Solace

A mirror to self

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A space to grow, remember, and discover who you are becoming.

01
INTRODUCTION

The Emotional Need Behind the Screen

- ○ Millions seek mental wellness tools that go beyond symptom tracking.
- ○ People want reflection, connection, identity clarity—and a space that feels safe and meaningful.

77% of Gen Z say mental health is their top priority, with many turning to tech for emotional support.
(Source: McKinsey Health Institute, 2024)

1 in 3 college students experiences anxiety, identity confusion, or grief-related stress during their academic years.
(Source: American College Health Association, 2023)

The **mental wellness app market** is expected to reach **$7.08B by 2027**, growing at a **17.6% CAGR**.
(Source: Grand View Research, 2024)

63% of Gen Z prefer **nonclinical, self-guided tools** like journaling apps, chatbots, or reflective games over traditional therapy.
(Source: Deloitte Insights, 2024)

Solace supports personal transformation through:

○ Reflective conversations

○ Memory rituals

○ Self-identity mapping

   All wrapped in a calming, expressive interface that grows with the user

Core Vision

Solace is a beautifully designed companion for emotional wellness and self-exploration. It guides users through meaningful conversations, creative reflections, and memory rituals that support both healing and personal discovery. With every interaction, Solace helps build clarity, presence, and a deeper sense of identity.

02
FEATURES

Experiential Features

THE SPIRAL 🌀

An interactive space to express and explore your inner thoughts. As you type, Solace gently highlights patterns in your thinking and offers new perspectives in a way that feels conversational, artistic, and deeply personal. The visual spiral untangles, inviting insight and calm.

THE GARDEN 🌳

Each memory, emotion, or person you honor becomes a seed. These grow into unique trees within your personal garden. The more you reflect, the more the garden evolves—visually and symbolically representing your journey through remembrance, growth, and transformation.

THE MIRROR 🪞

Guided conversations help uncover the layers of your identity. Through curated prompts, storytelling, and visual reflections, Solace helps you create a constellation map of your values, desires, strengths, and evolving self.

A wise future self

A creative guide

Voice of Solace

Solace speaks like **someone who understands** → calm, poetic, thoughtful. You can choose its voice

A curious friend

A storyteller who uses metaphor and symbol to reflect emotion

Technology & Prototype Plan

✓ **GPT-based** AI for reflective dialogue

✓ Lo-fi version in **Figma** with clickable flows

✓ Built in **React** / Flutter (hi-fi prototype)

✓ Data **privacy** and offline-first journaling
considered

03
HCI APPROACH

HCI-Driven Design Approach

- **User Research:** Interviews with students dealing with grief, burnout, identity shifts

- **Personas:** "The Reflective Griever," "The Unanchored Creative," "The Growth-Seeker"

