

A decorative header featuring a solid blue background with a repeating pattern of white line-art icons. The icons include a document, a tag, a puzzle piece, a magnifying glass, a smartphone, a document with lines, a target, a speech bubble, a pie chart, a thumbs up, a lightbulb, a clock, and a checkmark in a circle.

# POV & Experience Prototypes In Self Care

Education Section

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## Initial POV #1

We met a young professional who claims to have excellent self-care habits. We were amazed to realize that after having struggled significantly with self-care and mental health, he developed preventative techniques for dealing with bad habits and things that might become issues for him, rather than responding to them after the fact. **It would be game-changing if we could help others develop techniques to better their own self-care habits.**



## Initial POV #2

We met a senior in high school who has a girlfriend and is a student athlete. We were amazed to realize that even though he's an atypical person to think about self care, he already has methods in place, but still struggles to compartmentalize what's worth worrying about and what isn't.

**It would be game changing if we could teach him how to better determine what problems he should go to a friend/parent/counselor about and what problems he should try to let go.**



# Additional Needfinding

Conducted 2 more interviews

- ▶ Set of self-care rules
- ▶ Work-life balance
- ▶ Reward System
- ▶ ***Achievable through prioritization***



- ▶ ***Self-care is very personalized***
  - ▷ Calming vs. stimulating
  - ▷ Culture/demographic-oriented
- ▶ But there are some strategies that are generic
- ▶ ***Self-care is most effective when it's the norm***





# POV + HMW

**We met...**

a 22 year old recent college grad

**We were amazed to realize...**

he values a regimented self-care routine

**It would be game changing if...**

we could help people prioritize  
and manage their own needs in  
order to practice better self-care



# How might we...

help people learn how to prioritize tasks?

**We met...**

a senior Bridge Peer Counselor

**We were amazed to realize...**

that he feels self-care varies widely

**It would be game changing if...**

we could teach people self-care  
methods based on their own  
preferences

# How might we...

help people discover what self-care methods work for them?

**We met...**

a senior Bridge Peer Counselor

**We were amazed to realize...**

that he believes self-care is best when  
it's a social norm

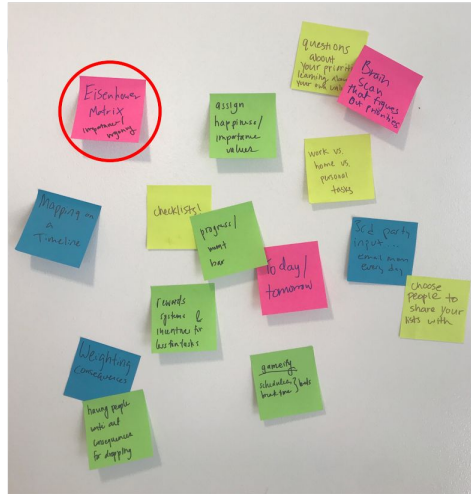
**It would be game changing if...**

we could teach self-care to communities  
rather than individuals

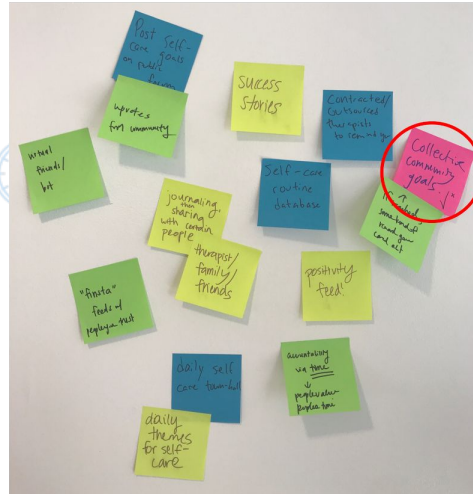
# How might we...

incorporate other people into the learning process of discovering best self-care methods and establish it as a community norm?

