

A Daily Walk

Welcome to A Daily Walk!

This experience aims to raise awareness for anxiety and stress disorders. Please note that examples may not accurately depict someone's life.

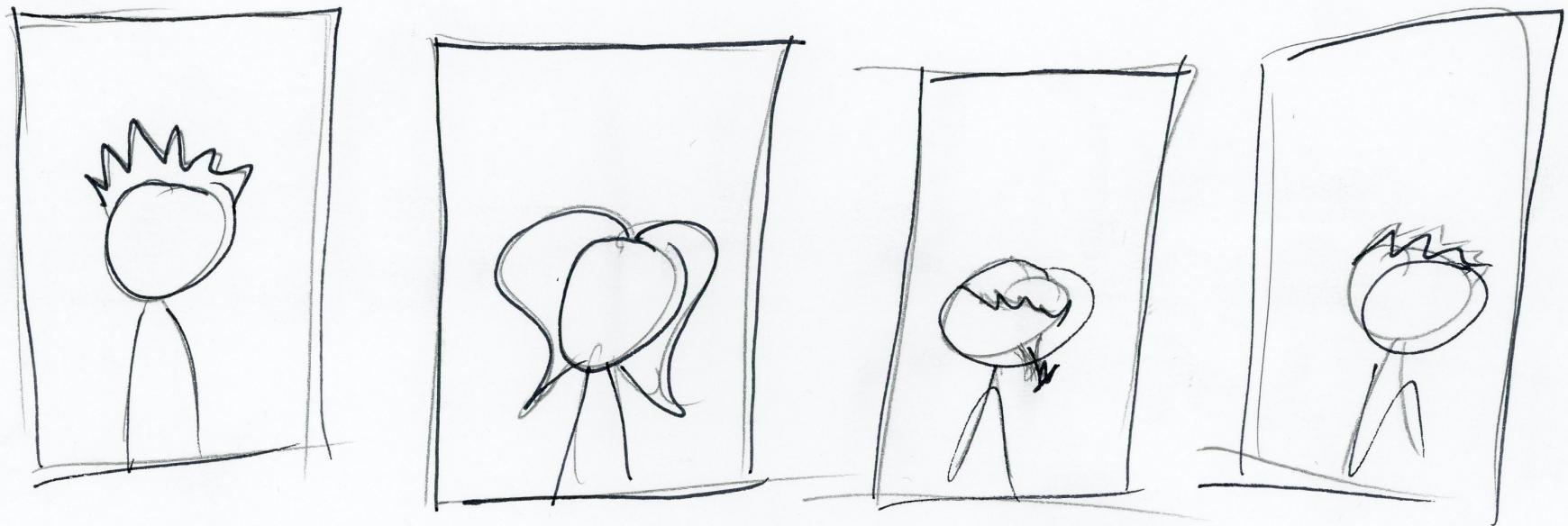
WARNING

If you experience high levels of anxiety or stress, we recommend that you do not participate in this experience. Use at own risk!

Enter →

Choose A Character

Each character has their own story. Play though each character to have a different experience.



