

## OVERVIEW OF THE PROJECT

This app is for psychologists and mentally ill people, it will allow communication between these two parties, as well easy access to mental health enrichment activities such as mindfulness and journaling which the psychologist can access. The Target audience is both mentally ill patients and psychologists. The problem that the app solves is the communication barrier between psychologist and patient and allows for easier ways to pursue mindfulness activities as well as journaling. Features including journaling, mindfulness activities, sharing this information from the journaling with a psychologist of choice.

## FUNCTIONAL REQUIREMENTS

### Main

- Main screen will have the users name
- Will show the progress of the users
  - Graph
- Will have a quote that changes on each entry of the screen, to help create positivity
- Floating button that links to settings

### Settings

- 3 options
  - Users Name
  - Users email
  - Psychologist email
- Each links to a modal

### Journal

- Shows old journal entries
  - When old journal entry is clicked it opens a modal which shows the details of the journal entry
- A floating button that adds a new journal entry
  - This journal entry is a modal
  - Needs to have the following inputs and options:
    - Date: Datetime
    - Time: Datetime
    - Context: Text Area
    - Triggers/what happened: Text Area
    - Intensity: Dropdown
    - Coping Strategies: Text Area
  - A button that sends an email (Or opens the users email application and inputs all the data)
    - This would also add to the old journal entry list (This would be an array)

## Mindfulness

- Links to a mindful breathing exercise
- Links to the mindfulness audio exercise page
  - This page will have a list of mindfulness activities
    - When each activity is clicked it will play an audio file
    - Can be paused

## Screen designs and storyboard:

