

Caffeine & Powernaps

Final Project VDC & DPP

Members:

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This all started with a simple Zoom call.







Solace

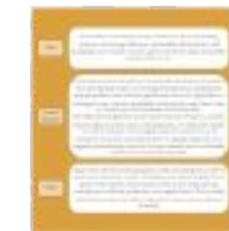
Convey | Consult | Care

Timeline



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We did our research
on all the SDG's



Aims

Good health is essential to sustainable development and the 2030 Agenda reflects the complexity and interconnectedness of the two. It takes into account widening economic and social inequalities, rapid urbanization, threats to the climate and the environment, the continuing burden of HIV and other infectious diseases, and emerging challenges such as noncommunicable diseases. Universal health coverage will be integral to achieving SDG 3, ending poverty and reducing inequalities. Emerging global health priorities not explicitly included in the SDGs, including antimicrobial resistance, also demand action.

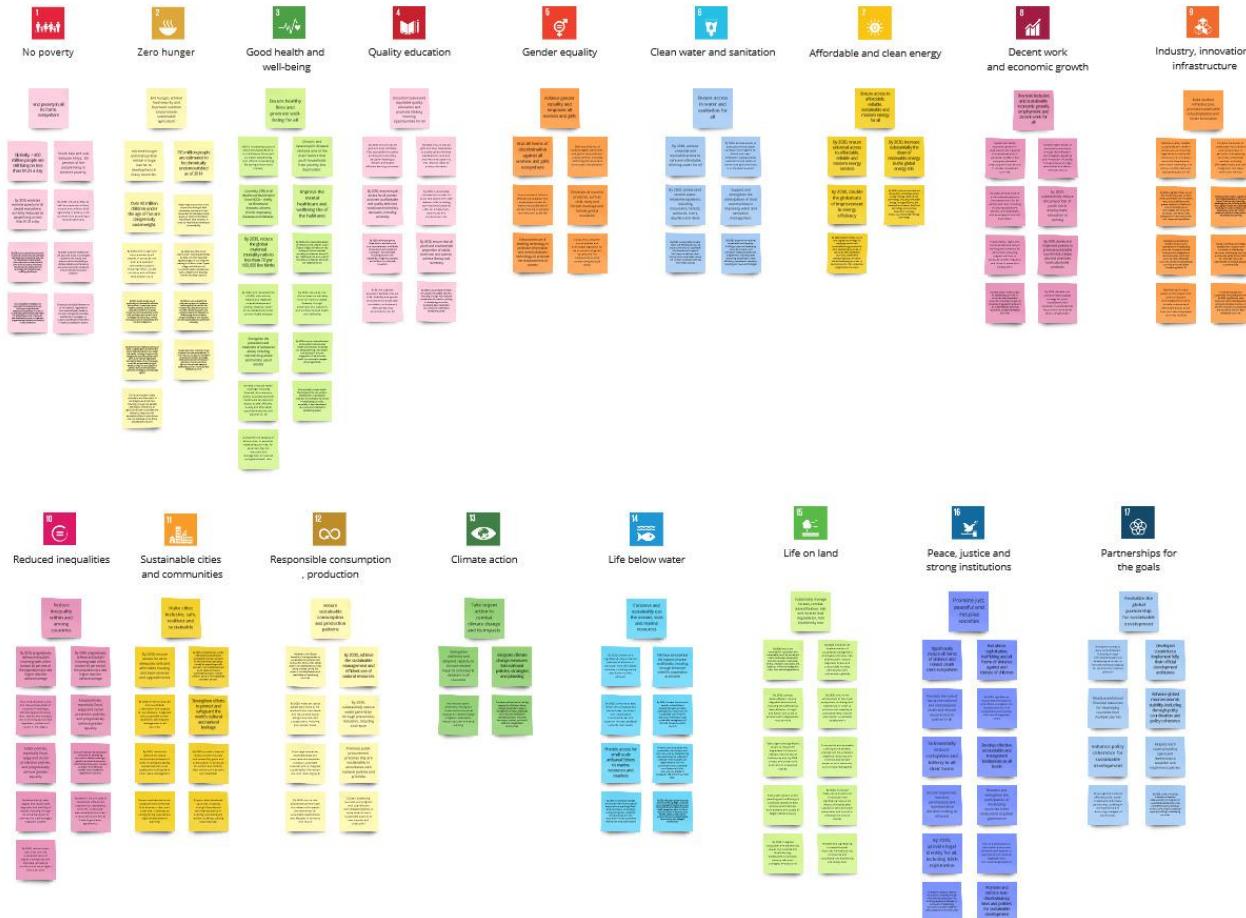
Current Situation

We have made great progress against several leading causes of death and disease. Life expectancy has increased dramatically; infant and maternal mortality rates have declined, we've turned the tide on HIV and malaria deaths have halved.

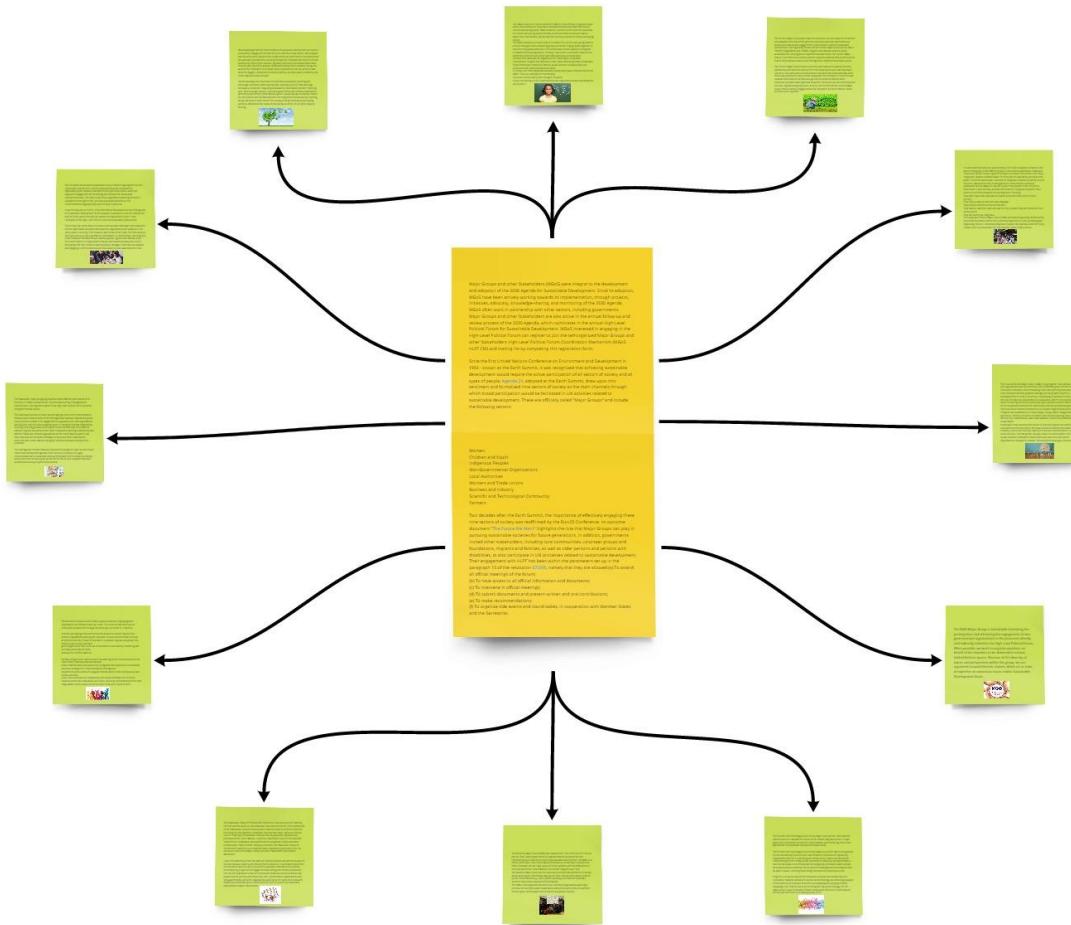
Future

But the world is off-track to achieve the health-related SDGs. Progress has been uneven, both between and within countries. There's a 31-year gap between the countries with the shortest and longest life expectancies. And while some countries have made impressive gains, national averages hide that many are being left behind. Multisectoral, rights-based and gender-sensitive approaches are essential to address inequalities and to build good health for all.