8:17 am

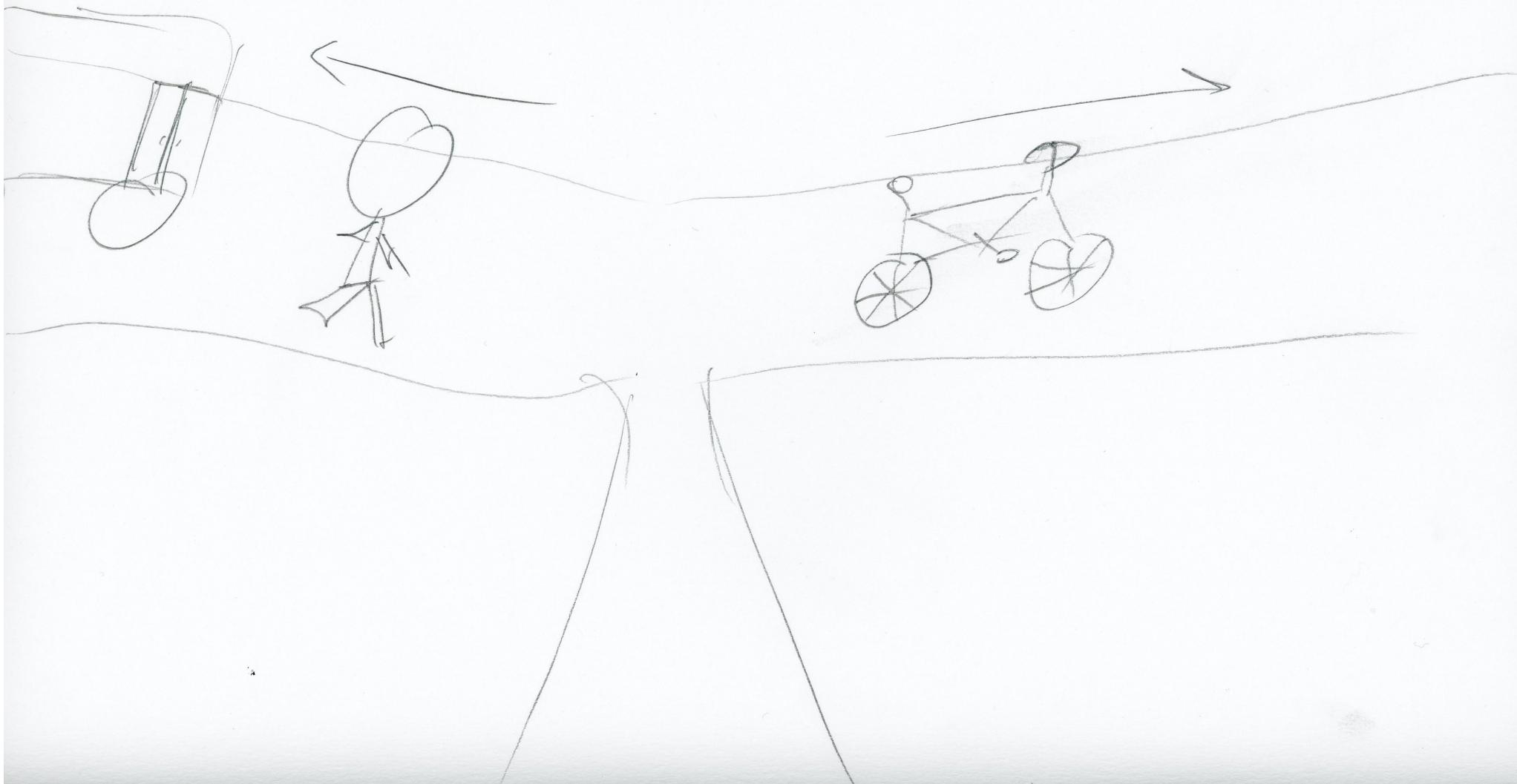
Heart Beat



Breathing



What Should I do?



