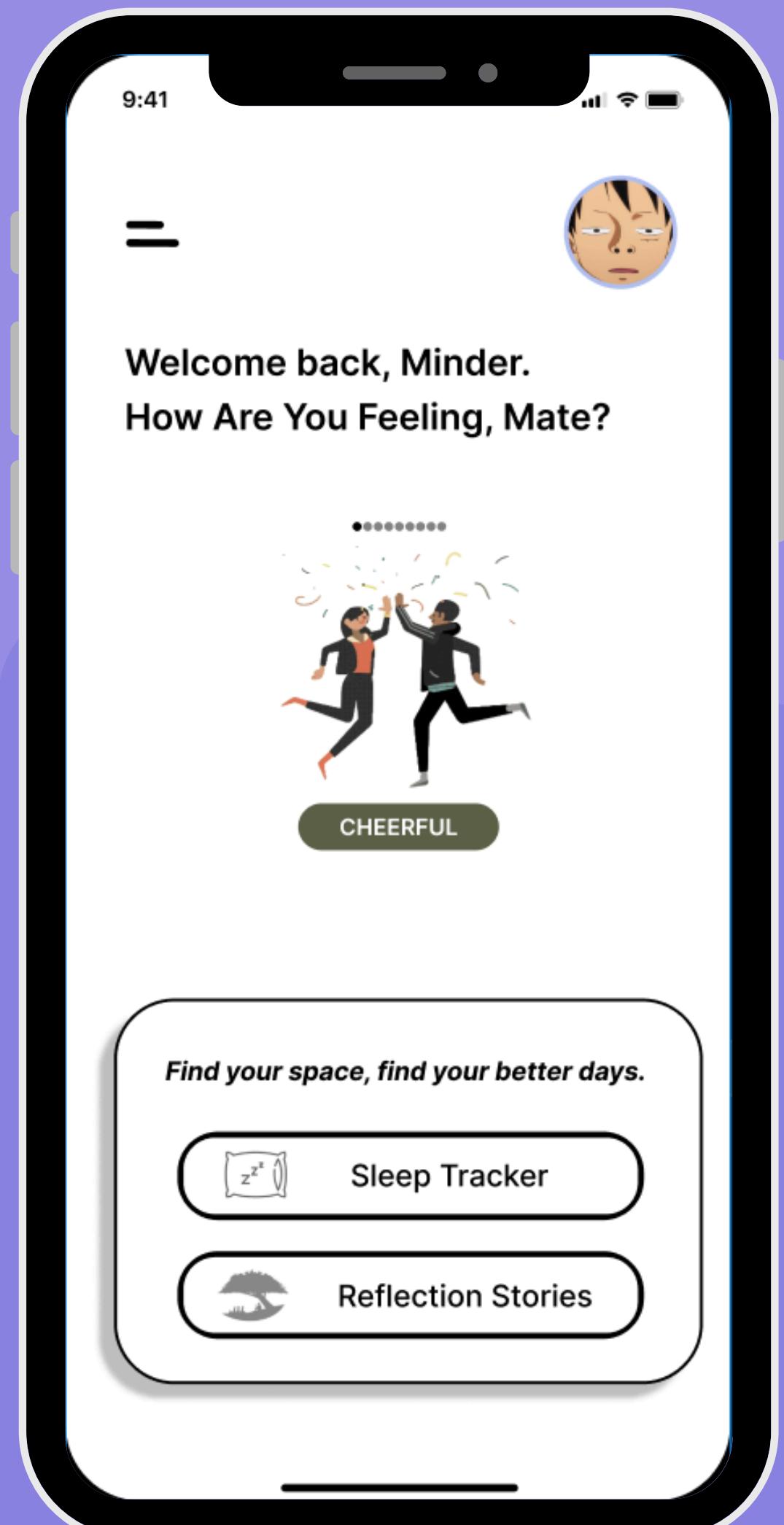


# MindSync

## Reflect, Reflection, Grow

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



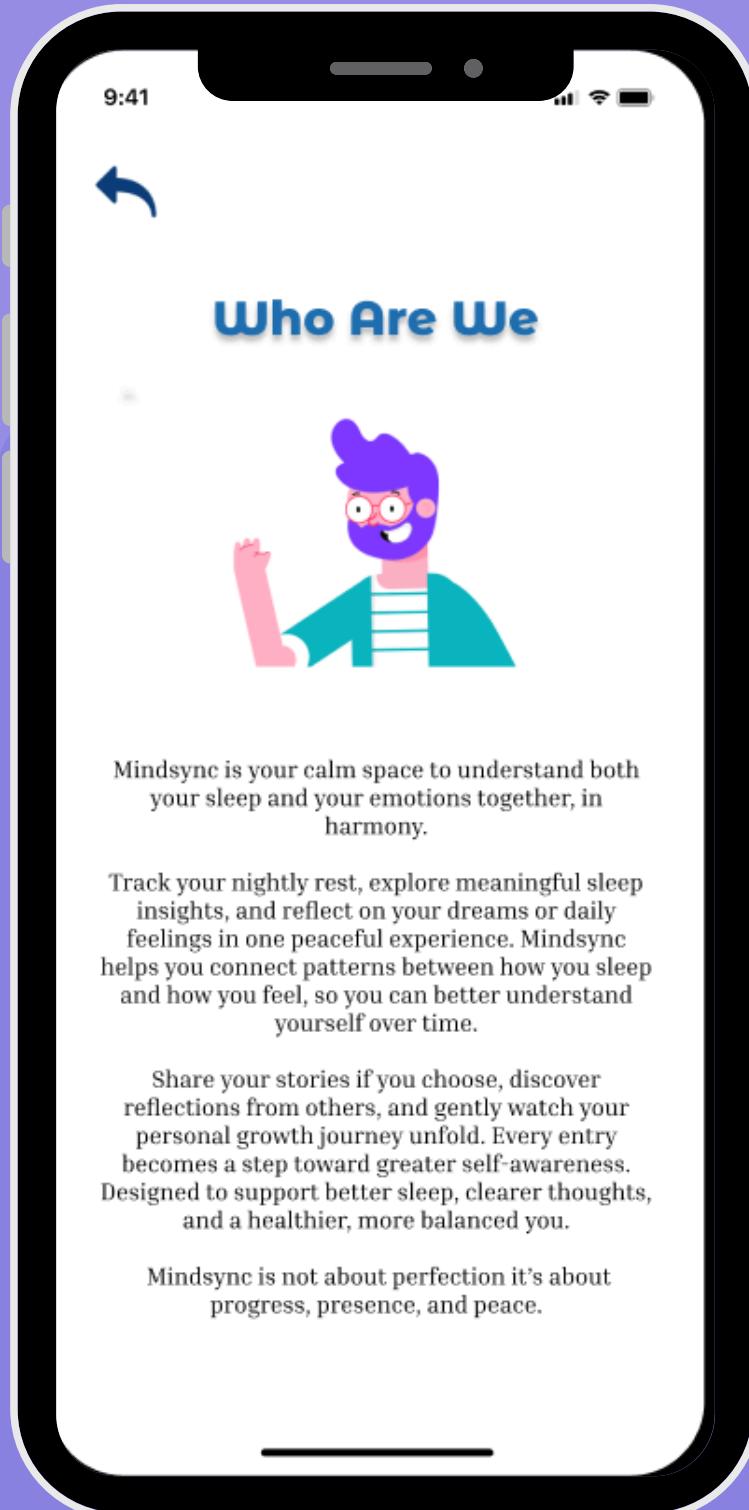
# Table of contents

- Introduction – Design Motivation
- Problem Statement (User-Centered)
- Design Goals & Objectives
- Project Scope (UI/UX Design Only)
- UI/UX Design Process
- Feature Design: DreamSync  
(Sleep Wellness UI)
- Feature Design: Memory Lane  
(Reflection UI)
- User Flow & Feature Integration
- HCI Principles Applied
- Figma Prototype Overview
- Limitations & Future Scope
- Conclusion

