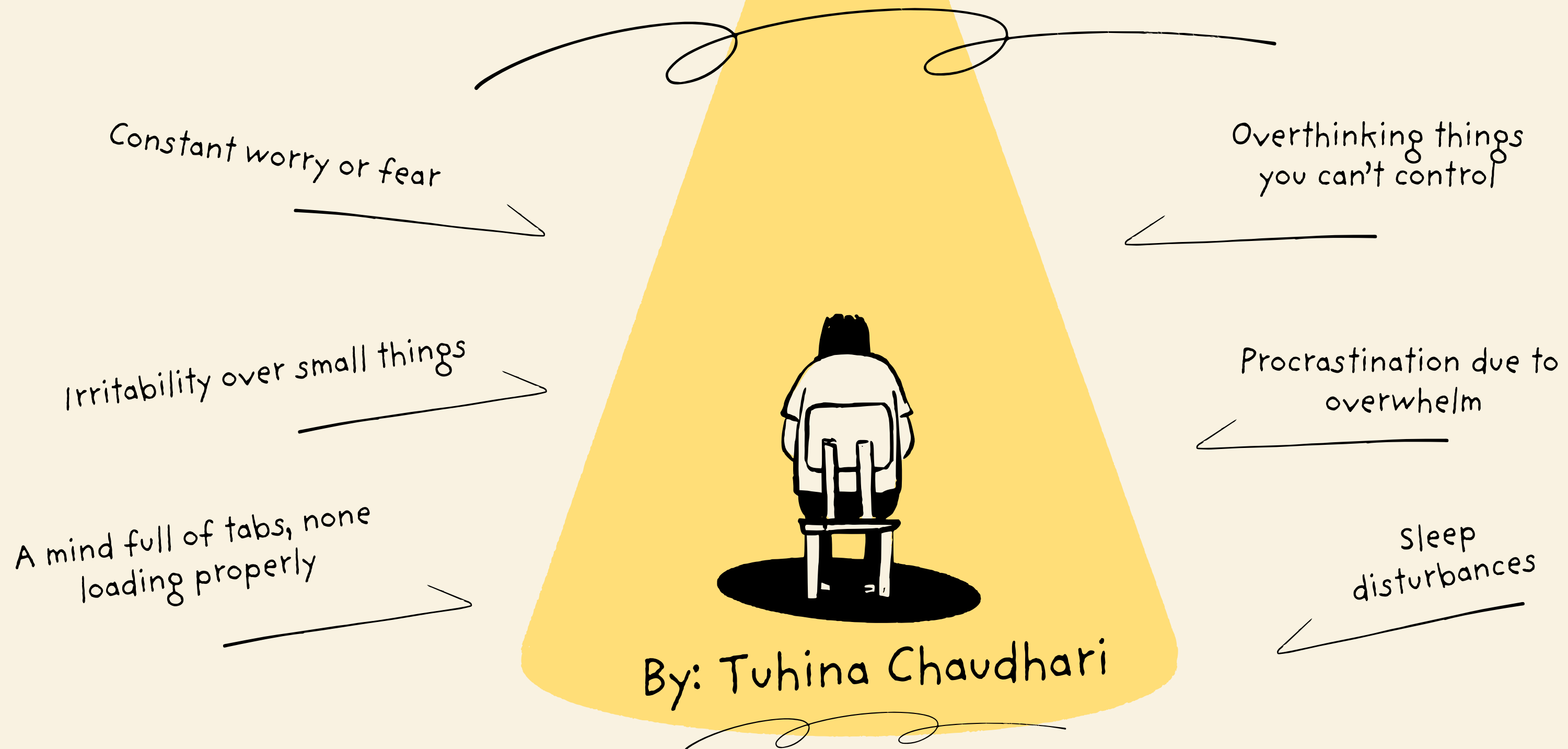


UNMIND

-A Mental Wellness Reflection Tool



The Problem

Our minds are cluttered.
Anxiety distracts.
Creativity gets buried...



- We carry unresolved thoughts and mental noise.
- Many tools track tasks, but not emotional weight.
- Reflection and expression are undervalued in tech spaces.

impact on daily life

Struggles in
work or
school
performance

Difficulty
maintaining
relationships

Avoidance
behaviors

Lower quality of
life



≧ The Solution — What My Code Does ≦

Phase I: Brain Dump

└ Type your thoughts.

└ Assign 1–10 anxiety score.

Automatically summarize high-anxiety ones to
prioritize first.

≥ The Solution — What My Code Does ≤

Phase 2: Adult Coloring Book

| Get an emotionally symbolic word.

| Write 5 associations.

| Draw them using a calming palette.

| Reflect on what emerges.

The colors are thoughtfully chosen based on mnemonic principles, designed to stimulate the mind and enhance memory through repeated interaction.

Green: Enhances focus

Yellow: Boosts alertness

Blue: Encourages concentration

Brown: Aid structured recall

Pink: Elicits warmth and emotional comfort

Lilac: Helpful in forming unique memory associations.

The word cloud formed reflects what's occupying the subconscious.

What It Offers!

Mental clarity through
structured release

Creative flow and
subconscious insight

A toolkit for
therapists or
mindful tech spaces



Helps externalize mental
clutter and focus on resolving
what matters most.

Simple interface, but
deeply reflective

Facilitates mindfulness, flow state,
and subconscious surfacing.

Seeking help is a
sign of strength,
not weakness.