Sustainable Development Goals



We mapped the
stakeholders for each SDG



Now we went back to our roots to
study our strengths, USPs and
passions

Strength

Detail-oriented

Focused

Mechanics

Empathetic

IT hardware

Ability

ambitious

quick learner

photography & videography

Rational Thinking

ambitious

USP

Writing

Empathy

Money-minded

disciplined

fast learner

Skill

Problem Solving

Coding

User experience design

Speaking

understand machines

Passion

Video Games

Getting rich

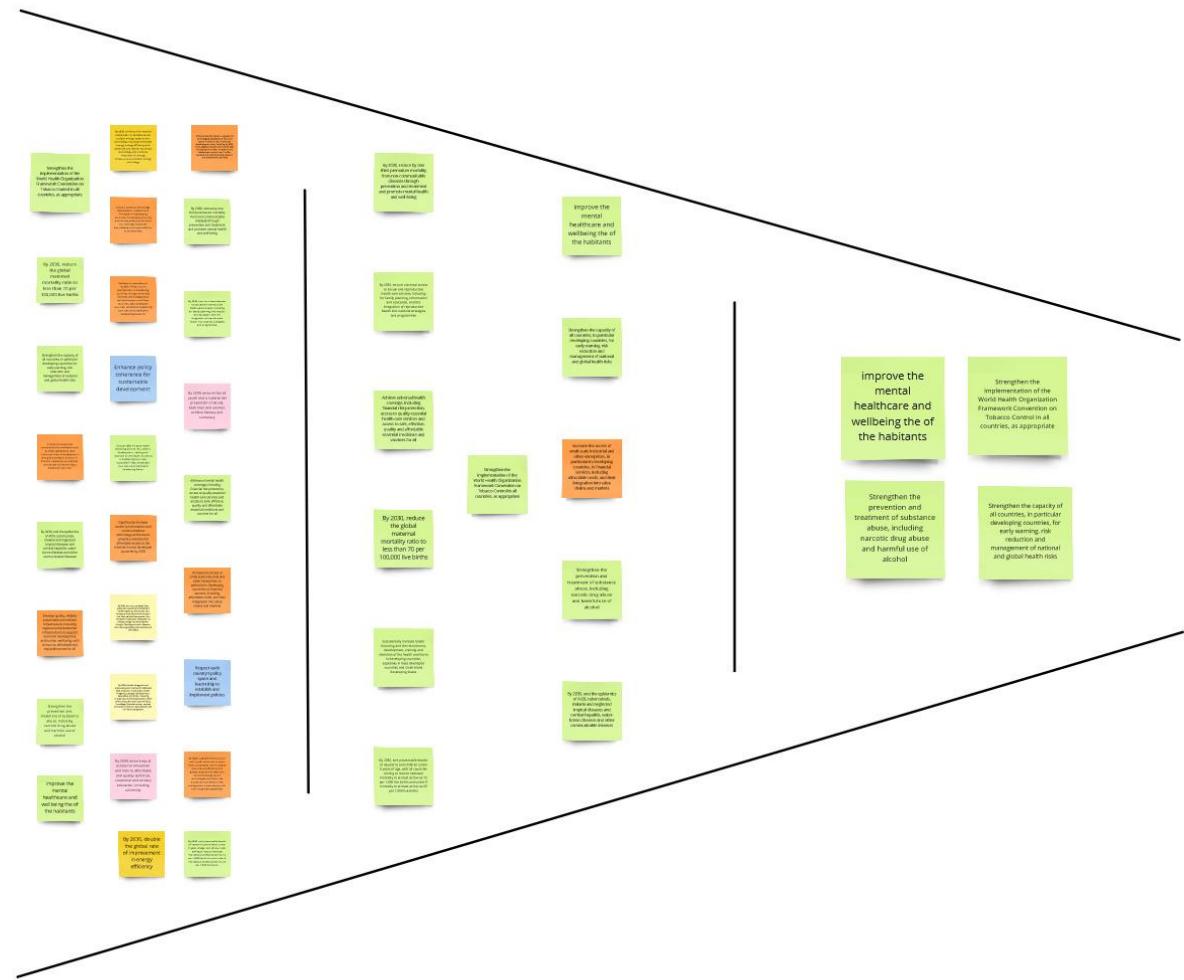
photography

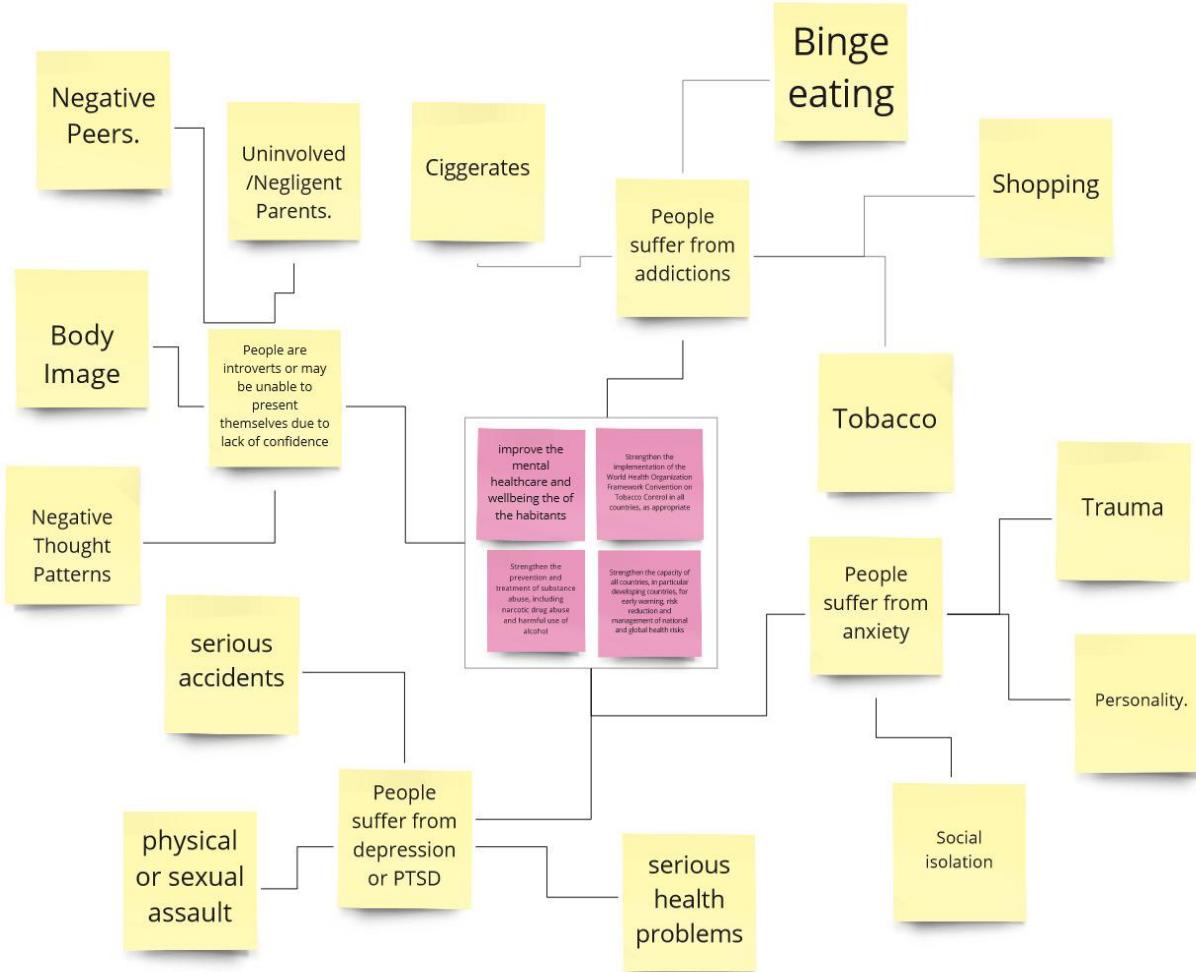
Photogrammetry

Designing

We narrowed down the topics we
feel strongly about and arrived
onto Health & Well Being

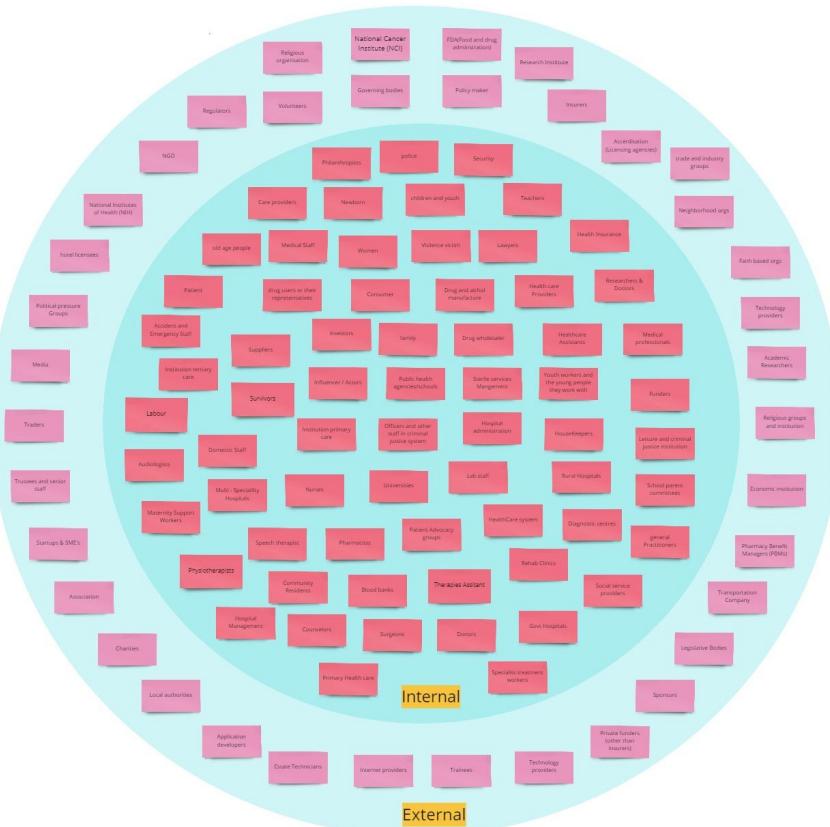
We then scoped the different goals of the SDG which matches our ideology and abilities



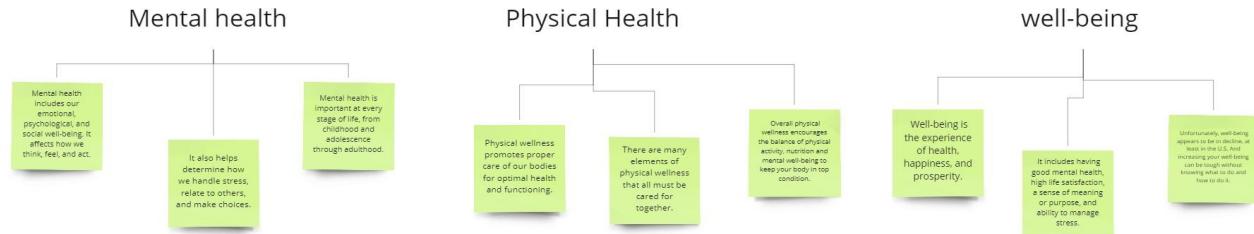


We looked into the stakeholders again, this time only for Health & Well being

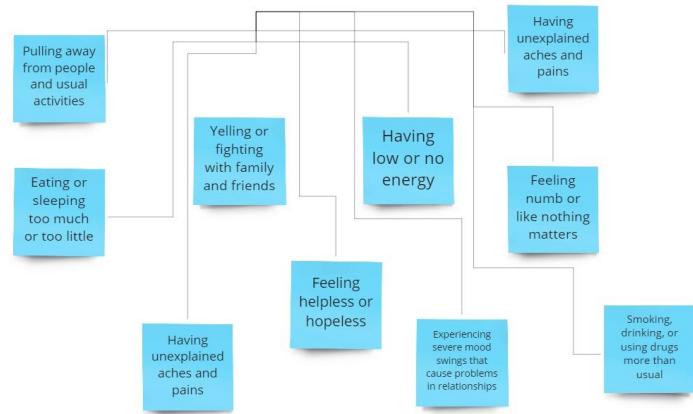
Identifying all the potential stakeholders



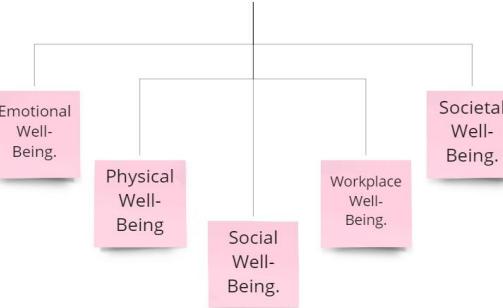
We once again divided the topic
into its constituents