# 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

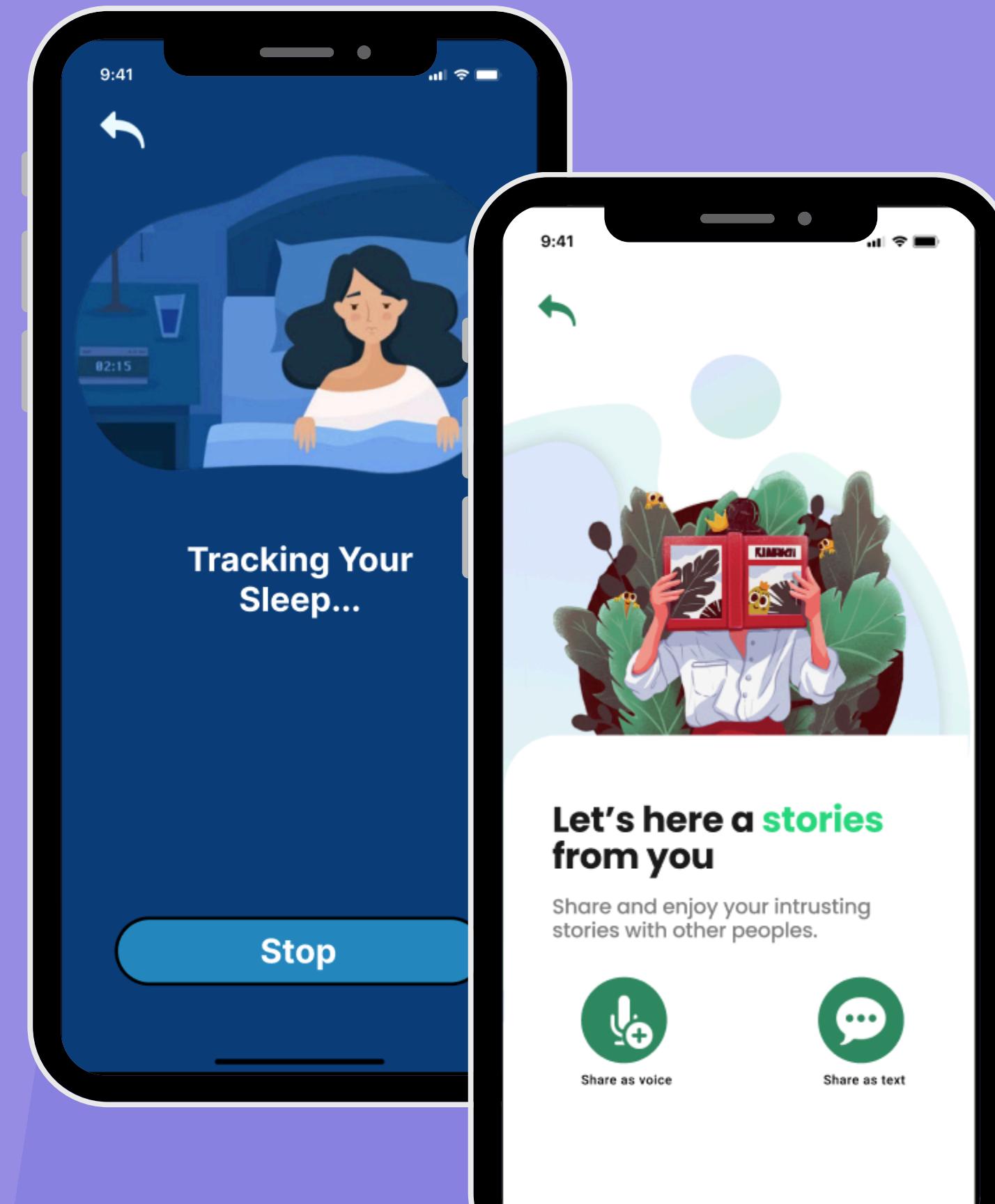
overwhelmed managing adult responsibilities.

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.



