

EFIT

Self-Practice

Contents

1. App purpose
2. My story
4. Visual identity
9. Workflow
10. Wireframe

App purpose

For [alexithymia patients]

Who needs [improve the ability to recognize emotions]

The [EFIT] is a [practical project]

That provides [self-emotional awareness exercises]
based on [“Emotional Focuesd Therapy”]

My story

EFTC App helps people practice recognizing their feelings by recording evoked events and physical feedback in their daily lives. The purpose of the practice is to help the patients can awareness emotional, focusing one their body's feeling, and to conjecture what kind of emotion they have.

There is a concept in psychology called "emotional clarity," which reflects our ability to recognize our own emotions and feelings. Emotional clarity is closely related to our mental health. Specifically, the higher the emotional clarity, the stronger the resistance to depression and anxiety (Vine & Marroquín, 2018).

Difficulty in distinguishing one's emotional state is often related to long-term emotional suppression or emotional neglect. People use psychological and physical symptoms to check whether their emotions are ignored or suppressed, such as anxiety, depression, physical and mental symptoms, and muscle tension. However, the relationship between body area and special emotional suppression is sometimes not absolute. Muscle tension or tightness in any part of the body may be a signal of emotional suppression. Any combination of the four symptoms indicates that strong emotions are being suppressed, and what we have to do at this time is to find and identify these emotions.

Emotions are generally reflected in certain parts of the body, just as we often use words such as "heartbreak," "headache," and "heart-breaking feeling" to describe emotions. For psychological and even physical health, it is necessary to take time to observe your own body.

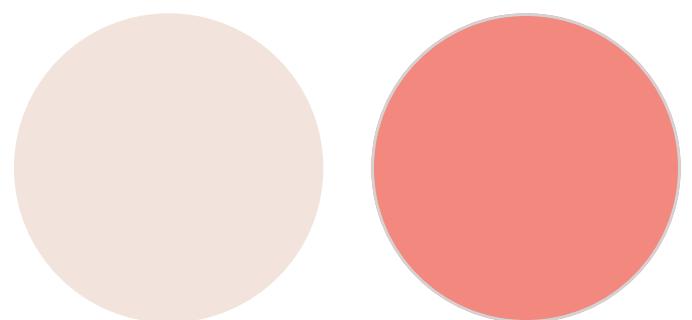
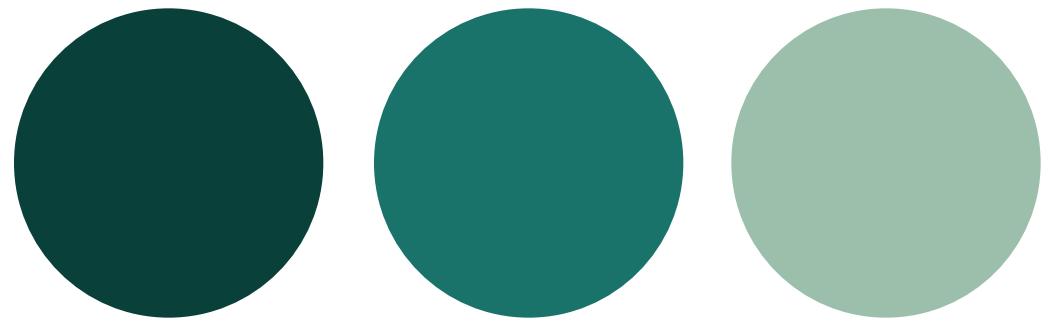
Alexithymia