Early Warning Signs



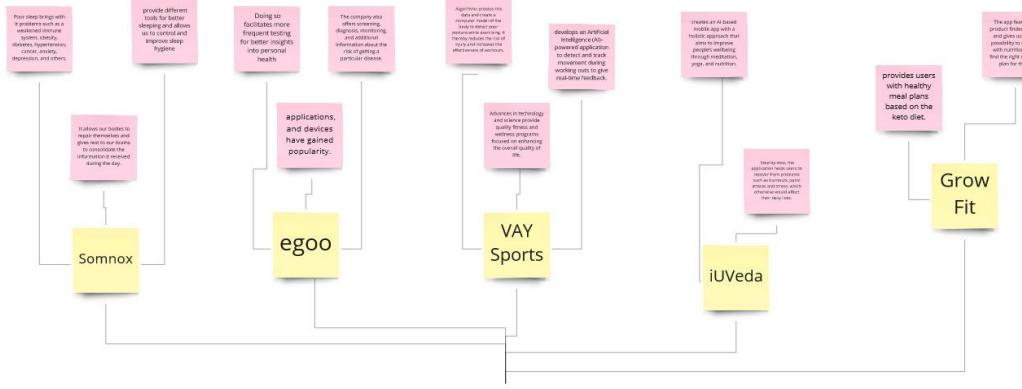
types of well-being



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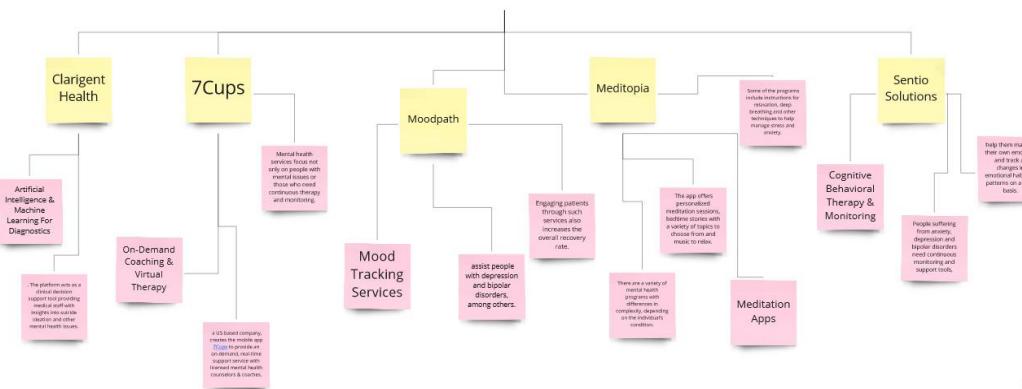
a state of physical, mental, social and spiritual well-being and not merely the absence of infirmity	Physical health and mental health are closely associated	Mental health is often overlooked by the society	People tend not to share about their discomfort	there is lack of sensitization	lack of awareness on how to communicate with people with mental illness	expensive therapy sessions	lack of reach	people hesitate spending that lot on mental health	the pandemic had a massive adverse effect on peoples mental health	people locked in their houses and nothing much to do
Much awareness on physical health	Lack of infrastructure	Lack of reach of healthcare	high mortality rate	alarmingly low patient to doctor ratio	really expensive medical healthcare	uncomfortable environment in the government hospitals	loopholes in the system that have been prevalent over decades.	The pandemic exposed the weakly managed healthcare institution	due to the stress and attention given to the coronavirus, other illness have been neglected	

We looked into all the major startups working in this field



work done in wellness

work done in mental health



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work done on the mental health field work on individual level

focussed on personalised healthcare

makes them feel they are alone

focuses on the illness and not the root

efficient in coping the illness

not efficient in handling the trauma

doesn't help with basic issues like lack of confidence

doesn't help in building a community

doesn't promote collective growth

preferred by socially distant people

promotes self healing

We started to research into the
problem are we felt strongly about

KEY FACTS

Mental health is more than the absence of mental disorders.	Mental health is an integral part of health; indeed, there is no health without mental health.	Mental health is determined by a range of socioeconomic, biological and environmental factors.	Everyone has some risk of developing a mental health disorder, no matter their age, sex, income, or ethnicity.	Mental disorders are one of the leading cause of disability.
Mental illnesses can be influenced by several different factors including genetics, environment, daily habits, biology	It's more common than cancer, diabetes, or heart disease.	A large proportion of people with a mental health disorder have more than one condition at a time.	It is a wide variety of conditions which affect the way you feel and think.	Social and financial circumstances, biological factors, and lifestyle choices can all shape a person's mental health.
Mental health can affect daily living, relationships, and physical health. Conditions such as stress, depression, and anxiety can all affect mental health and disrupt a person's routine.	Factors in people's lives, interpersonal connections, and physical factors can all contribute to mental health disruptions.	Doctors don't know the exact cause of most mental illnesses. A combination of things, including your genes, biology, and your life experiences, seem to be involved.	Anxiety and depression can be severe and long-lasting and have a big impact on people's ability to get on with life.	Many people have mental health concerns from time to time. But a mental health concern becomes a mental illness when ongoing signs and symptoms cause frequent stress and affect your ability to function.

MENTAL HEALTH STATISTICS

Anxiety and depression are the most common problems, with around 1 in 10 people affected at any one time.	About one in 25 adults experience a serious mental illness (SMI) each year.	According to the National Institute of Mental Health, women are more likely to experience SMI than men.	56 million Indians suffer from depression and another 38 million Indians suffer from anxiety disorders.	In the United States, the National Alliance on Mental Illness estimate that almost 1 in 5 adults experience mental health problems each year.
Between one and two in every 100 people experience a severe mental illness, such as a bipolar disorder or schizophrenia, and have periods when they lose touch with reality.	According to WHO, the burden of mental health problems is the tune of 2,443 disability-adjusted life years per 100,000 population. The age-adjusted suicide rate per 100,000 population is 21.1.	WHO estimates that, in India, the economic loss, due to mental health conditions, between 2012-2030, is 1.03 trillions of 2010 dollars.	WHO also states that the mental health workforce in India is not up to the mark and there is a huge shortage of psychiatrists and psychologists in the country as compared to the number of people suffering from mental health issues.	The researchers found that being female increased the risk of low mental health status by 3.96 times.

DETERMINANTS OF MENTAL HEALTH

Multiple social, psychological, and biological factors determine the level of mental health of a person at any point of time.

For example, violence and persistent socio-economic pressures are recognized risks to mental health. The clearest evidence is associated with sexual violence.

Poor mental health is also associated with rapid social change, stressful work conditions, gender discrimination, social exclusion, unhealthy lifestyle, physical ill-health and human rights violations.

There are specific psychological and personality factors that make people vulnerable to mental health problems. Biological risks include genetic factors.

CAUSES

MENTAL ILLNESSES, IN GENERAL, ARE THOUGHT TO BE CAUSED BY A VARIETY OF GENETIC AND ENVIRONMENTAL FACTORS.

INHERITED TRAITS

ENVIRONMENTAL EXPOSURES BEFORE BIRTH

ENVIRONMENTAL FACTOR

BRAIN CHEMISTRY

Mental illness is more common in people whose blood relatives also have a mental illness. Certain genes may increase your risk of developing a mental illness, and your life situation may trigger it.

Exposure to environmental stressors, inflammatory conditions, toxins, alcohol or drugs while in the womb can sometimes be linked to mental illness.

Some mental illnesses may be triggered or worsened by psychological trauma that happens when you're a child or teenager, such as: Severe emotional, physical, or sexual abuse. A major loss, such as the death of a parent, early in life

Major sources of stress, such as a death or divorce, problems in family relationships, job loss, school, and substance abuse, can trigger or aggravate some mental disorders in some people. But not everyone who goes through those things develops a mental illness.

Neurotransmitters are naturally occurring brain chemicals that carry signals throughout your brain and body. When the neural networks involving these chemicals are impaired, the function of nerve receptors and nerve systems change, leading to depression and other emotional disorders.

Some conditions involve circuits in your brain that are used in different parts of the brain. For instance, you may have too much, or not enough, activity of certain brain chemicals called "neurotransmitters" within those circuits. Brain injuries are also linked to some mental conditions.

SYMPTOMS

SIGNS AND SYMPTOMS OF MENTAL ILLNESS CAN VARY, DEPENDING ON THE DISORDER, CIRCUMSTANCES AND OTHER FACTORS. MENTAL ILLNESS SYMPTOMS CAN AFFECT EMOTIONS, THOUGHTS AND BEHAVIORS.

Feeling sad or down	Confused thinking or reduced ability to concentrate	Excessive fears or worries	Extreme feelings of guilt	Extreme mood changes of highs and lows
Withdrawal from friends and activities	Significant tiredness, low energy or problems sleeping	Detachment from reality (delusions)	paranoia or hallucinations	Inability to cope with daily problems or stress
Trouble understanding and relating to situations and to people	Problems with alcohol or drug use	Major changes in eating habits	Sex drive changes	Excessive anger, hostility or violence
Suicidal thinking	physical problems such as stomach pain, back pain, headaches	Keeping to themselves	Mood swings	Sleep problems (too much or too little)

RISK FACTOR

CERTAIN FACTORS MAY INCREASE YOUR RISK OF DEVELOPING A MENTAL ILLNESS

A history of mental illness in a blood relative, such as a parent or sibling	Stressful life situations, such as financial problems, a loved one's death or a divorce	An ongoing (chronic) medical condition, such as diabetes	Brain damage as a result of a serious injury (traumatic brain injury), such as a violent blow to the head	Few friends or few healthy relationships
Traumatic experiences, such as military combat or assault	Use of alcohol or recreational drugs	A childhood history of abuse or neglect	a person's level of social involvement	A previous mental illness