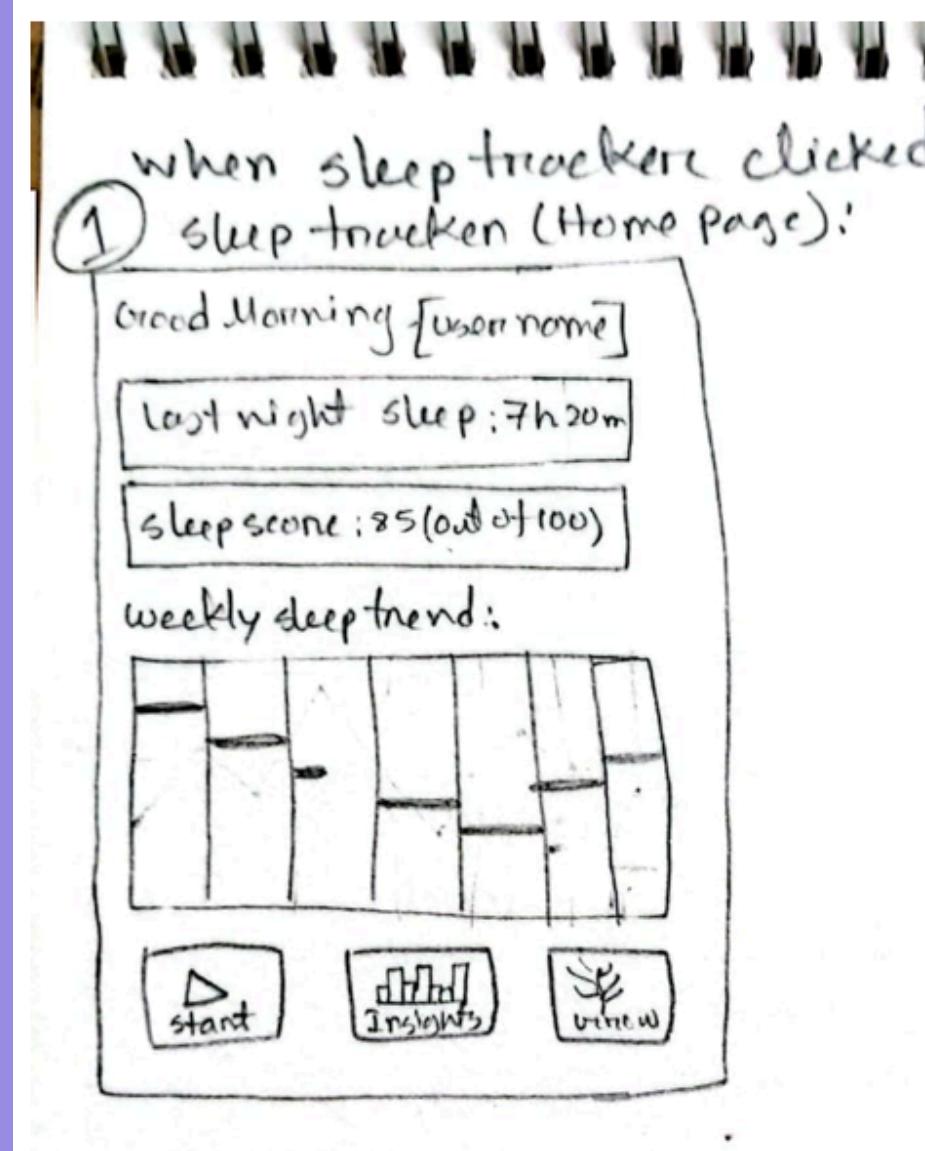
# Project Scope

- ✓ 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

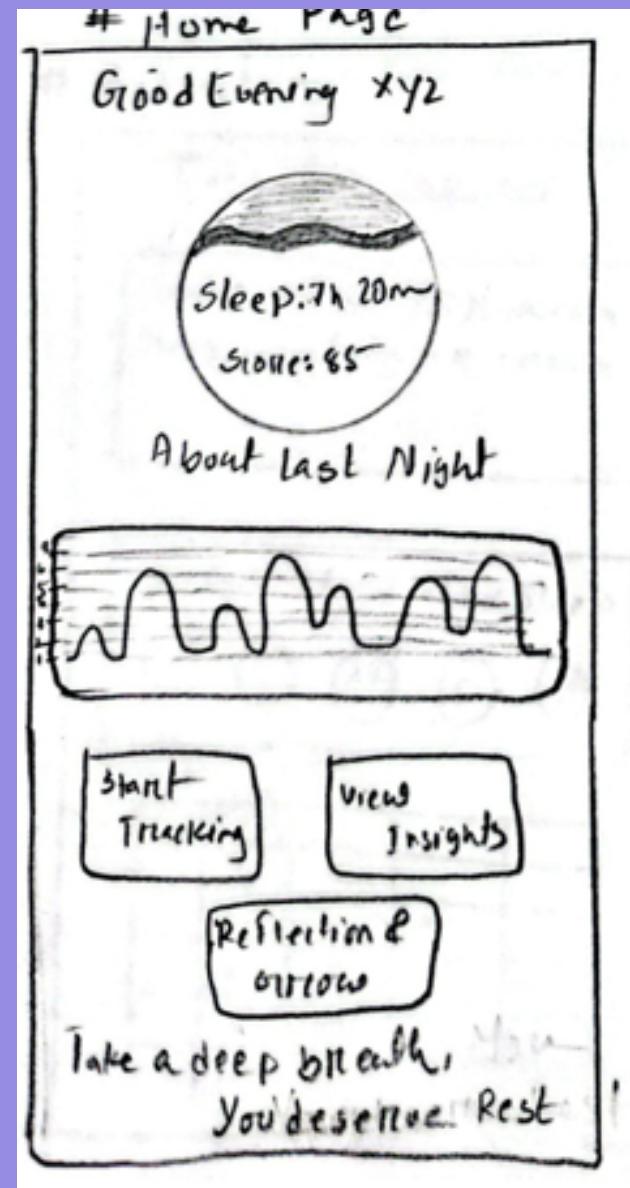