Visual identity

**Lorem ipsum dolor sit amet,
consectetur adipiscing elit. Donec
fringilla in ex varius.**

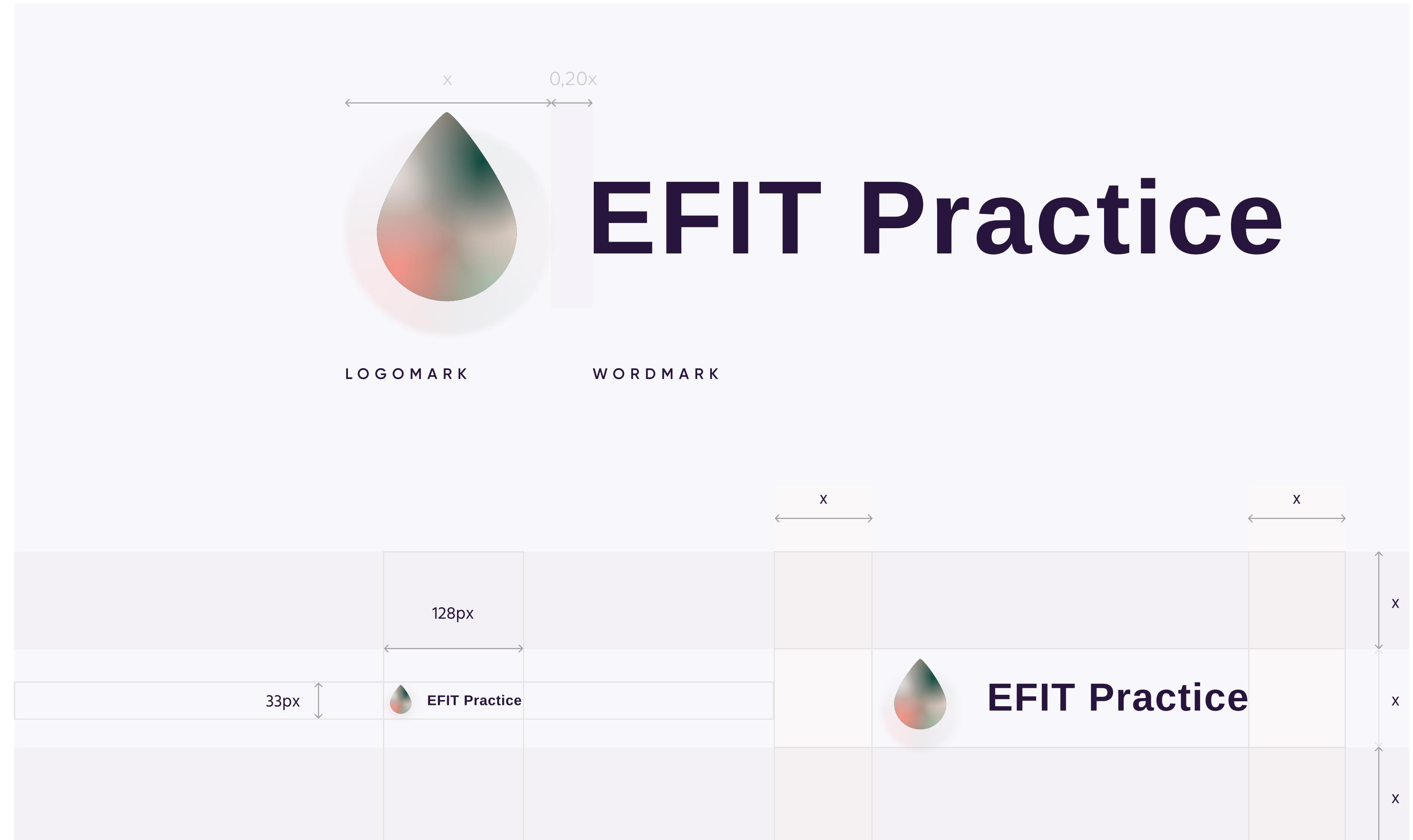
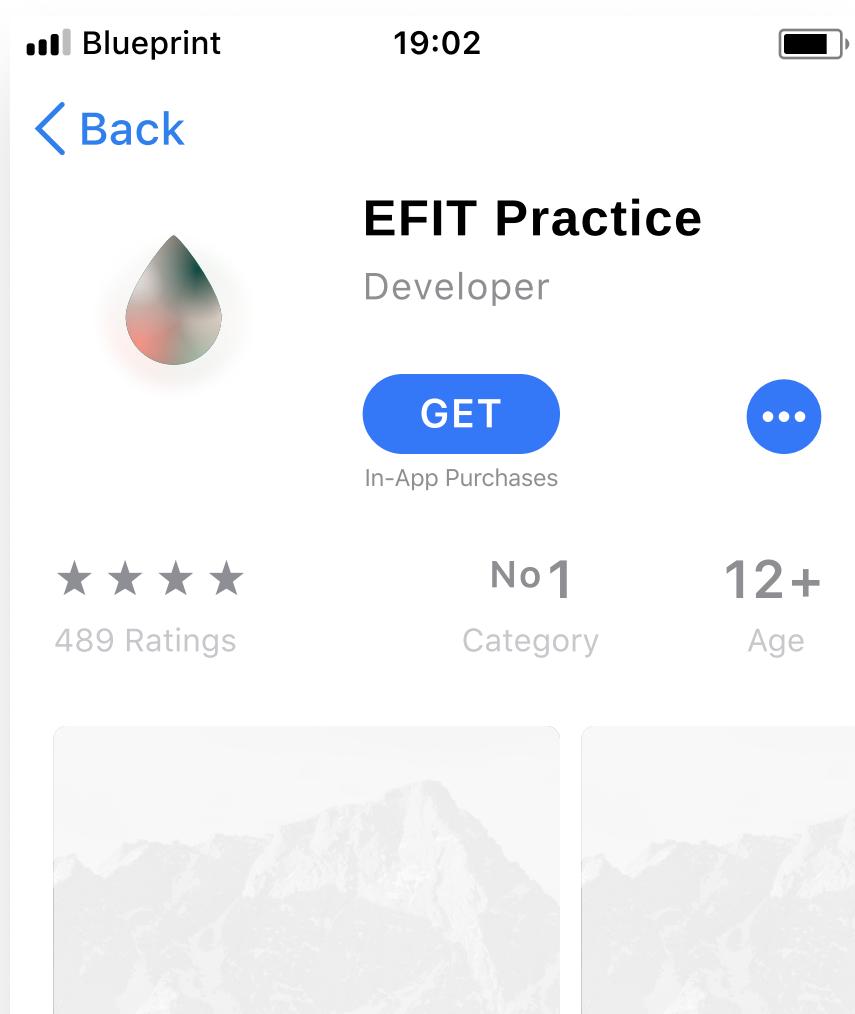
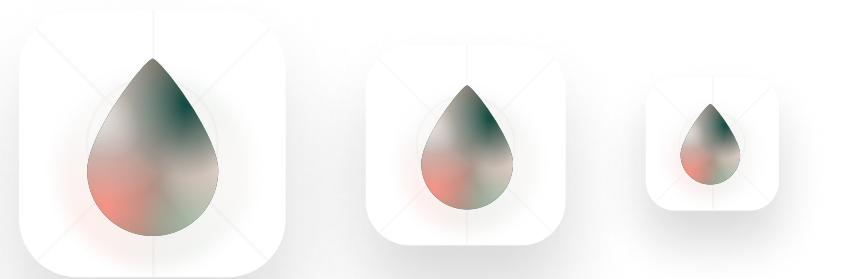
Moodboard