- **Wizard-of-Oz Prototyping:** Simulated chats to refine tone and pacing

- **Rapid Testing:** Feedback loops on tone, metaphor use, and reflection depth

Brand Guidelines

COLOR USE

Deep Indigo #2E294E

Moonlight Lilac #B497BD

Mist Blue #A9C4D6

Soft Rose Quartz #E6C5D7

Star White #FAFAFA
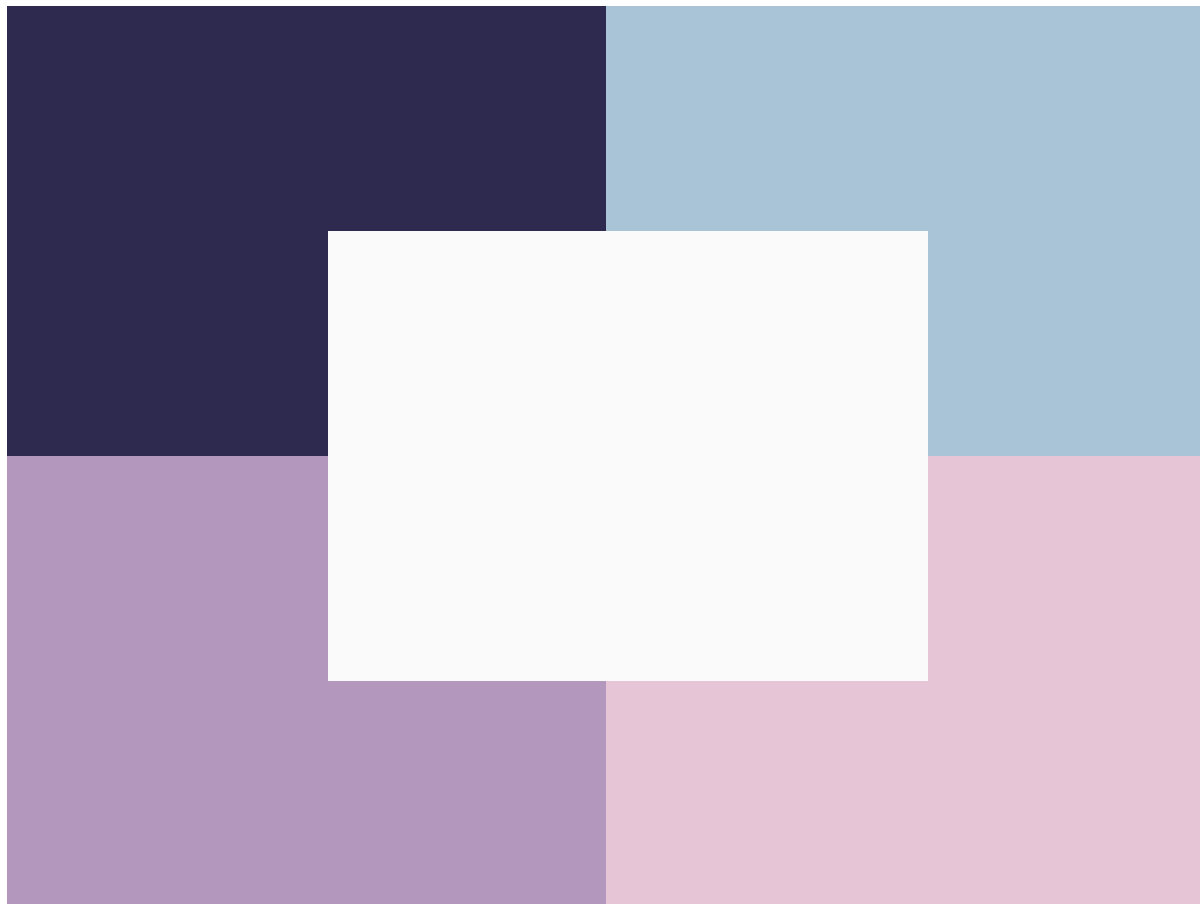
WORDMAR K

The spiral grow tree logo symbolizes **self-discovery and emotional growth**. The **spiral** represents the inner journey, the **curved trunk** reflects life's evolving path, the **branches** symbolize personal development, and the **base** signifies grounding and stability.

Spiral of Growth, Inner Journey, Unfolding Self

Path of Resilience or Life Path

Branches of Awareness or Aspects of Self

Giaza

Root of Being or Foundation of the Self

04
LO-FI
PROTOTYPE

Lo-Fi Prototype

Solace
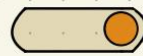
♫ Background music

Persona : 🌀 🌱 ⚙️

Prompt :

Sentiment :

| Voice to text | Save |

Hex:XXX

Pen type

| Undo | Clear |

Past entries :

| 15 April, 2025 | 18 April, 2025 : 2pm | 19 April, 2025 | 21 April, 2025 |
| 16 April, 2025 | 18 April, 2025 : 6pm | 20 April, 2025 | 22 April, 2025 |

Timeline :

Jan   Feb   Mar   Apr

+ −

A Multimodal, Low-Cognitive-Load Interface

- **Ambient Feedback:** Animations adapt to mood

- **Progressive Disclosure:** Unfolds complexity slowly

- **Multimodal Interaction:** Text, voice, visual metaphors

- **Custom Voice Agents:** "Future Self", "Creative Guide", or "Poetic Friend"

05
HI-FI PROTOTYPE

Follow Along

https://vedanshishah7.github.
io/tech-bash/

solace

A space to reflect, feel, draw, and grow with your voice, words, images, and heart.

Choose Your Persona: -- Select --

Draw what calm feels like.

Write your thoughts...

Optional Image: Choose File No file chosen

Brush Color: Size: ● Clear Drawing Save Entry

Toggle Drawing Mode 🎤 Start Voice Analyze Sentiment

Past Entries

Timeline

React App

solace

A space to reflect, feel, and grow with Poetic Friend.