# Design Process

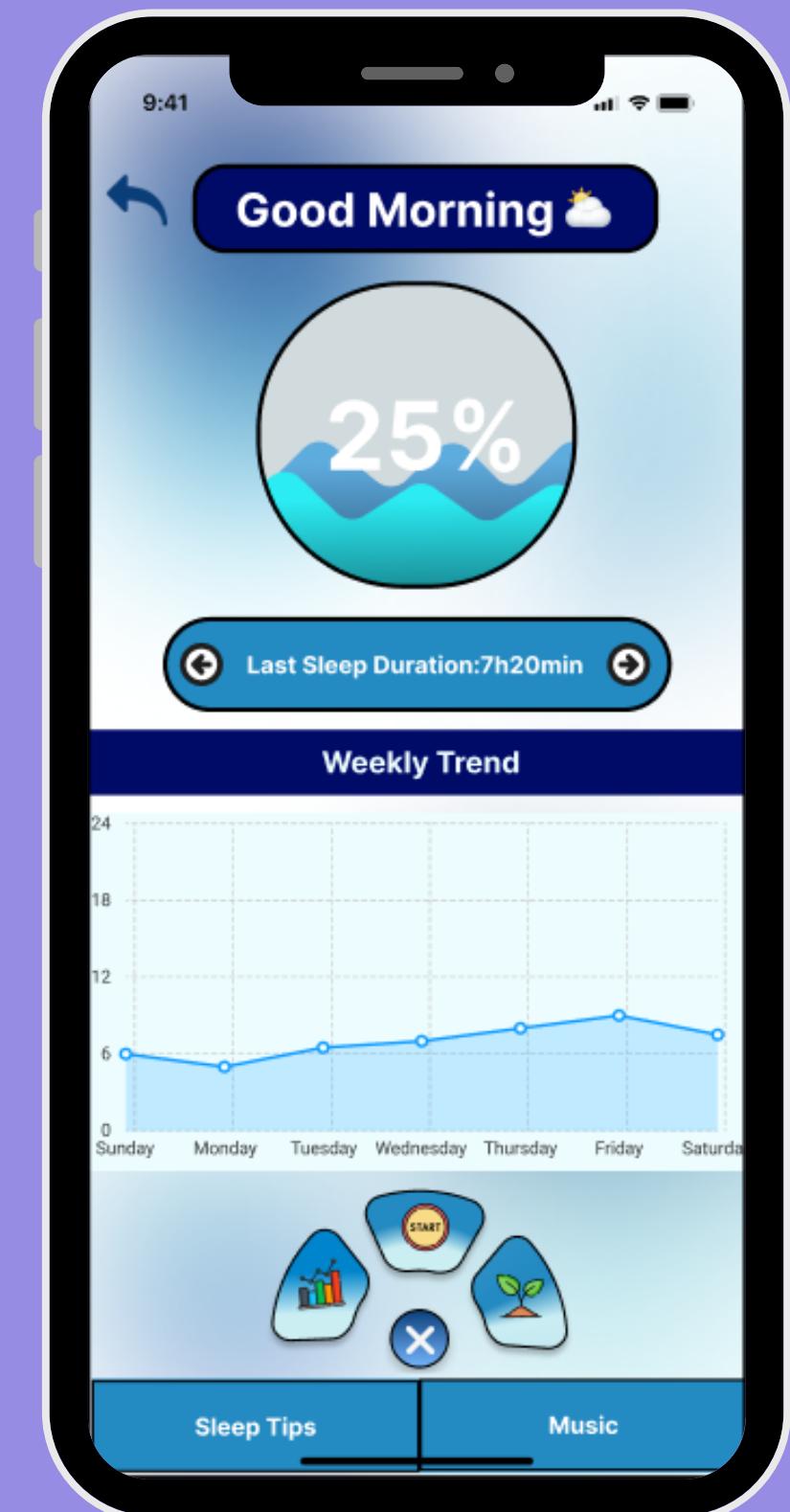
From low-fidelity to high-fidelity



+

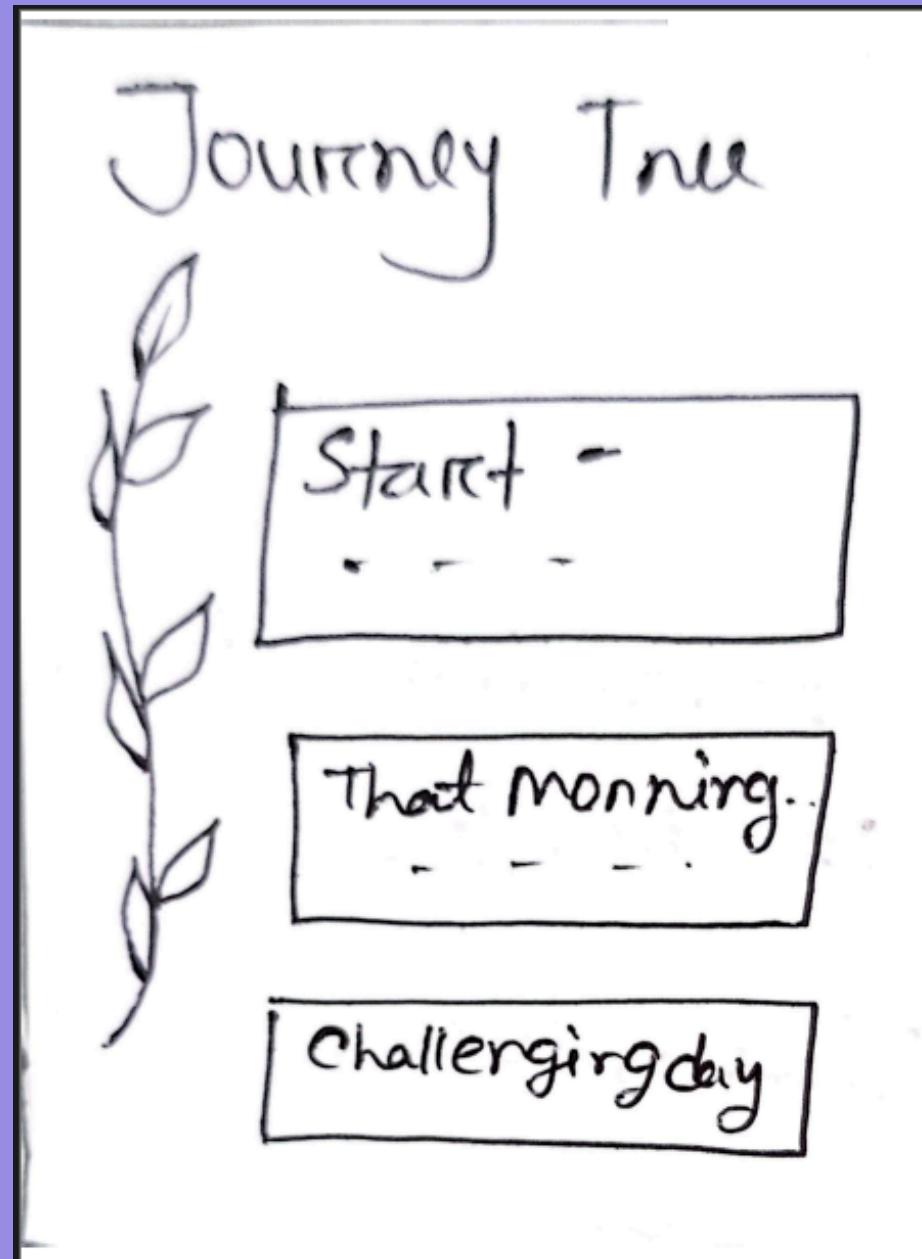


==



# 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**

This screen features a circular icon with a stylized brain and leaves, representing reflection. Below it are three 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**

