

## **Assignment 1: Storyboarding**

**Project Title:** Emily's Path to Calm

**Student Name:** Ei Myat Mon

**Student ID:** 101020111

**Subject:** Visualization & Storytelling

**Professor:** Gabby Resch

### **Introduction and Rationale**

The theme of this data story is the growing mental health crisis among students and young adults, and specifically for the intolerable stress derived from trying to balance life in academic, professional, and personal spheres. At an age when "burnout" is a cliché, facts and figures on stress and anxiety and their effects are abundant. Bare figures, however, do not carry an emotional point of connection between numbers and individuals, and are seen as abstract and removed.

The rationale for this project was to go beyond simply presenting the data and rather, "put a face to the facts" by bringing the relatable, character-driven narrative. By concentrating the story on one character, "Emily," the data is put to a face and a place, where it is no longer a set of figures, but an experienced state of struggle, discovery, and rehabilitation. The goal is to ensure that one empathizes and sees a tangible, positive path ahead for individuals who can empathize with their own situations through the journey of Emily.

### **Method and Storytelling Technique**

The chosen narrative style is that of a one-page scrolltelling infographic. It was done because it is ideally suited to lead the reader through a linear story while organically including data visualizations in meaningful locations around the story. The narrative follows a classic three-act structure: the beginning with extreme stress, the turning point and seeking answers, and the conclusion becoming a balanced life. The text is composed to shift from one section to the next when the reader scrolls, having a smooth and interactive flow. Visualizations do not merely appear but are embedded within the narrative material. For example, a donut chart shows the reasons for Emily's stress when she was worst off, and a radar chart provides a powerful "before and after" image of her life quality, adding emphasis to the climax and conclusion of the narrative. This technique will ensure that the information tells the story, not the other way around.

### **Design Iterations**

The project involved three iterations. The first was a paper-based low-fidelity storyboard which described how Emily's story flow and the key emotions by which it affected her. They achieved this through basic stick figure illustrations and mock chart boxes and focused on writing captions which were easy to read and emotionally evocative.

The second phase went to the digital wireframing stage. We used design tools to design the scrolltelling page's initial layout. We chose some parts of each type of chart based on what they would need to show (for example, a donut chart to show composition, and a line chart to show change over time). We searched and selected replacement data points from university well-being surveys and mental

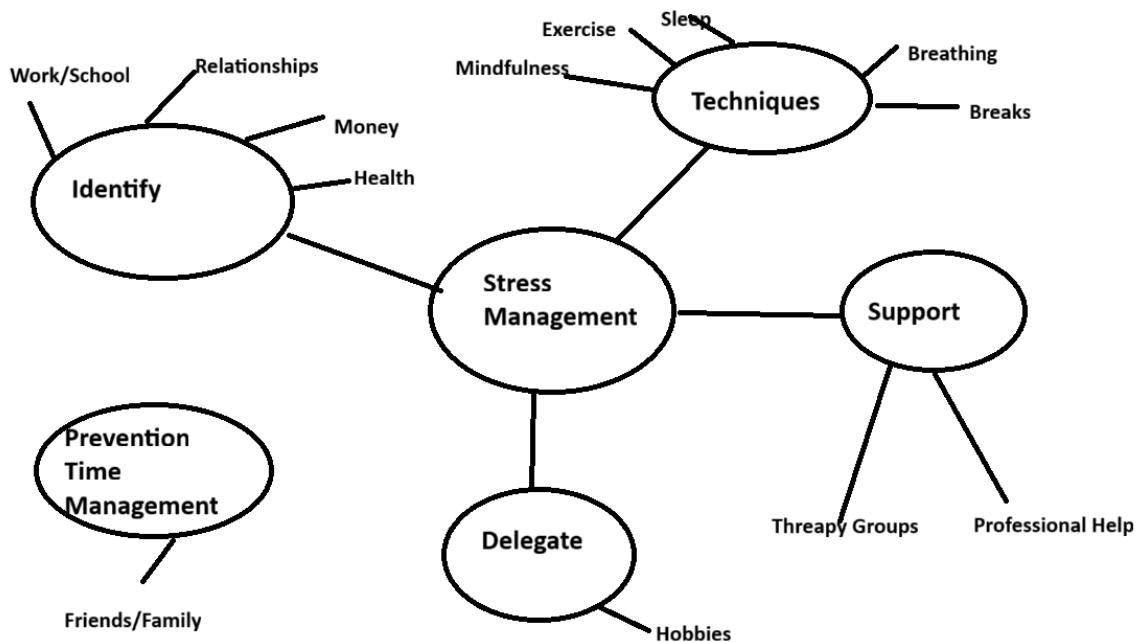
health research to ensure the story was grounded in actual numbers. Most crucial here were the positioning of the information, structure, and rationale behind placing the visualizations in the story. The final and most critical task was to build the high-fidelity interactive infographic.