Logo

Thumbnail Mark

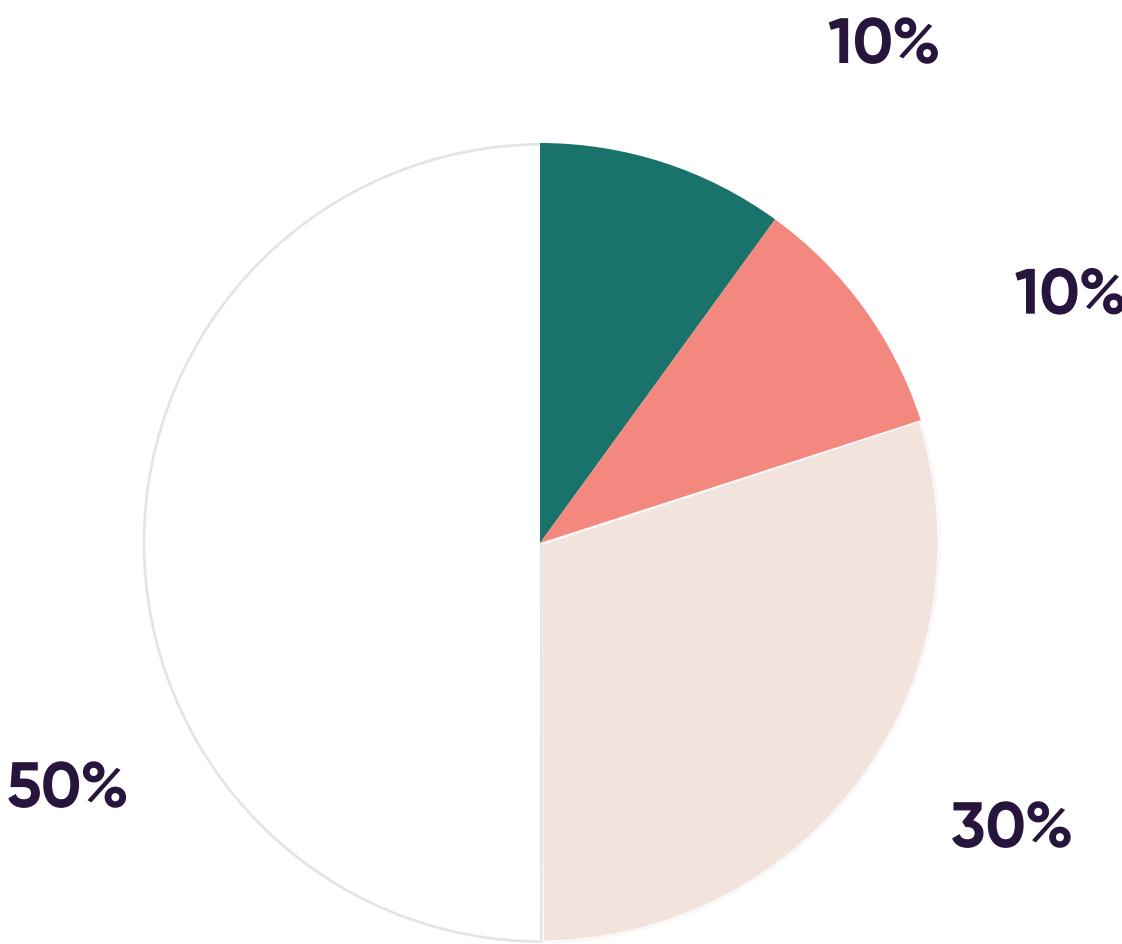
Compressed mark use for small scale
and where applicable