8:18 AM

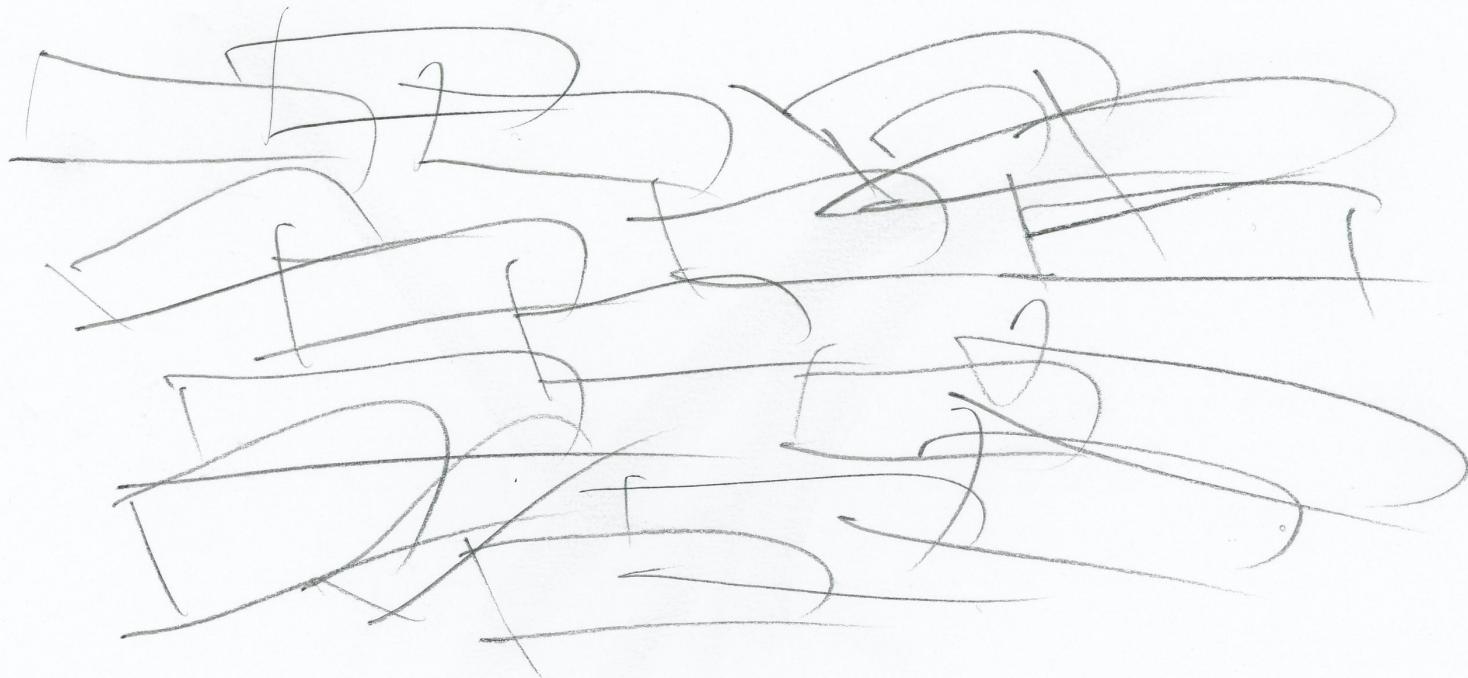
Heartbeat



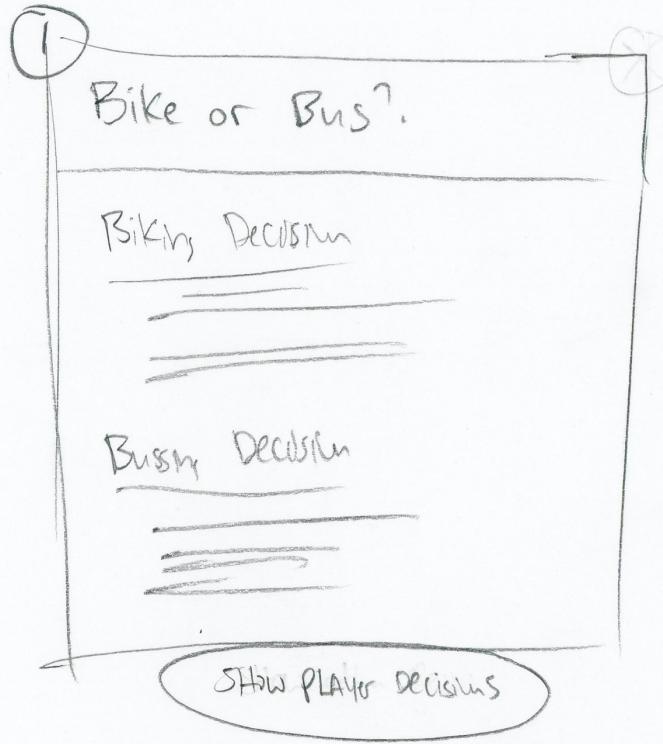
Breathin,



Swipe Away Your Worries



(X)



(X)

②

Go Home or Stay?

Go Home



Stay



○ ○ ○ ○ ○

End of the Day



Your decisions throughout the day

① Took the bus

- Super crowded

DETAILS

② _____

View other results

Help Raise Awareness



SHARE