[Poetic Friend ▼]

What's something beautiful you noticed recently?
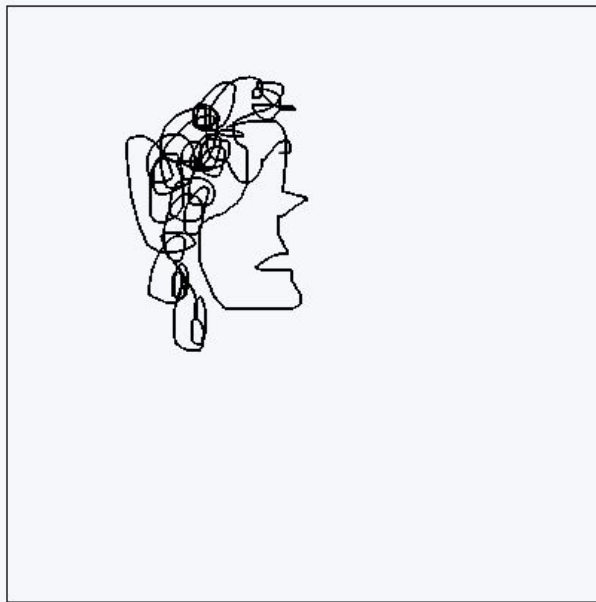
this is what i think i am feeling...

[Analyze] [Save] [🎤 Speak] [🔄 New Prompt] [✏️ Draw]

Draw Your Reflection

[Clear Drawing]

Reflection History

No entries yet. Your journey starts now.

solace

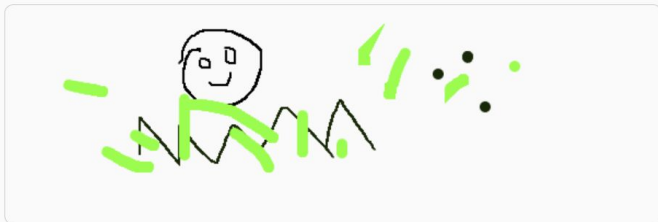A space to reflect, feel, draw, and grow with your voice, words, images, and heart.

Choose Your Persona: [🌸 The Reflector ▾]

You are someone who finds value in reflecting deeply on your experiences.

What's something that made you smile today?

Today, I got some delicious chocolates and pizza, it was truly incredible...

Optional Image: [Choose File] No file chosen

Brush Color: [—] Size: [———•———] ⬤ [Clear Drawing] [Save Entry]

[Toggle Drawing Mode] [🎤 Start Voice] [Analyze Sentiment]

Past Entries

Timeline

16

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solace

A space to reflect, feel, draw, and grow with your voice, words, images, and heart.

Choose Your Persona: [-- Select -- ▾]

Draw what calm feels like.

Write your thoughts...

Optional Image: [Choose File] No file chosen

Brush Color: [—] Size: [—•———] ⬤ [Clear Drawing] [Save Entry]

[Toggle Drawing Mode] [🎤 Start Voice] [Analyze Sentiment]

Past Entries

Timeline

APRIL 20225

solace

A space to reflect, feel, draw, and grow with your voice, words, images, and heart.

Personalized interaction through **emotional roles** (e.g., Dreamer, Reflector).

Choose Your Persona: 🧑 The Reflector ▾

Explanations to understand usage
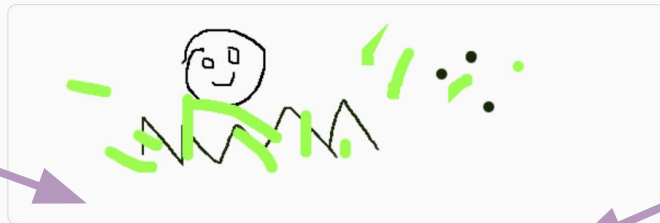
You are someone who finds value in reflecting deeply on your experiences.

What's something that made you smile today?

Randomized **prompts** to spark user reflection or creativity.

Theme toggle (Improves accessibility and visual comfort)

Today, I got some delicious chocolates and pizza, it was truly incredible...

Add **images** from the day on the diary entry

Optional Image: Choose File No file chosen

Choose a **brush** color, size and create drawings to display how you feel.

Ability to **reset** and clear the drawing.

Brush Color: Size: ⬤ Clear Drawing Save Entry

Ability to **save** and come back to the entries below.

Toggle Drawing Mode 🎙 Start Voice Analyze Sentiment

Past Entries

Analyse sentiment for the entry (happy, sad, etc)

Text, **voice-to-text** (speech recognition), image upload, and freehand drawing.

Timeline

17

APRIL 20225

Technical Architecture

- ❑ **Frontend:** React Native + SVG/Three.js animations

- ❑ **AI Core:** GPT-4 Turbo + LangChain for narrative logic

- ❑ **Voice & Emotion:** Whisper + Emotion AI API

- ❑ **Data:** Firebase for real-time sync & privacy-first storage

- ❑ **Prototype Stack:** Figma (lo-fi), Expo (hi-fi)

A New Era of Human-Tech Connection

Through storytelling, reflection, and calm interaction, Solace offers a space to feel better and to become clearer, fuller, and more whole.

THANK YOU!