Colour

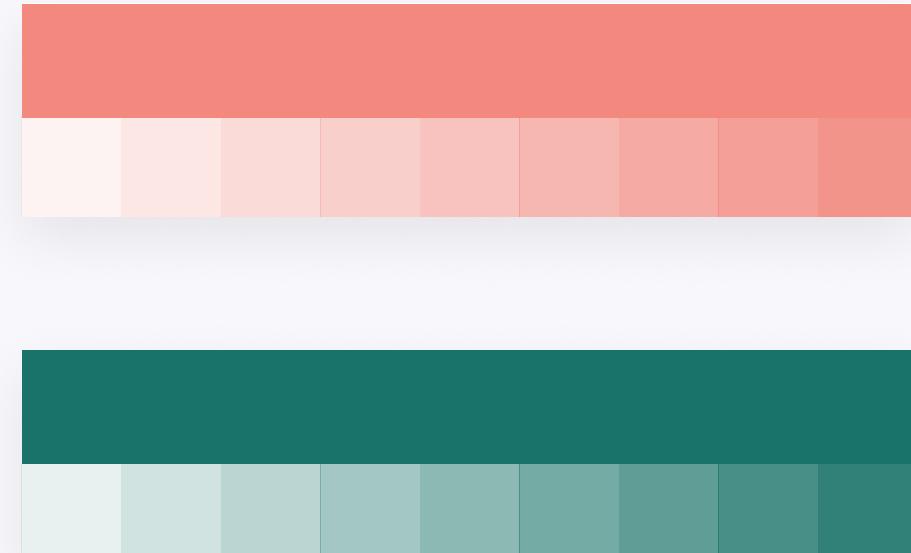
Color Usage

Use navy blue sparingly to highlight things or in call to action buttons. Use pink in illustrations, UI screens, callouts etc.



Main Colors

Primary Color Shades



Main Colors

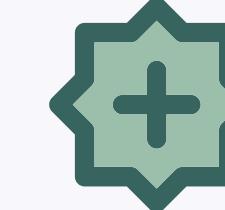
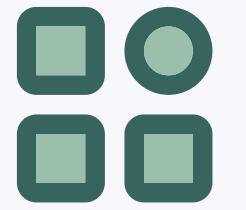
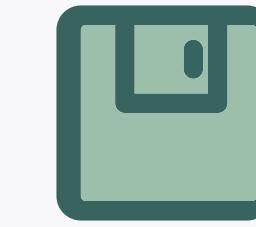
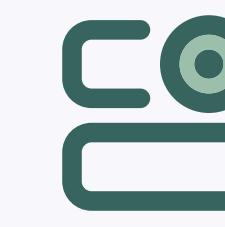
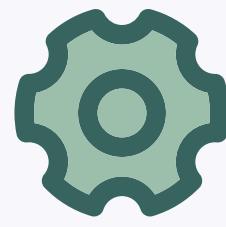
Secondary Color Shades



Typography

Poppins	Aa	This is header H1	Black	54
	ABCDEFGHIJKLMNOPQRSTUVWXYZ abcdefghijklmnopqrstuvwxyz ‘?’ “!” (%) [#]{@}/& \ <-+÷×=› ® © \$ € £ ¥ ¢ : ; , . *	This is header H2	Black	32
Hind	Aa	This is header H3	Bold	24
	ABCDEFGHIJKLMNOPQRSTUVWXYZ abcdefghijklmnopqrstuvwxyz ‘?’ “!” (%) [#]{@}/& \ <-+÷×=› ® © \$ € £ ¥ ¢ : ; , . *	This is header H4	Medium	21
		This is big subtitle	Regular	24
		BUTTON TEXT	BOLD	16
		OVERLINE	SEMI - BOLD	14
		Body Big	Regular	150%
		Body	Regular	150%
		Body Bold	Bold	150%
		Body Small	Regular	150%
		Body Small Bold	Bold	150%
				18
				16
				16
				14
				14