COMPLICATIONS

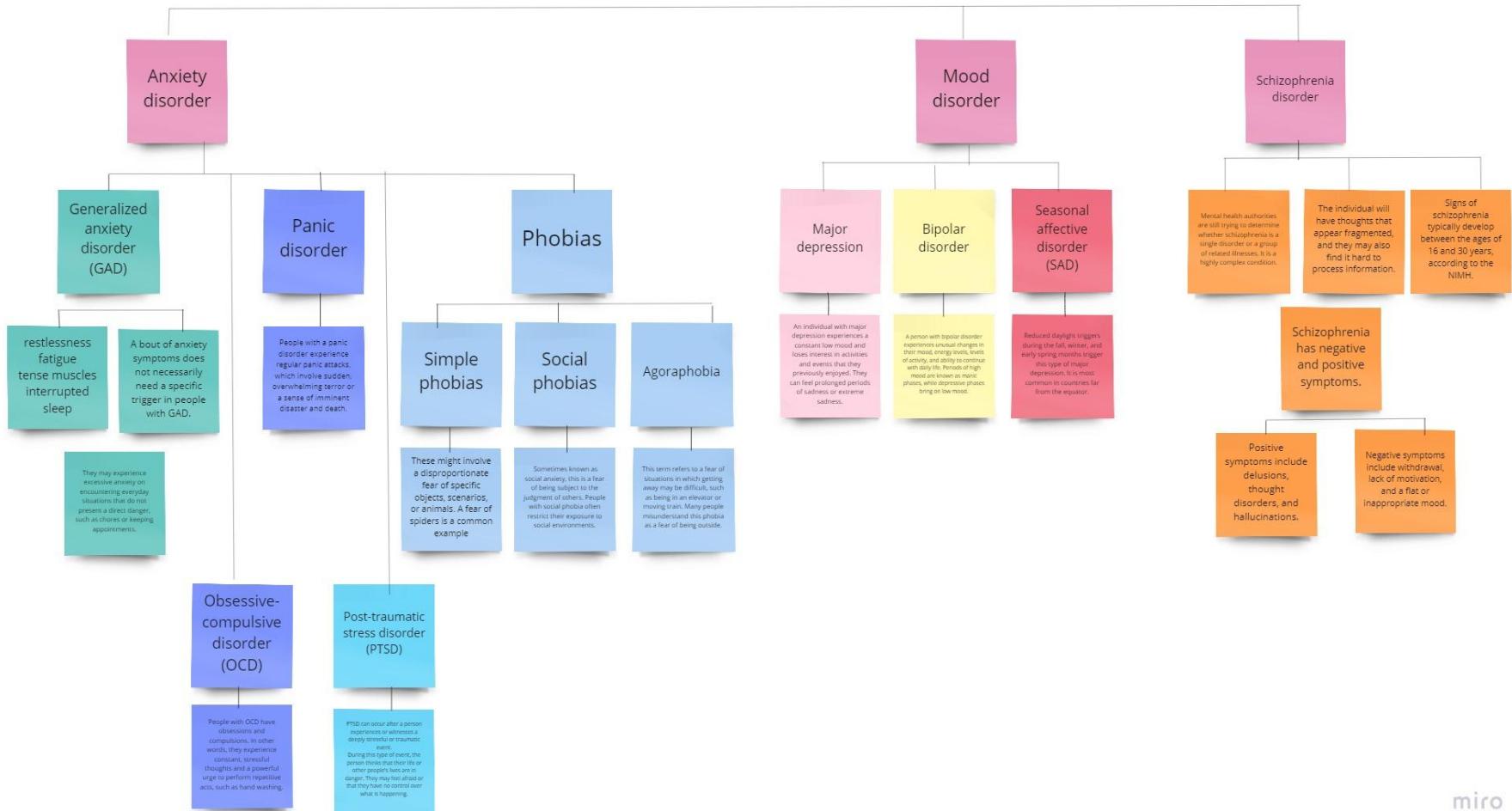
COMPLICATIONS SOMETIMES LINKED TO MENTAL ILLNESS INCLUDE



WHO RESPONSE



MENTAL HEALTH DISORDER



We also looked at well being

ABOUT WELLBEING

NOT JUST THE ABSENCE OF DISEASE OR ILLNESS

strongly linked to life satisfaction
how you feel about yourself
how you feel about your life

FACTORS ARE INTERRELATED

not just the absence of disease or illness
comes from a person's physical, mental, emotional and social well-being factors
strongly linked to happiness
factors that influence wellbeing are interrelated
a job provides not just money but purpose
Some factors also make up for the lack of others
a job provides not just money but purpose

WELLBEING CAN BE ELUSIVE

a job provides not just money but friendships
One factor can really make one feel important, why not the relationships, do not feel important, and feel less happy
58% wish they could spend more time on improving their health and wellbeing
Only 4% of parents with children aged less than 11 years of age say that they have enough time on improving their health and wellbeing

RESULTS DEPEND ON WHAT IS MEASURED

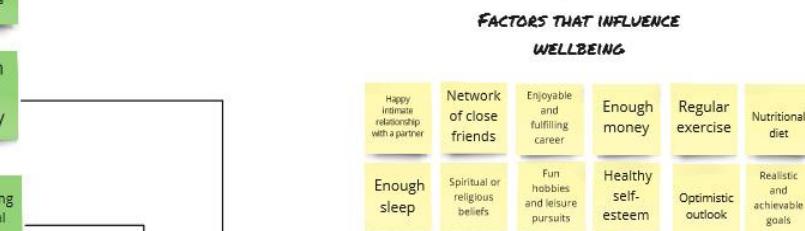
Wellbeing is important, but seems a little hard to come by
Survey results tend to differ depending on what was measured
An interesting survey of young people found that those who were feeling safe had their basic needs met, like food, shelter, income and relationships
This positive picture is contradicted by another survey
It can take half of all young Americans are grappling with a difficult problem such as depression or other issues

About wellbeing
Factors that influence wellbeing

Factors are interrelated
Wealth is not the key

Wellbeing can be elusive
Measuring national wellbeing

Results depend on what is measured
How to achieve wellbeing



FACTORS THAT INFLUENCE WELLBEING

Happy intimate relationship with a partner
Network of close friends
Enjoyable and fulfilling career
Enough money
Regular exercise
Nutritional diet
Enough sleep
Spiritual or religious beliefs
Fun hobbies and leisure pursuits
Healthy self-esteem
Optimistic outlook
Realistic and achievable goals

WEALTH IS NOT THE KEY

Money is not needed to live a happy life, but it may improve living conditions and increase social contact
happiness may increase with income but only to a point
Many people believe that wealth is the key to happiness, which is not true
Believing that money is the key to happiness can often harm a person's wellbeing
A person who chooses to work a lot to make money can miss out on time with friends and family

HOW TO ACHIEVE WELLBEING

Develop and maintain strong relationships with family and friends.
Make regular time available for social contact.
Try to find work that you find enjoyable rather than just working for the pay.
Eat wholesome, nutritious foods.
Do regular physical activity.

Enough sleep
Become involved in activities that interest you.
Join local organisations or clubs that appeal to you.
Set yourself achievable goals and work towards them.
Try to be optimistic and enjoy each day.

MEASURING NATIONAL WELL BEING

MEASURING WELLBEING IS TO COUNT THE NUMBER OF INDIVIDUALS AFFECTED BY A PARTICULAR FACTOR. FOR EXAMPLE, IT IS HELPFUL TO KEEP TRACK OF HOW MANY PEOPLE:

Have cancer
Are single, married or divorced
Exercise on a regular basis
Smoke or drink
Are on unemployment benefits
Are victims of crime

After this research we finally arrived at the problem statement

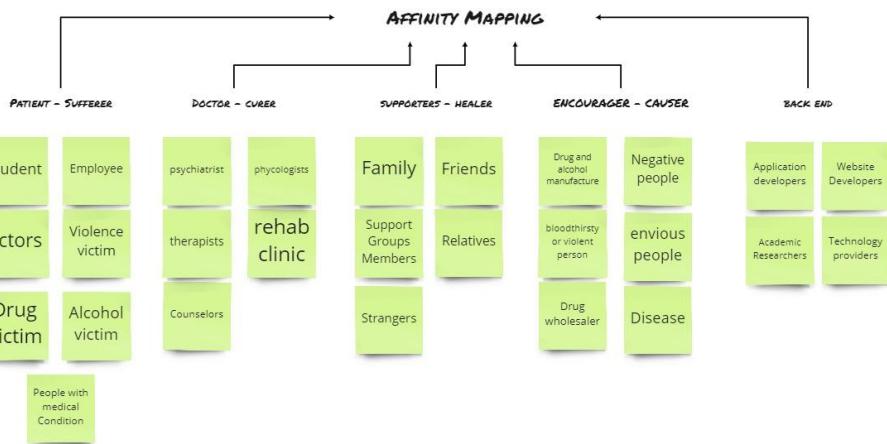
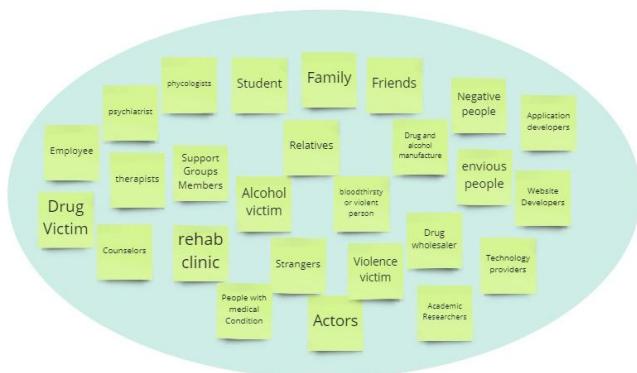
Problem Statement

From people struggling from stress and anxiety due to daily workload and the social climate, to people suffering from clinical mental ailment, they experience the sense of exclusion and isolation. They feel like they are alone in this, with no-one to truly empathize with them.

The inability of the social help groups to adapt to the fast pacing world and the new age of social distancing is slowly making them obsolete.

Now we mapped all the other stakeholders for our problems

MAJOR STAKEHOLDERS



We looked into other services working on similar problems to see what is happening and where we can improve

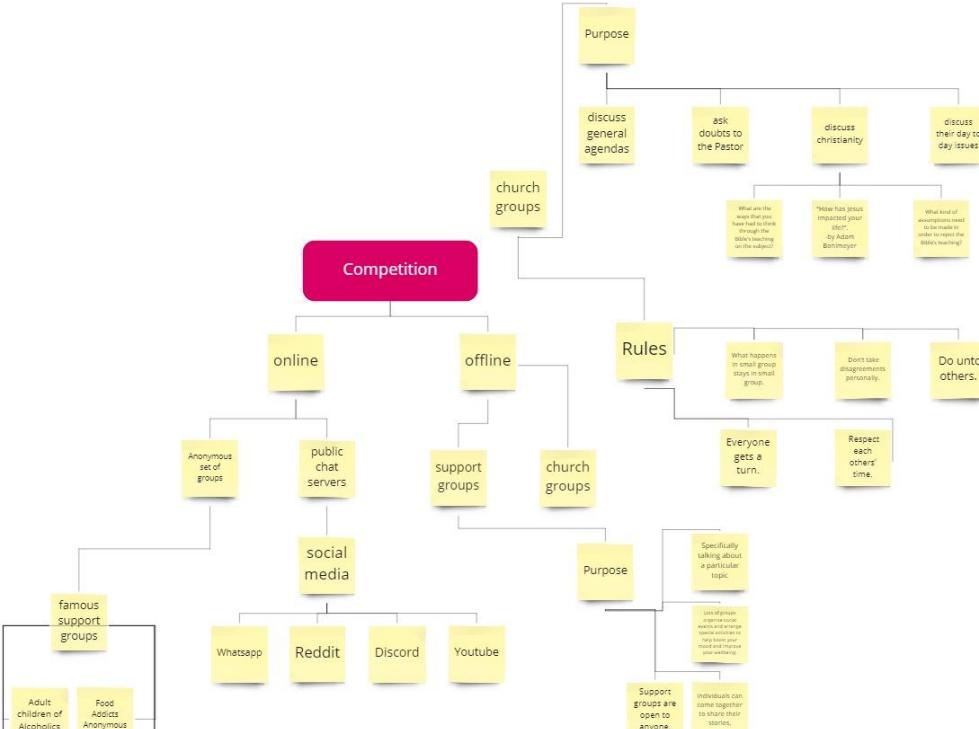


Create a Meetup Account

Meetup.com is a local online social network where people can join or create groups around their interests.

kinda competition

There is rule for anonymity but it is optional.
It is focussed on only one stress area.
The groups are run by sponsors which can lead to conflict.
They follow a multi step process
They do not directly focus on the



Its more religion centric than mental health centric

The pastor may be qualified to discuss about the bible but he may not be the best person to talk about mental health with

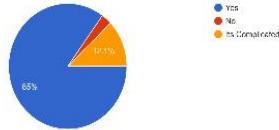
In some scenarios these church groups are beneficial for the people with mental health issues as their religious beliefs help them confide into the pastor making them feel a lot better

There is no rule for anonymity as the members of the small church group ideally live in close vicinity and may already know each other

Finally we started to research our consumers

QUALITATIVE AND QUANTITATIVE RESEARCH OF THE CONSUMER

Do you feel like venting your emotions and daily struggles?
175 responses



85% feel that they should vent out their stress or any negative emotion.

