

MiniBuddha App Functionality

Overview

MiniBuddha is an Android application focused on improving the mental health of its users by promoting a positive orientation to improve mood and providing guided meditation to reduce anxiety. Currently, MiniBuddha has two planned main functionalities to promote wellness, called “3 Good Things” and “Guided Meditation”, with the option to download additional wellness-oriented functionalities. The application primarily targets highly stressed college students, but its usefulness extends to anyone with high levels of stress.

Purpose

3 Good Things

The purpose of the “3 Good Things” portion of the app is basic mindfulness practice and positive reinforcement. The act of reflecting on the day and recording positive moments is cathartic in itself, and the recycling of past moments reinforces this effect. The user is encouraged by the notifications of good memories to develop a routine around using the app and reflecting on the day regularly.

Guided Meditation

The purpose of the “Guided Meditation” portion of the app is to provide stress relief to users. In transcendental meditation (“TM”), the user repeats a silent mantra his or herself as a means of achieving a state of relaxation. Research on TM has shown widespread benefits surrounding wellness, including reduced cortisol (the hormone associated with anxiety), improved brain function, and can even reduce the symptoms of mental illnesses such as anxiety disorders and depression. The user is encouraged to complete one session of TM on a daily basis.

Functionality

3 Good Things

This portion of the application prompts the user to record three good things that happened to them that day. The ‘good things’ objects are then stored by the app and accumulate as the user records them each day. These good things are then recycled back to the user in the form of notifications and in-app displays. The user can customize what recorded good things are recycled to them (ex. things from 100 days ago, things from a certain day, etc.)

Guided Meditation

The “Guided Meditation” functionality of the application will lead users through a 10-20 minute guided transcendental meditation session. Upon selecting “Guided Meditation,” the user selects their planned length of the session as well audio they wish to wake up to at the end of the session (options will all be soft noises such as bird chirping, rain, etc.). The app will then show a screen with meditation instructions, which includes, but is not limited to: one page including a background on TM and how it works, and one page including the “mantra” word and more detailed instructions on clearing the mind of thoughts. All instructions will be written. Upon starting the session, the application will just show the remaining time left in the session in the form of a timer. When the timer reaches 0:00, MiniBuddha will commence playing the wake-up music chosen by the user, and return to the home screen.