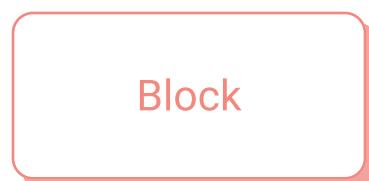
Iconography



Workflow

Components

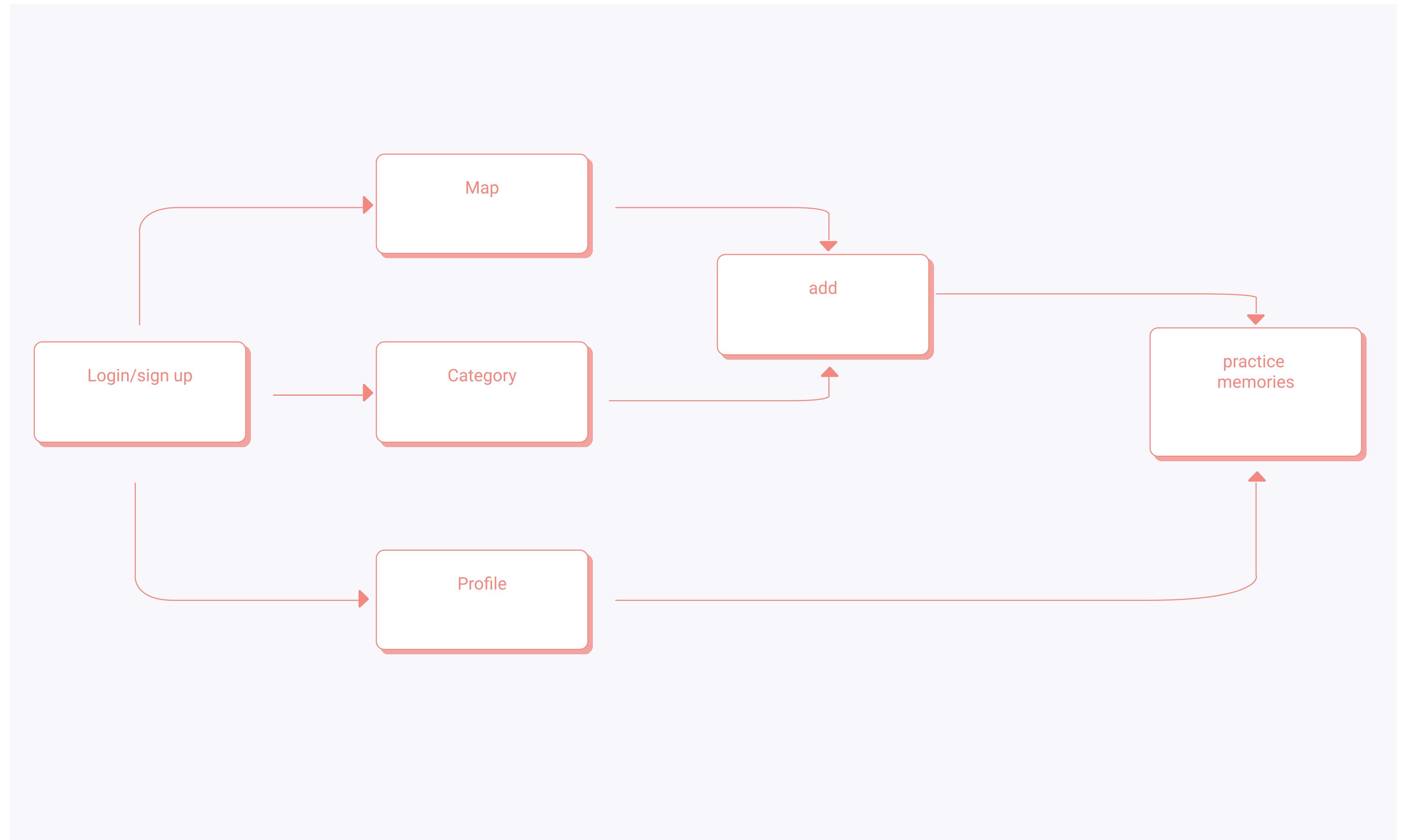
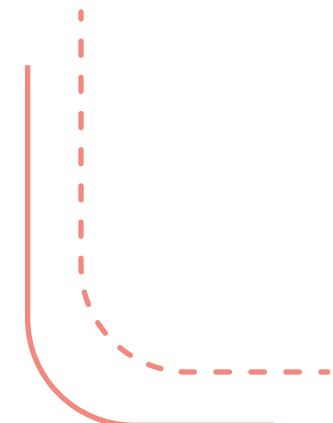
Blocks