12.1% feel that it is complicated

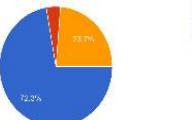
Venting is more effective than losing your cool.

Many people feel that they might lose their cool if they keep their feelings bottled up.

We shouldn't feel so constricted by our negative emotions that we risk losing our composure or saying the wrong thing.

Venting about the daily grind is a powerful release mechanism.

Do you feel talking to someone helps?
175 responses



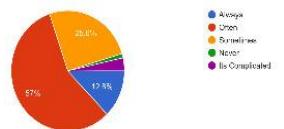
72.3% of people feel talking to someone helps

Talking about your problems can release pent-up feelings.

Talking to someone outside of the situation may help you to find a solution to the problem.

For 23.7% of people, it can be hard to talk to people about how they feel.

How often do you feel like venting your emotions and daily struggles?
175 responses



Majority often feel like releasing their negative emotion and stress.

It feels great to let it all out!

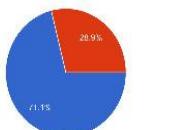
Letting off steam in small bursts is a better route than risking an emotional explosion in front of the wrong person.

Hear out about stress and problems provides a forum for ideas and solutions that you might not have thought of on your own.

If there are negative consequences, you don't feel them as palpably because it feels so good to vent.

You almost always feel better—and tighter—after letting some of those negative thoughts, feelings, or injuries.

Do you feel safe while doing it
173 responses



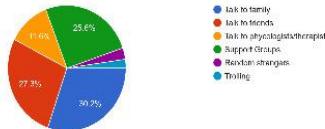
Majority feel safe

But some people do not feel comfortable because of being judged or any other reason.

May be worried that they won't take your feelings seriously.

May also be worried about what will happen after you tell them your problems.

How do you do it
172 responses



27.3% of people think friends are the right person to share their problems with.

It helps to know that colleagues or loved ones share our same experience, can relate to us, and care about us.

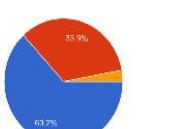
25.6% choose to talk to support groups

30.2% of them like to share with their family.

You feel bonded and connected to people during and after venting.

Few people like to share with a random stranger.

Do you ever feel alone in this and no one understands you?
171 responses



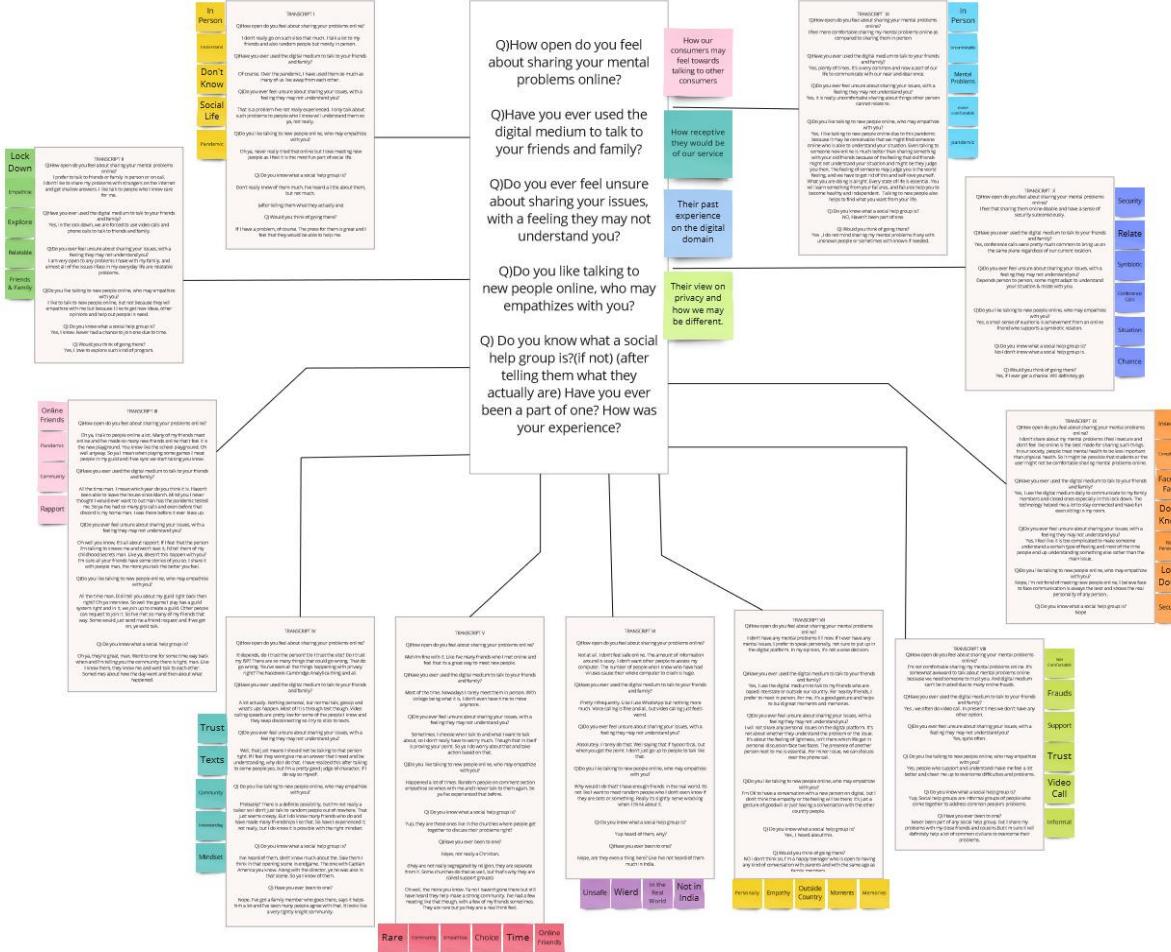
63.2% of people feel alone and lonely

May be afraid of being judged

Main cause of this is the feeling of being misunderstood

Nowadays people don't trust each others.

INTERVIEWS



Data Analysis

Choice	Explore	Relatable	Empathise	Memories	Moments
Rapport	Symbiotic	Understand	Empathise	Trust	in Person
Support	Relate	Informal	Understanding	Trust	Personally
Community	Community	Empathy	Face to Face	Community	more comfortable

Wants/Need/Expectation

Situation	Social Life	Not Comfortable	Frauds	Uncomfortable
In the Real World	Rare	Unsafe	Insecure	Real Personality
Mindset	Time	Complicated	Security	Don't Know
Don't Know	Security	Not in India	Outside Country	Wierd
	Chance		Mental Problems	

Problems

Pandemic	COVID-19		
Lock Down	pandemic	Lock Down	Pandemic

Current Solution

Texts	Conference Calls	Online Friends	Friends & Family	Video Call	In Person
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INSIGHTS FROM THE INTERVIEW

People take time to warm up to other people online	Some people already have experience with such ideas on different sites	Talking to people helps them a lot and has a positive effect on people	The absence of physical closeness does not prevent friendships from blooming	Many people don't know about support groups	Privacy is a major issue for some people	The social stigma seems to be getting lesser among the younger age group.	Some question the validity of privacy
Some have the insecurity of sharing personal problems with strangers because they may or may not understand what they have gone through.	Some people feel more comfortable sharing their issues online than sharing with family members or friends because they know that they will not get judged.	People think they will not get a feeling of lightness and goodwill gesture which they get while talking to their family, friends, or someone very close.	There seems to be a social stigma against such groups	Some believe face to face communication is the best option and shows the real personality of any person.	People like to talk and can make friends online just as easily as offline	The literacy of people on the subject of mental health is no much in India	Those who have actually gone to such groups or know of people who go there are actually very receptive of the idea
Few people feel that online is not the best mode to share personal problems as they don't feel secure because of some bad experience.	People feel like communicating when in a group of likeminded people.	Few people got such groups as they feel that they are good enough as is.	Family and friends are great ways for people to get introduced to such groups	They are the majority of people who want to explore this kind of social group program.	Some people think they will waste their time to talk to a stranger on the internet and get shallow answers.	Some have opinions that it depends on person to person; some might adapt to understand your situation & relate with you.	Nowadays, all use the digital medium to communicate because that is the only way to connect to their friends and family.

Now what we had to do was
create an identity for ourselves

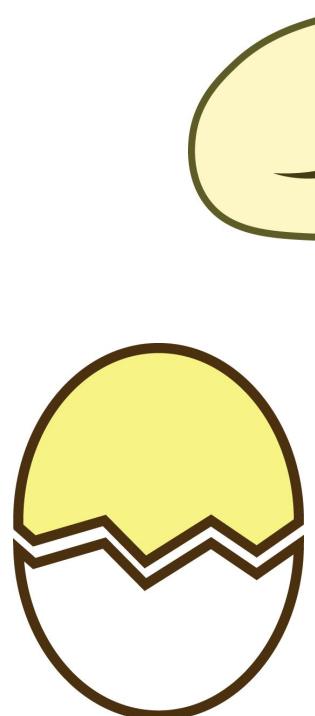
Attributes

Soft
Caring
Reassuring
Comforting
Feeling at Ease
Friendly
Privacy
Loyal
Anonymous
Welcoming

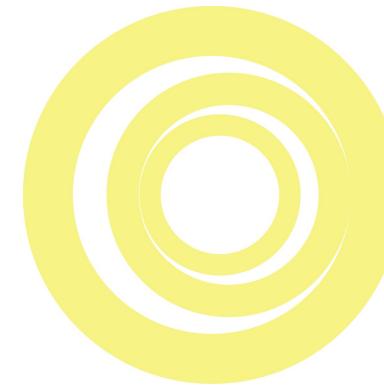
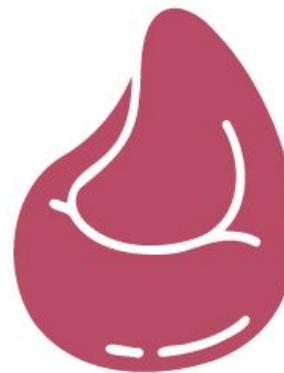
Elements Of Design