This included choosing a color scheme that was professional but also playful (like the "Energetic & Playful" example) so that the subject would look more friendly rather than clinical. Material Design principles of minimalism and usability were then applied to improve the UI. We employed Chart.js to design each chart, and text labels were added to give context and emphasize the importance of points in order for each visualization to have a clear reason. The resulting product is a complete data-driven story that is easy to use and engaging.

### **Iterative 1: Stress Management Mind Mapping.**

Even before Emily could start to implement any solution, she needed to identify the problem. This is a step of taking the loose, overwhelming feeling of stress and encapsulating it visually. The root concept of STRESS is placed in the middle of a sheet of paper. Branches extend out to split up the root causes (Sources), how the stress is affecting her (Symptoms), and potential ways she can cope with it (Strategies).

This facile act of mind mapping—sketching the complicated web that connected work stress, anxiety, and sloth—was the crucial step. It immediately transformed her woolly, paralyzing emotional state into a tidy, manageable visual issue that the Toolkit could approach strategically.





## Iterative 2: implementing Scrollly telling

This method allows viewers to scroll linearly along the story, where the data (like the Stress Level Over Timeline or the Life Quality Assessment radar chart) synchronizes with critical moments of the story. For instance, as the reader scrolls past Chapter 1's sense of overwhelm, the red stress line in the chart remains high; as they scroll past Chapter 2's use of the Toolkit for Calm, the stress line decreases in real-time. It ensures the audience not only observes the change in Emily's life but is also convinced by the measurable link between her efforts (Mindfulness, Time Management, etc.) and the subsequent statistics that validate the essence of measurable resilience and balance throughout the narrative.

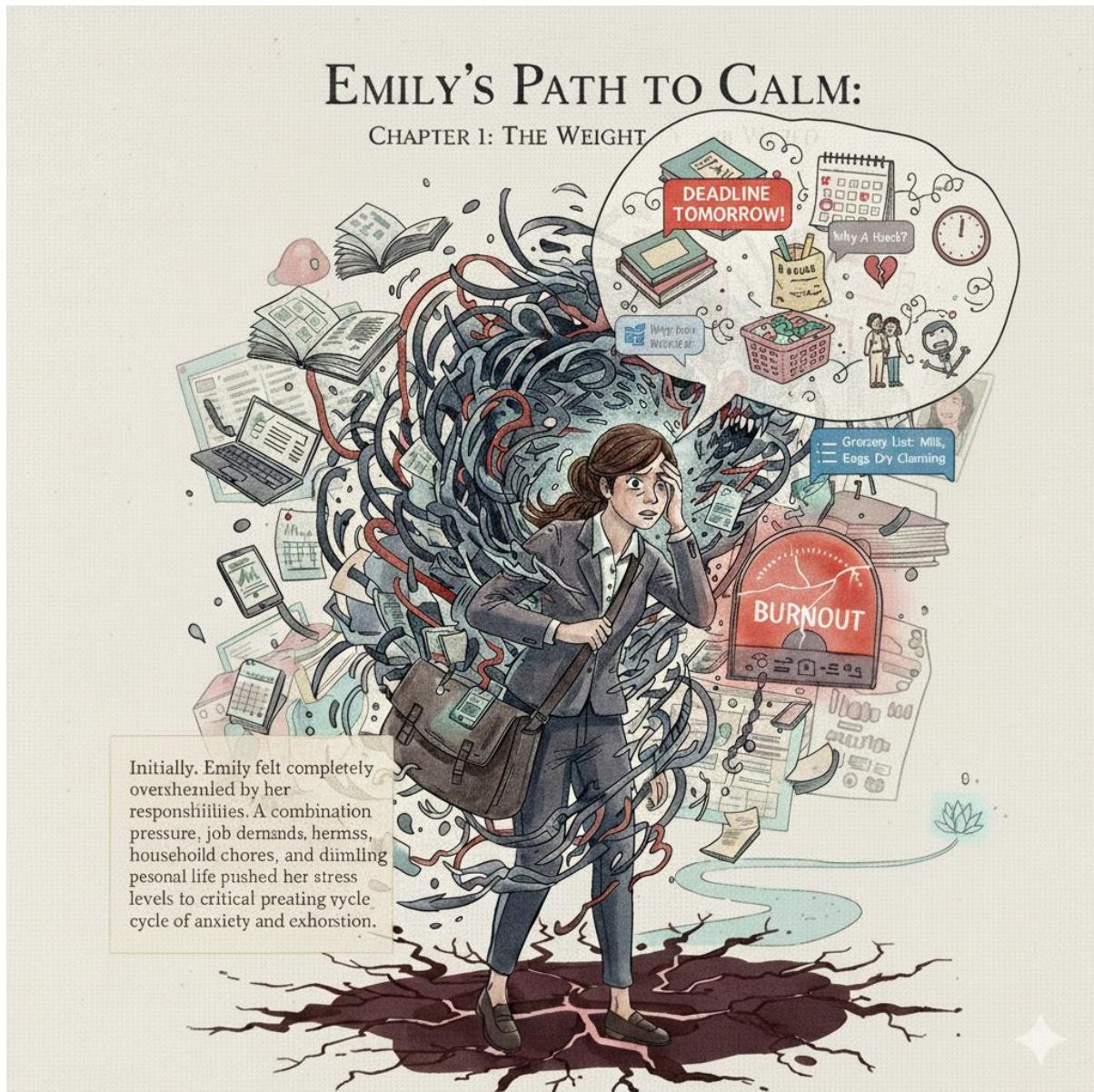
# EMILY'S PATH TO CALM:

