

Solace

A mirror to self

By Vedanshi Shah



***Brandeis
Tech-Bash 2025***



***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

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

LOGO

COLOR USE

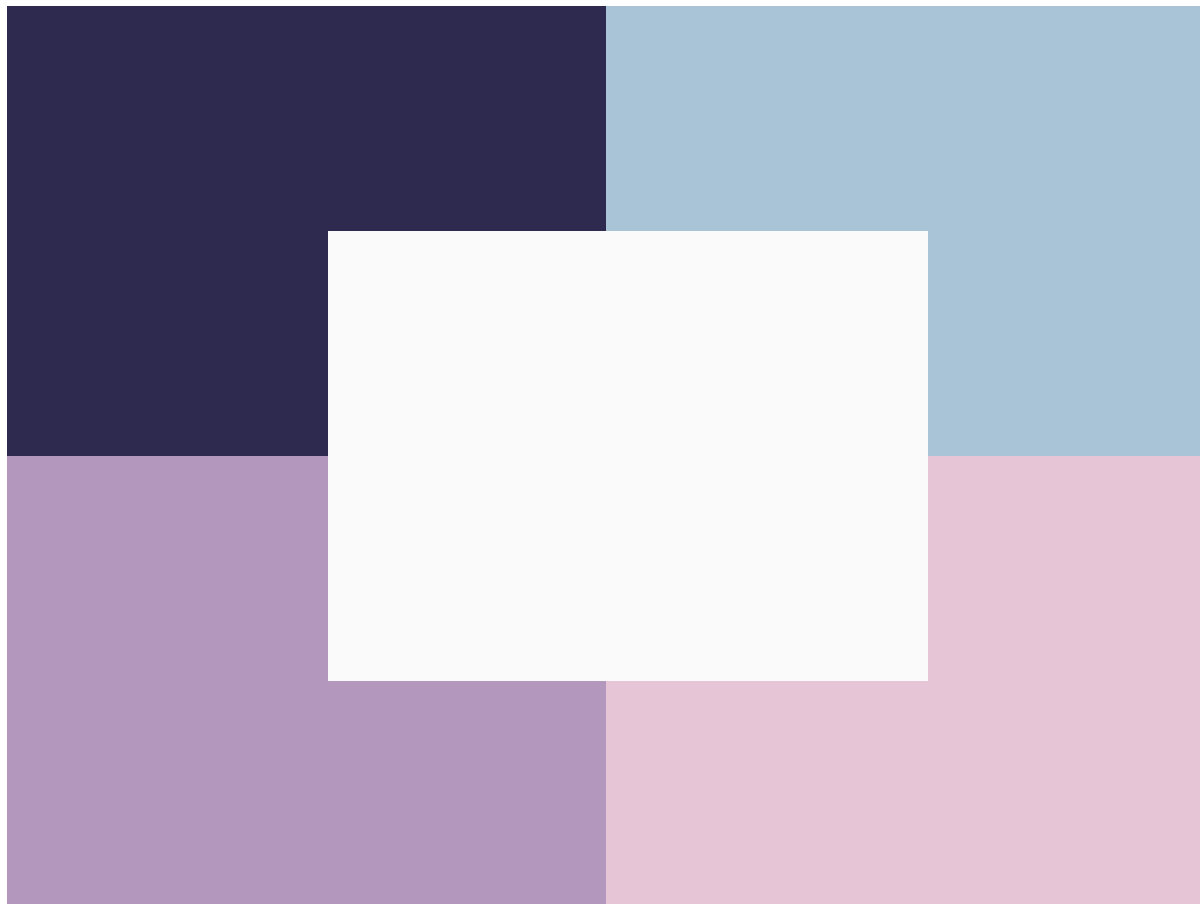
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Moonlight Lilac #B497BD

Mist Blue #A9C4D6

Soft Rose Quartz #E6C5D7

Star White #FAFAFA



LOGO

WORDMARK

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

Branches of Awareness or Aspects of Self

Path of Resilience or Life Path

solace

Giaza

Root of Being or Foundation of the Self



04

LO-FI PROTOTYPE

Lo-Fi Prototype

Logo

Solace

 Background music

Persona:   

Prompt :

Sentiment :

Voice to text  Save

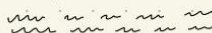

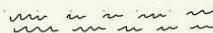

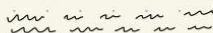

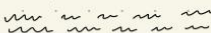

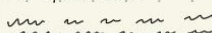

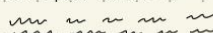

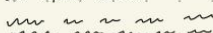

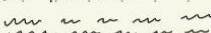

 Hex:000

 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 :



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: No file chosen

Brush Color: Size:

Past Entries

Timeline

solace



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

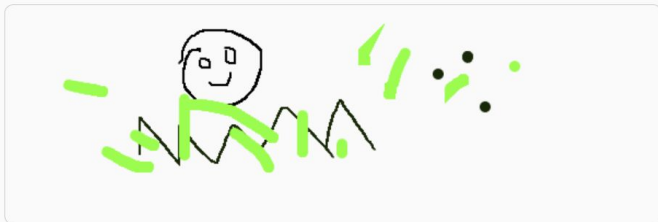
Choose Your Persona: 🧠 The Reflector ▼

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

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 2025

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

Explanations to understand usage

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

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

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

solace

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

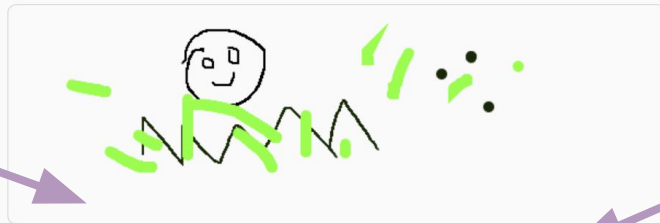
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Brush Color: 

Size: 

 Clear Drawing

Save Entry

Toggle Drawing Mode

 Start Voice

Analyze Sentiment

Past Entries

Timeline



Theme toggle
(Improves accessibility and visual comfort)

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

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

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

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

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!**