Dot Arrow

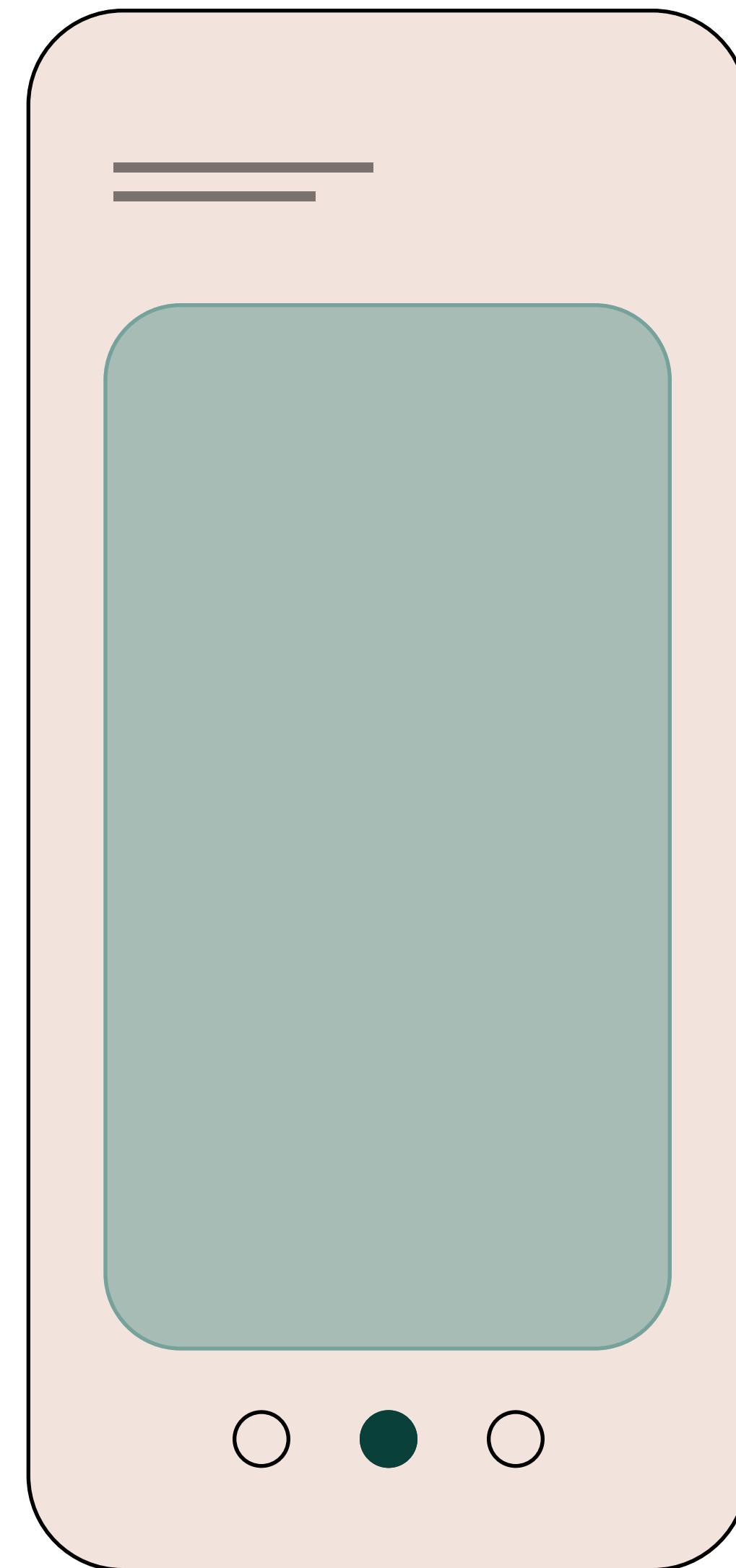


Line