#1: prioritizing tasks



#2: incorporating others



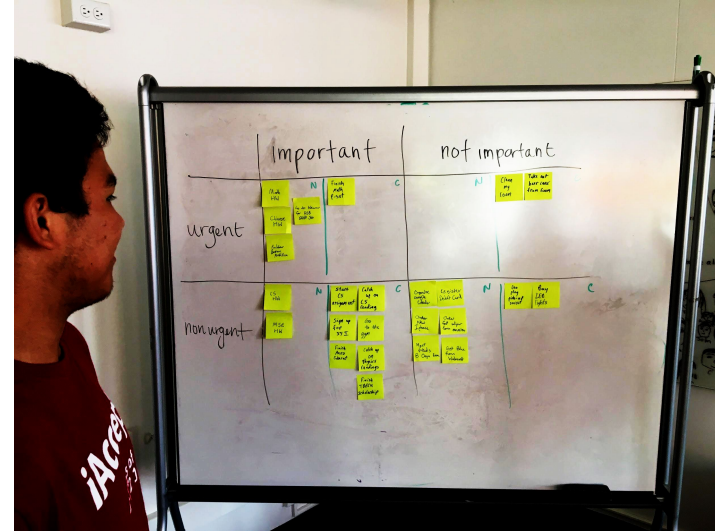
#3: discovering self-care methods



# Experience Prototypes

# Eisenhower Priorities Prototype

## Step 2: Eisenhower Matrix



- ▶ Based on our POV - prioritizing as self-care



# #1

## Eisenhower Priorities Prototype

- ▶ All felt it was helpful
- ▶ Intuitive?
- ▶ People do need to prioritize their task, but it's already intuitive (especially for Stanford students)



# #2

## Group Care Prototype

### Step 1: Establish Group Goal



### Step 2: Check-in on Goal for 3 Days



- Based on our new POV -  
incorporating others + communities

# #2

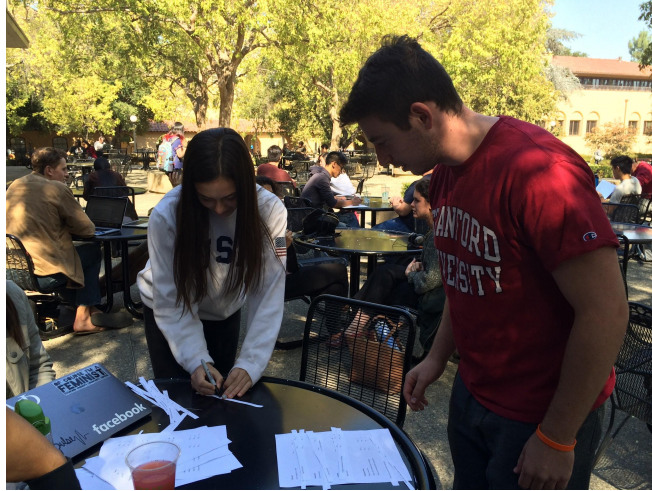
## Group Care Prototype

- ▶ Conduct Pre-Interviews
  - ▶ Do you already journal?
- ▶ All said they don't journal normally
- ▶ Send photos to each other daily
- ▶ All members of group were more motivated to achieve the goal as a group
- ▶ Community reinforces self-care?

# #3

## Self Care Discovery Prototype

Step 1: Which self-care methods would you do?



Step 2: Did their choices align with the categories?

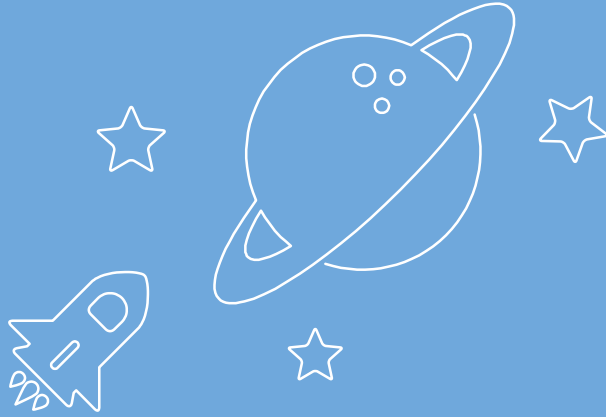


- ▶ Based on POV - how can we help people better learn self-care methods?

# #3

## Self-care Discovery Prototype

- ▶ Separated into 4 categories:  
*physical, emotional, organizational, calming*
- ▶ 3 methods for each
- ▶ Choosing from the same category means self-care methods are associative
- ▶ Self-care might not be associative, but there is room for discovery



# Questions?