***User Stories associated with the outcomes of our proposal***

| **As a…** | **I want…** | **So that I can…** |
| --- | --- | --- |
| pregnant person | a guided breathing session available on my phone | manage my anxiety and pain during pregnancy and labor. |
| Centering Pregnancy participant | to consistently practice the 555 Breathing Technique throughout my pregnancy | reduce stress, pain, and likelihood of preterm birth. |
| medical professional | a reliable and easy-to-use tool to teach stress management techniques to my patients | have healthier and less stressed patients in the office. |
| person with a phobia of needles | access to guided breathing exercises | manage my anxiety before and during medical procedures involving needles. |
| busy professional concerned with health | to receive regular reminders and notifications to practice my breathing exercises | maintain a routine, improve my overall well-being, and keep an eye on my stress. |