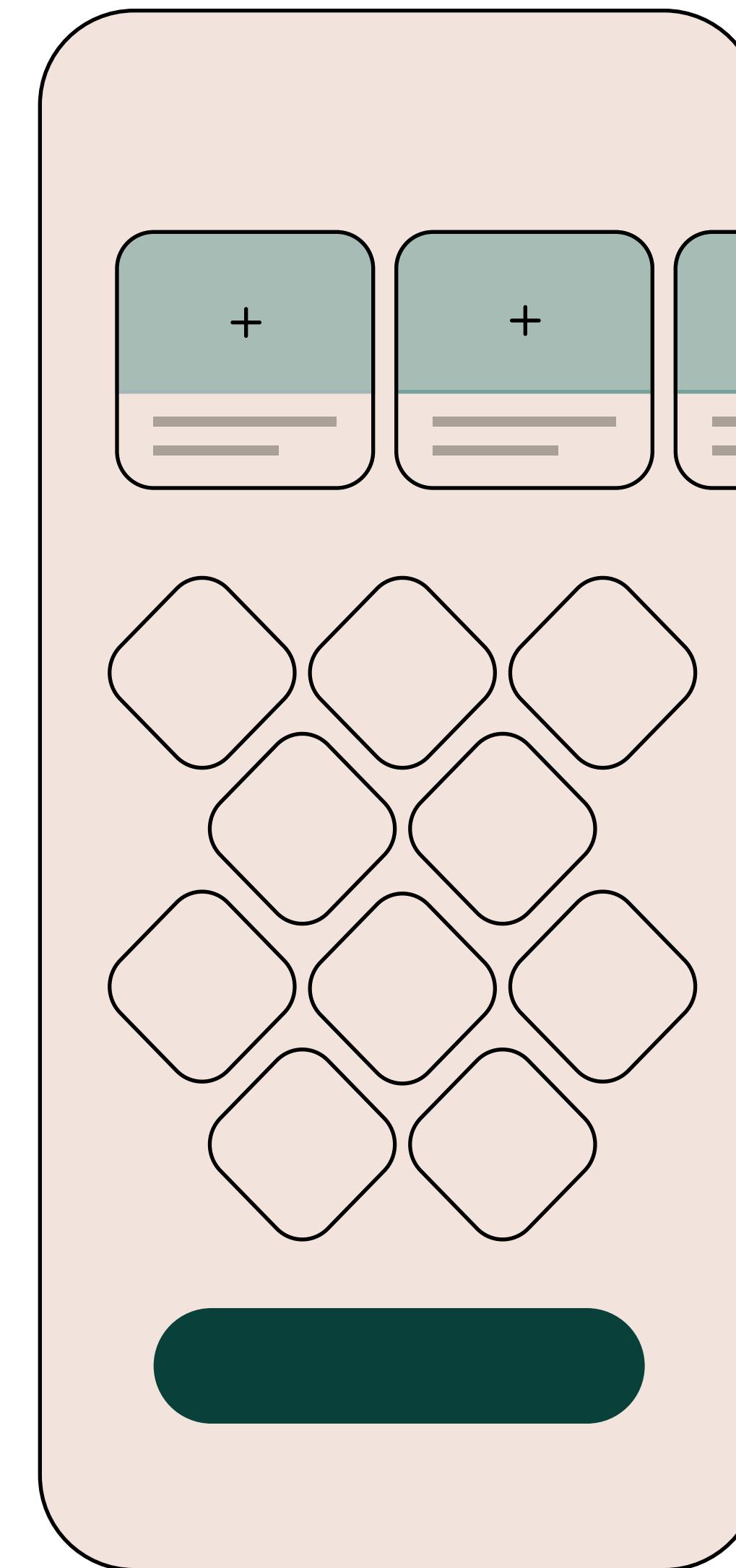


Wireframe

Map



category



Practice memory