Curves
Rounds
Not edgy
Pastel colours
Circles
Warm colours
Animal
(dog,cat,rat,rabbit,whale)
Interactive

Iteration

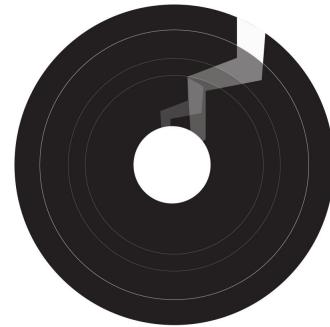
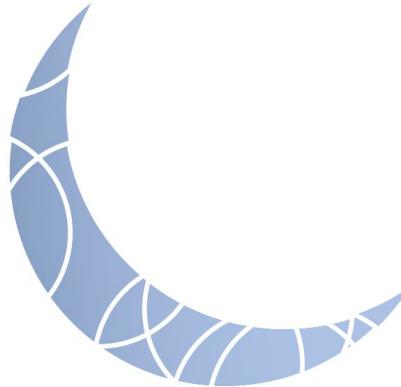
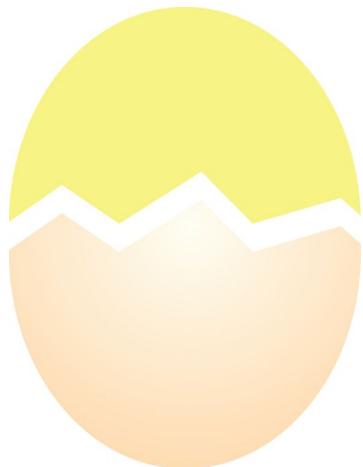
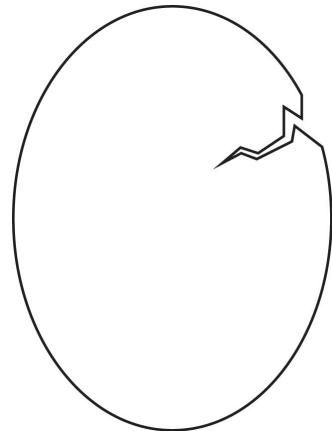
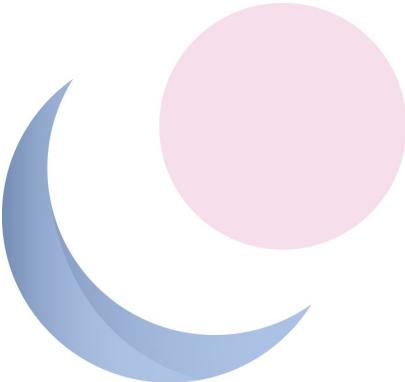


Circle

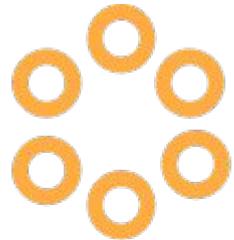


Off the Record

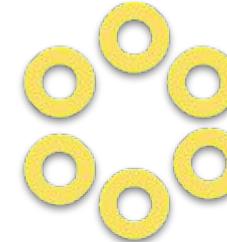
Eggsy



Iteration



Solace



Circle



Final



Solace

Convey | Consult | Care

We now started to think how might
we...

HOW MIGHT WE

HMW...
Empathize with the user to make sure that he/she is getting benefitted from the service.

HMW...
approach and convince the psychologist to work for us

*

HMW...
Ensure credibility of the user without asking for any personal information

HMW...
ensure sustainability

HMW...
create trust among the users about our service

HMW...
Make our app that can be accessed by people from different countries speaking different languages.

HMW...
reach out to the people to benefit from our service

We also wrote the 5Ws and H

WHY

Many people feel that they have many unresolved matters that they want to get off their chest. They want to talk to other people, who face similar problems. This is extremely difficult as while such groups are formed, they are rare and not very populous. Causing people to hide such feelings leading to worse reactions once their mind reaches the breaking point.

WHAT

We have made an online message board with voice and video chat features for people who feel in such a way.

Our focus will be on the privacy of the messages sent by our users, so as to safely and securely transfer them along with making sure a safe community is fostered in the site.

WHO

From people struggling from stress and anxiety due to daily workload and exposure, to people suffering from clinical mental ailment, they experience the sense of loneliness and exclusion. They feel like they are alone in this with no-one to truly empathise with them.

WHEN

Any time anywhere.

The user just needs to log in and he can use our services as he wishes.

WHERE

All the user needs is a stable internet connection and a device to use it. Which is available in all smartphones now a days.

Some features will be locked for verified users.

HOW

We have made an online message board with voice and video chat features for people who feel in such a way.

The users will be able to join "Circles" with similar people.

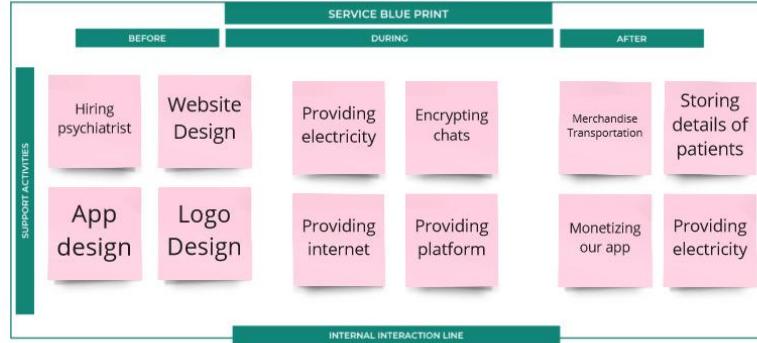
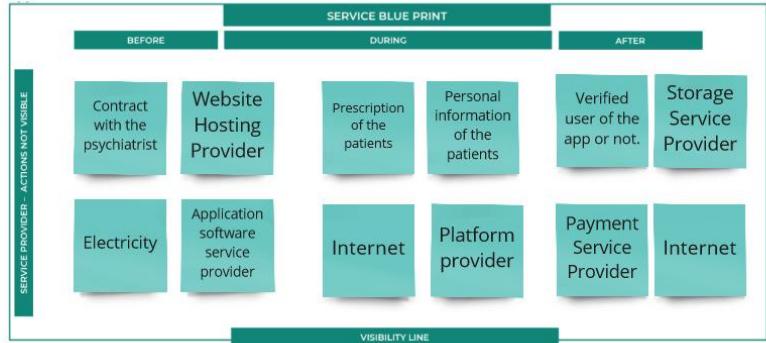
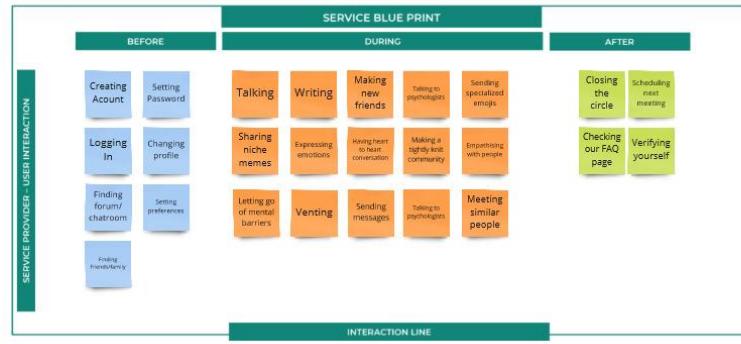
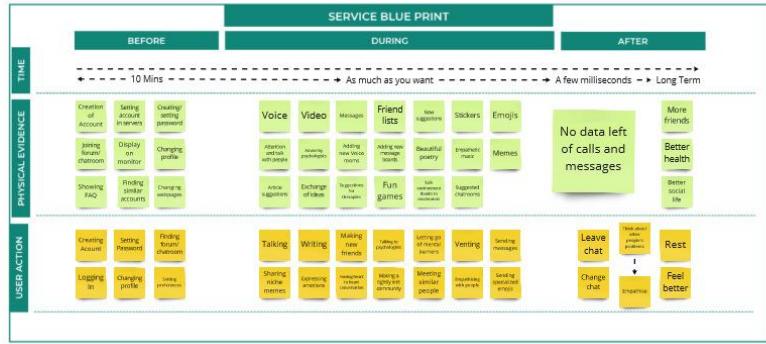
Each Circle will have some tags to make it easier for the user to find the perfect circle for them. This will include the topics being discussed and the language in which the people are talking.

There will be the option of voice, video and messages in the chat. Video will help the people connect more, however it is not forced as many people would want to keep their privacy.

Our focus will be on the privacy of the messages sent by our users, so as to safely and securely transfer them along with making sure a safe community is fostered in the site.

