

# The Well App

Addressing the most significant mental health problems  
faced by students and professionals.

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# Problem

How are we feeling?

**anxious**

**stressed**

**burnt-out**

- 1 Many students and busy professionals feel overworked.
- 2 This in turn negatively affects their productivity and overall happiness.
- 3 Feedback loop of constant stress and heavy workload.

Our mental health is vital to our ability to perform well in our daily lives and achieve as much success as we can. If our mental health is poor, then every other aspect of our life is affected as well.

## Solution

The stressors and burn-out we face in our day-to-day lives are affecting how happy and productive we are. How can we eliminate these factors from our lives while simultaneously positively affecting our overall wellbeing?

- 1 Research shows that daily reflection positively affect our state of mind. \*



- 2 By organizing these tasks into a single interface, we can help people make a positive impact on their wellbeing.

\*: <https://hbr.org/2017/03/why-you-should-make-time-for-self-reflection-even-if-you-hate-doing-it>

# The Well App

The Well App is a 21-day sprint that encourages you reflect on your day, every day. Each day you open the Well app, you will be asked to complete these 5 items:

- 1 Record 3 things you are grateful for.
- 2 Write an insightful journal to reflect on your day or on yourself.
- 3 Perform 3 acts of kindness to others.
- 4 Exercise for at least 20 minutes.
- 5 Meditate for at least 15 minutes.

**We've found there are ways that you can train your brain to be able to become more positive. In just a two-minute span of time done for 21 days in a row, we can actually rewire your brain, allowing your brain to actually work more optimistically and more successfully.**

[https://www.ted.com/talks/shawn\\_achor\\_the\\_happy\\_secret\\_to\\_better\\_work](https://www.ted.com/talks/shawn_achor_the_happy_secret_to_better_work)

Shawn Achor,  
*leading positive psychology advocate*

# Let's take a look at the app.

Live Demo Time

**That's a  
wrap!**

A yellow speech bubble with a small tail pointing towards the bottom right.

**Thank you for  
your time!**