This screen shows a person reading a book titled "JOURNEY". It includes two sharing options: "Share as voice" (microphone icon) and "Share as text" (speech bubble icon).
- Screen 3: Journey Tree**

This screen displays a large tree graphic with the text "Journey Tree" and "THE STEPS YOU TAKE, GROW INTO NEW LEAVES IN YOUR STORY". It shows two examples of growth: "Mental Health" (12 Nov 2025) and "Relationship" (02 Oct 2025).
- Screen 4: Create a message**

This screen shows a message creation interface. The title is "The message that made my morning". It includes "Public" and "Anonymous" sharing options, a recording timer (00:00:06), and a "Save" button. A "Categories" dropdown menu is also present.
- Screen 5: Memory Lane feed**

This screen shows a feed of messages. Examples include:
  - 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 message card includes a play button and a progress bar.

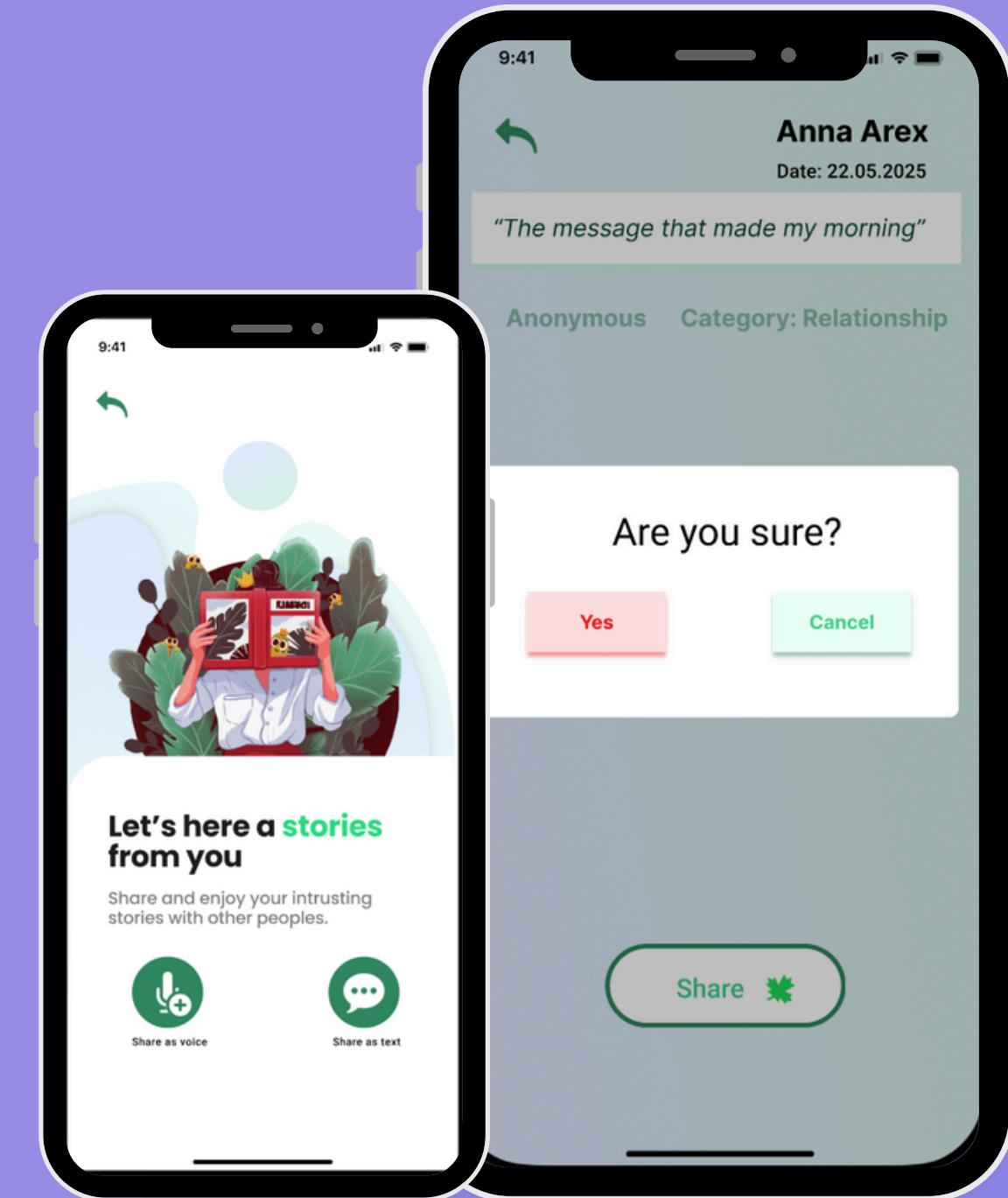
# Implementation Efforts



- 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

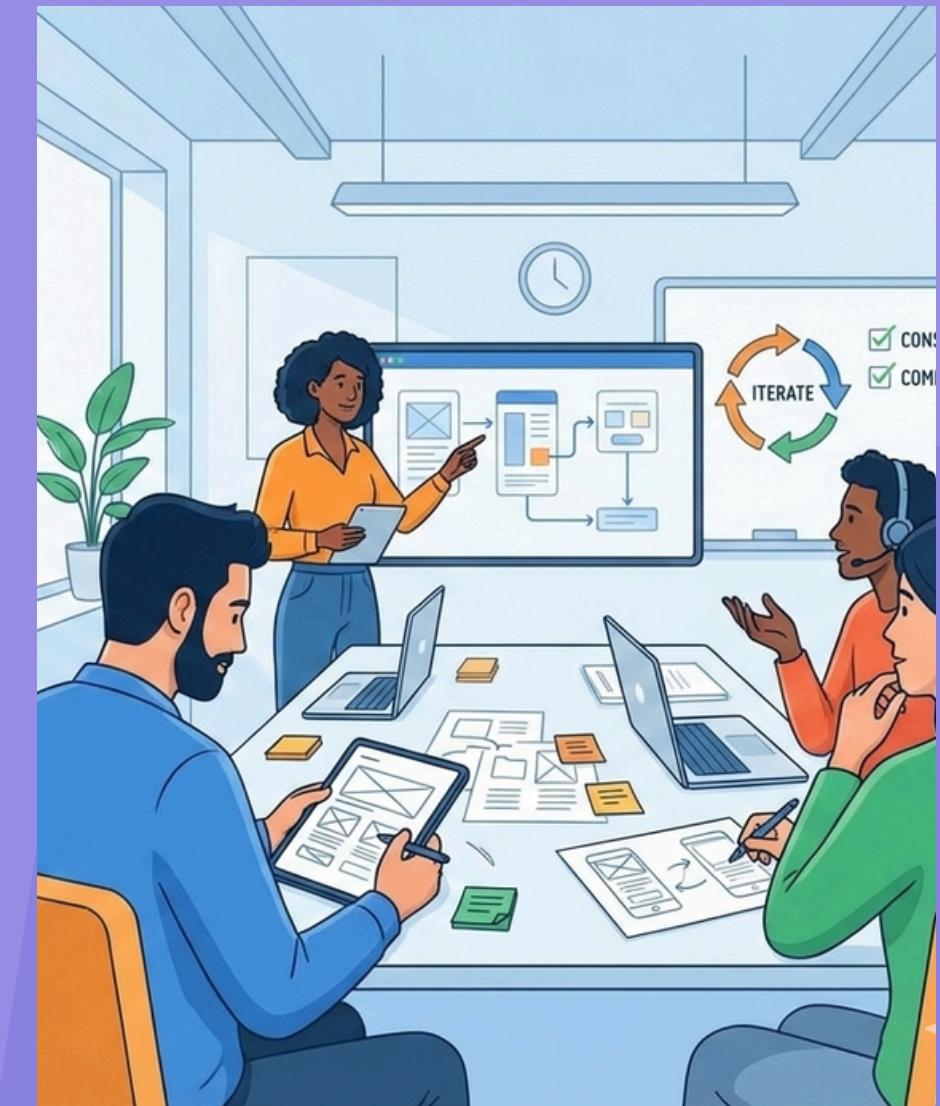
- Low-fidelity designs needed repeated changes.
  - Layouts and components were redesigned multiple times.
  - Consistency was difficult with multiple designers.
  - Animations were hard to keep simple and smooth.
  - Limited time reduced testing opportunities.





# 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.