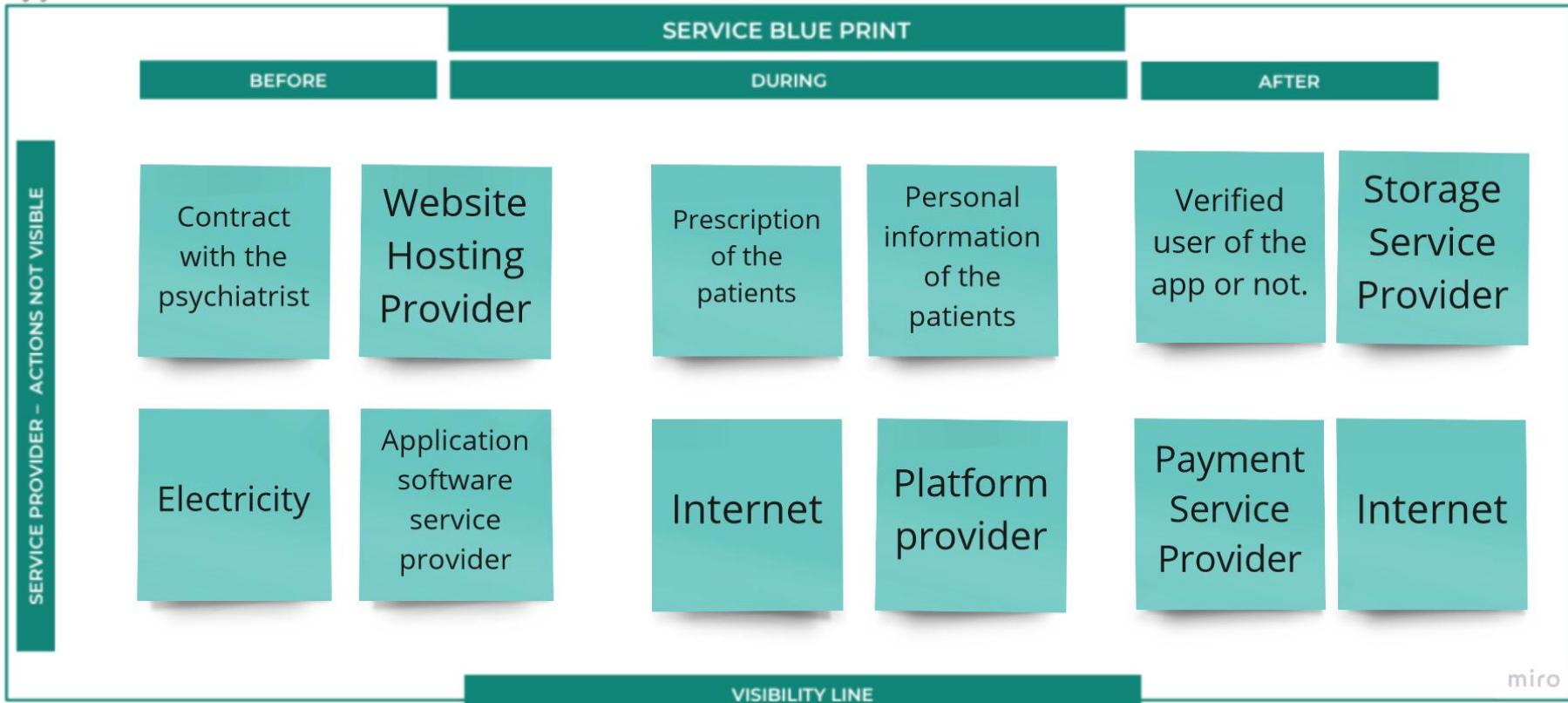
miro

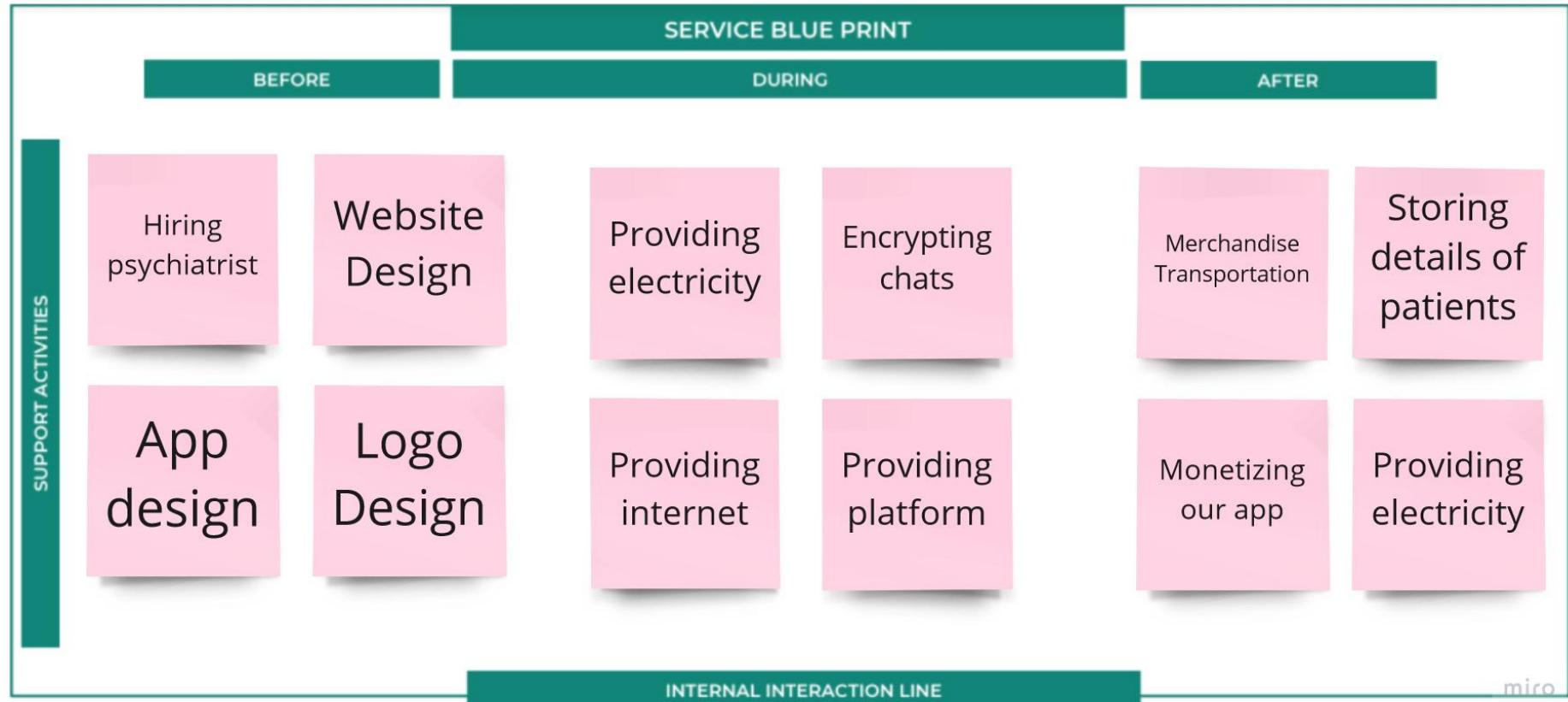
We also made a Service Blueprint

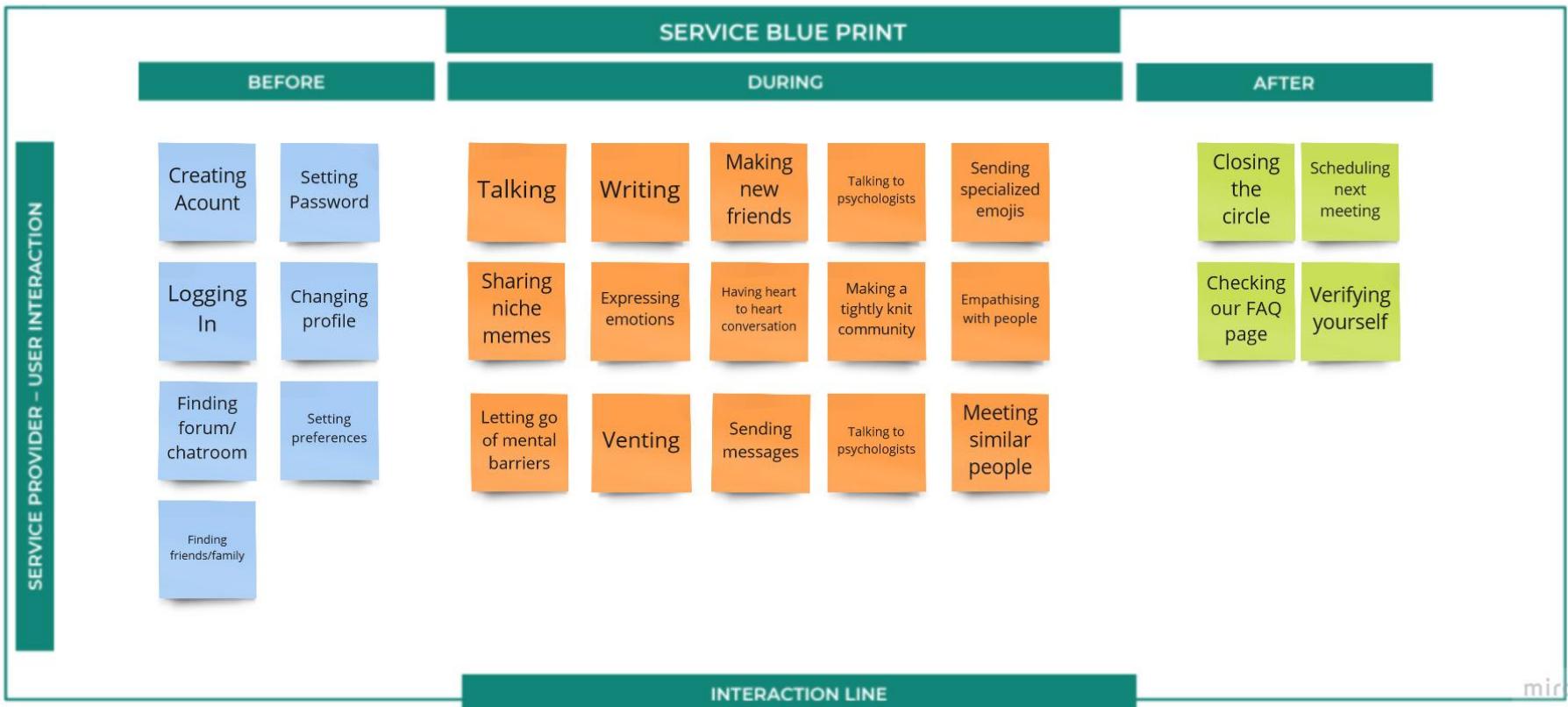


SERVICE BLUE PRINT

	SERVICE BLUE PRINT		
	BEFORE	DURING	AFTER
TIME	← 10 Mins	→ As much as you want	→ A few milliseconds → Long Term
PHYSICAL EVIDENCE	<div style="display: flex; justify-content: space-around; align-items: flex-start;"> <div style="flex: 1;"> <div style="display: flex; justify-content: space-around; align-items: flex-start;"> <div style="flex: 1; border: 1px solid black; padding: 5px; margin-bottom: 5px;">Creation of Account</div> <div style="flex: 1; border: 1px solid black; padding: 5px; margin-bottom: 5px;">Setting account in servers</div> <div style="flex: 1; border: 1px solid black; padding: 5px; margin-bottom: 5px;">Creating/ setting password</div> </div> <div style="display: flex; justify-content: space-around; align-items: flex-start;"> <div style="flex: 1; border: 1px solid black; padding: 5px; margin-bottom: 5px;">Joining forum/ chatroom</div> <div style="flex: 1; border: 1px solid black; padding: 5px; margin-bottom: 5px;">Display on monitor</div> <div style="flex: 1; border: 1px solid black; padding: 5px; margin-bottom: 5px;">Changing profile</div> </div> <div style="display: flex; justify-content: space-around; align-items: flex-start;"> <div style="flex: 1; border: 1px solid black; padding: 5px; margin-bottom: 5px;">Showing FAQ</div> <div style="flex: 1; border: 1px solid black; padding: 5px; margin-bottom: 5px;">Finding similar accounts</div> <div style="flex: 1; border: 1px solid black; padding: 5px; margin-bottom: 5px;">Changing webpages</div> </div> </div> </div>	<div style="display: flex; justify-content: space-around; align-items: flex-start;"> <div style="flex: 1; border: 1px solid black; padding: 5px; margin-bottom: 5px;">Voice</div> <div style="flex: 1; border: 1px solid black; padding: 5px; margin-bottom: 5px;">Video</div> <div style="flex: 1; border: 1px solid black; padding: 5px; margin-bottom: 5px;">Messages</div> <div style="flex: 1; border: 1px solid black; padding: 5px; margin-bottom: 5px;">Friend lists</div> <div style="flex: 1; border: 1px solid black; padding: 5px; margin-bottom: 5px;">New suggestions</div> <div style="flex: 1; border: 1px solid black; padding: 5px; margin-bottom: 5px;">Stickers</div> <div style="flex: 1; border: 1px solid black; padding: 5px; margin-bottom: 5px;">Emojis</div> </div> <div style="display: flex; justify-content: space-around; align-items: flex-start;"> <div style="flex: 1; border: 1px solid black; padding: 5px; margin-bottom: 5px;">Attention and talk with people</div> <div style="flex: 1; border: 1px solid black; padding: 5px; margin-bottom: 5px;">Advice by psychologists</div> <div style="flex: 1; border: 1px solid black; padding: 5px; margin-bottom: 5px;">Adding new Voice rooms</div> <div style="flex: 1; border: 1px solid black; padding: 5px; margin-bottom: 5px;">Adding new message boards</div> <div style="flex: 1; border: 1px solid black; padding: 5px; margin-bottom: 5px;">Beautiful poetry</div> <div style="flex: 1; border: 1px solid black; padding: 5px; margin-bottom: 5px;">Empathetic music</div> <div style="flex: 1; border: 1px solid black; padding: 5px; margin-bottom: 5px;">Memes</div> </div> <div style="display: flex; justify-content: space-around; align-items: flex-start;"> <div style="flex: 1; border: 1px solid black; padding: 5px; margin-bottom: 5px;">Article suggestions</div> <div style="flex: 1; border: 1px solid black; padding: 5px; margin-bottom: 5px;">Exchange of ideas</div> <div style="flex: 1; border: 1px solid black; padding: 5px; margin-bottom: 5px;">Suggestions for therapies</div> <div style="flex: 1; border: 1px solid black; padding: 5px; margin-bottom: 5px;">Fun games</div> <div style="flex: 1; border: 1px solid black; padding: 5px; margin-bottom: 5px;">Safe environment thanks to moderators</div> <div style="flex: 1; border: 1px solid black; padding: 5px; margin-bottom: 5px;">Suggested chatrooms</div> </div>	<div style="background-color: #e0f2e0; padding: 10px; border-radius: 10px; width: fit-content; margin: auto;"> <p>No data left of calls and messages</p> </div> <div style="display: flex; justify-content: space-around; align-items: flex-start;"> <div style="flex: 1; border: 1px solid black; padding: 5px; margin-bottom: 5px;">More friends</div> <div style="flex: 1; border: 1px solid black; padding: 5px; margin-bottom: 5px;">Better health</div> <div style="flex: 1; border: 1px solid black; padding: 5px; margin-bottom: 5px;">Better social life</div> </div>
USER ACTION	<div style="display: flex; justify-content: space-around; align-items: flex-start;"> <div style="flex: 1; border: 1px solid black; padding: 5px; margin-bottom: 5px;">Creating Account</div> <div style="flex: 1; border: 1px solid black; padding: 5px; margin-bottom: 5px;">Setting Password</div> <div style="flex: 1; border: 1px solid black; padding: 5px; margin-bottom: 5px;">Finding forum/ chatroom</div> </div> <div style="display: flex; justify-content: space-around; align-items: flex-start;"> <div style="flex: 1; border: 1px solid black; padding: 5px; margin-bottom: 5px;">Logging In</div> <div style="flex: 1; border: 1px solid black; padding: 5px; margin-bottom: 5px;">Changing profile</div> <div style="flex: 1; border: 1px solid black; padding: 5px; margin-bottom: 5px;">Setting preferences</div> </div>	<div style="display: flex; justify-content: space-around; align-items: flex-start;"> <div style="flex: 1; border: 1px solid black; padding: 5px; margin-bottom: 5px;">Talking</div> <div style="flex: 1; border: 1px solid black; padding: 5px; margin-bottom: 5px;">Writing</div> <div style="flex: 1; border: 1px solid black; padding: 5px; margin-bottom: 5px;">Making new friends</div> <div style="flex: 1; border: 1px solid black; padding: 5px; margin-bottom: 5px;">Talking to psychologists</div> <div style="flex: 1; border: 1px solid black; padding: 5px; margin-bottom: 5px;">Letting go of mental barriers</div> <div style="flex: 1; border: 1px solid black; padding: 5px; margin-bottom: 5px;">Venting</div> <div style="flex: 1; border: 1px solid black; padding: 5px; margin-bottom: 5px;">Sending messages</div> </div> <div style="display: flex; justify-content: space-around; align-items: flex-start;"> <div style="flex: 1; border: 1px solid black; padding: 5px; margin-bottom: 5px;">Sharing niche memes</div> <div style="flex: 1; border: 1px solid black; padding: 5px; margin-bottom: 5px;">Expressing emotions</div> <div style="flex: 1; border: 1px solid black; padding: 5px; margin-bottom: 5px;">Having heart to heart