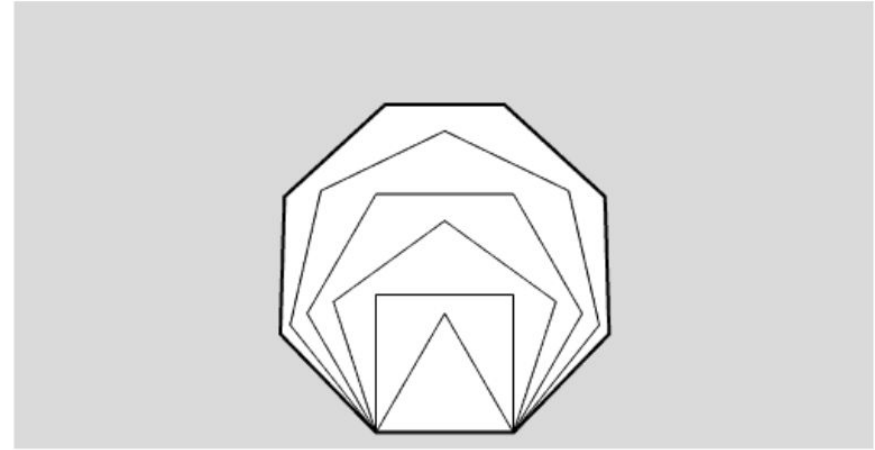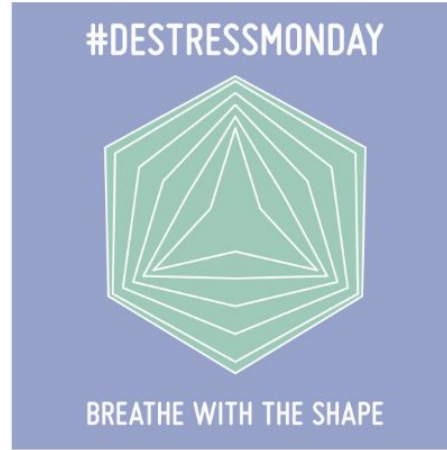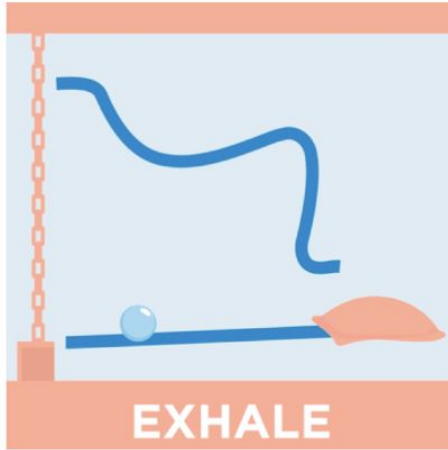# Breathely

An app that provides a meditative escape, especially for those facing stress and anxiety, through audio and visuals.

Comparative Research
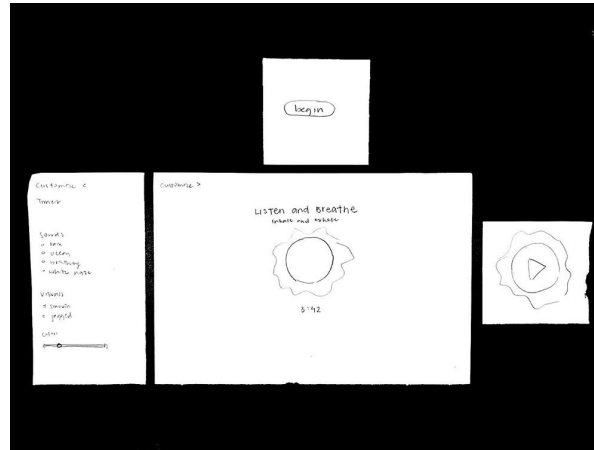
Audience Research
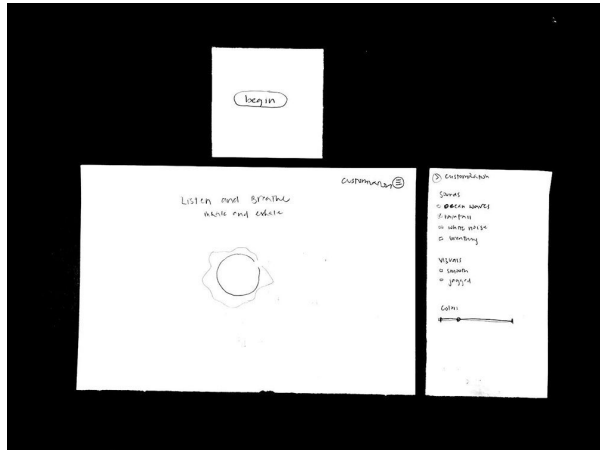

Mia, 25 years old, city

Motivations:

- Find ways to meditate without having to escape somewhere far
- Use small breaks in her day to her advantage

Frustrations:

- There is too little time in the day to meditate
- There aren't many platforms that encourage an immersive kind of meditation

Paper Prototype

Design

- Begin > Breathing ball > Customization

Testing Feedback

- "play" and "pause" button
- "customize" panel not noticeable
- duration of meditation
- Make this mobile => portable

Testing and Feedback

Phrasing is unclear, Prefer "how long do you want to meditate"

Unclear when to inhale/exhale

Needs start and/or end point

Toggle is not intuitive, prefer "play"/"pause"

Users tend to click in these areas to exit, which does not currently work