conversation</div> <div style="flex: 1; border: 1px solid black; padding: 5px; margin-bottom: 5px;">Making a tightly knit community</div> <div style="flex: 1; border: 1px solid black; padding: 5px; margin-bottom: 5px;">Meeting similar people</div> <div style="flex: 1; border: 1px solid black; padding: 5px; margin-bottom: 5px;">Empathising with people</div> <div style="flex: 1; border: 1px solid black; padding: 5px; margin-bottom: 5px;">Sending specialized emojis</div> </div>	<div style="display: flex; justify-content: space-around; align-items: flex-start;"> <div style="flex: 1; border: 1px solid black; padding: 5px; margin-bottom: 5px;">Leave chat</div> <div style="flex: 1; border: 1px solid black; padding: 5px; margin-bottom: 5px;">Change chat</div> <div style="flex: 1; border: 1px solid black; padding: 5px; margin-bottom: 5px;">Think about other people's problems</div> </div> <div style="display: flex; justify-content: space-around; align-items: flex-start;"> <div style="flex: 1; border: 1px solid black; padding: 5px; margin-bottom: 5px;">I ↓ Empathise</div> <div style="flex: 1; border: 1px solid black; padding: 5px; margin-bottom: 5px;">Rest</div> <div style="flex: 1; border: 1px solid black; padding: 5px; margin-bottom: 5px;">Feel better</div> </div>







These are the resources we used

Mental Health Problems, Use of Mental Health Services, and Attrition From Military Service After Returning From Deployment to Iraq or Afghanistan

Charles W. Hoge, MD
Jennifer L. Auchterlonie, MS
Charles S. Milliken, MD

In March 2003, the United States and its coalition partners launched Operation Iraqi Freedom (OIF), the largest sustained ground operation since the Vietnam War. The mental health effects in US military personnel returning from OIF have been studied to date, and the focus has been on the ways in which people manage the challenges of deployment and reentry (Goff et al., 1999; also see Shaw and Costanzo, 1982).

The self, for example, is in a process of becoming postwar (O'Hearn, Mead, 1994). Individual differences in neuroticism and extraversion (Costa and McCrae, 1980) and conscientiousness (Wickramaratne, Fongeling, Scheier, and Bust, 1973), self-efficacy (Greenwald and Postman, 1984; Tschannen-Moran, 1999; Bliese, 1998) and systems (Luthans and Crocker, 1992) characterize people as either more or less able to cope.

*The authors are grateful to the Joint D&D and Caterpillar T MacArthur Foundation Research Network on Successful Middle Deployment (MD) Metrics for their support of this research. Data for Study 1 are taken from a local study of PostDeployment Stress and Health (PDSH) data for Study 2 come from MIDAS's national data set. Data for Study 3 come from MIDAS's national data set. Data for Studies 4 and 5 come from Rizzo, Day, Shumate, Richard Shadov, and Eberle, 1998. Data for Studies 6 and 7 come from Study 1 and an earlier draft of this paper. The feedback received from the SPQ reviewers and editor greatly improved this manuscript. Special thanks go to Jane Alpin Powers and Carol C. Powers for their support and guidance. Direct correspondence to the Department of Psychiatry, 655 Peachtree Drive, TowerOne, Atlanta, GA 30312.

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Hoge, Charles W., Jennifer L. Auchterlonie, and Charles S. Milliken. "Mental health problems, use of mental health services, and attrition from military service after returning from deployment to Iraq or Afghanistan." *Jama* 295, no. 9 (2006): 1023-1032.

Author Affiliations are listed at the end of this article.

Corey Lee M. Keyes. "Social Well-Being." *Social Psychology Quarterly* 61, no. 2 (1998): 121-40. Accessed November 25, 2020. <http://www.jstor.org/stable/2787065>.

Taking Care of You In Today's Agriculture

Evan Henthorne —Agriculture Agent, Adams County

As I am sure we all have noticed, markets across the board aren't at the booming prices they were a few years back. Low markets = less money in our pockets, and low amounts of money make it stressful to run our daily operation. Not knowing how to handle stress can lead to the potential of a mental health disorder. What is a Mental Health disorder? A Mental Health disorder, also known as mental illness is a diagnosable illness that affects a person's ability to work or carry out other daily activities and engage in satisfying personal relationships (Mental Health First Aid). The causes of a mental health illness can be different depending on the impacts of the individual. The most common mental illnesses include anxiety, depression, schizophrenia, and bipolar.

There's this stigma or attitude when it comes to the topic of mental health that we aren't supposed to talk about it. We're supposed to ignore it. I can tell you that's simply not the case anymore. Some when battling a mental illness have the feeling they are "trapped" and that there isn't a way out. If you're feeling trapped or feeling like you may be battling with a mental illness, make sure to reach out and speak up. Whether that be to a spouse, neighbor, friend, or even the county Extension staff. Agriculture Educators are not licensed professionals, but we are here to listen non-judgmentally and help guide you to available resources. A fact provided from the National Survey on Drug Use and Health, "National survey of Americans found that 18.5% percent of adults (18 or older) experienced a mental illness in any one year. This is equivalent to 43.8 million people." Limited number of people know that recovery from a mental illness is possible with setting goals of hope, empowerment, and positive self control.

If you're interested, Taking Care of You (TCY) is a research-based program that offers practical strategies and experiences to help people deal with the stress in their lives. Managing life's challenges in healthy ways allows participants to take better care of themselves and their overall health. Contact your Extension office to find out about program availability.

In case of an emergency please make sure to check out these contact numbers.

National Suicide Prevention Lifeline 1/800-799-4889

National Drug & Alcohol 1/800-662-4357

Barak, Azy, Meyran Boniel-Nissim, and John Suler. "Fostering empowerment in online support groups." *Computers in human behavior* 24, no. 5 (2008): 1867-1883.

Davison, Kathryn P., James W. Pennebaker, and Sally S. Dickerson. "Who talks? The social psychology of illness support groups." *American Psychologist* 55, no. 2 (2000): 205.

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Abuse, Substance. "Mental Health Services Administration." Results from the 2 (2013): 013.