CHAPTER 1: THE WEIGHT OF THE CITY



# EMILY'S PATH TO CALM:

## CHAPTER 1: THE WEIGHT

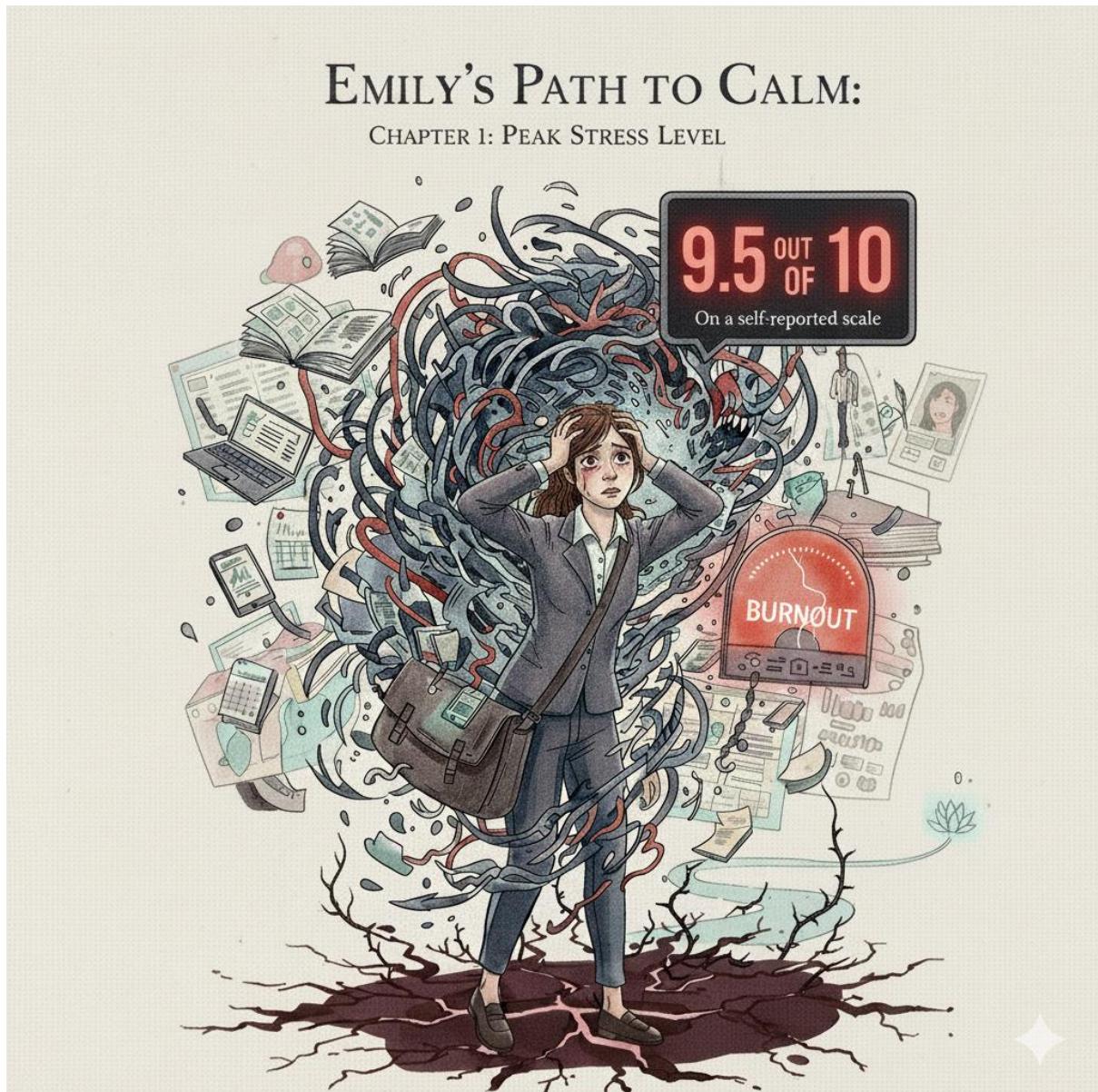


# EMILY'S PATH TO CALM:

## CHAPTER 1: PEAK STRESS LEVEL

**9.5 OUT OF 10**

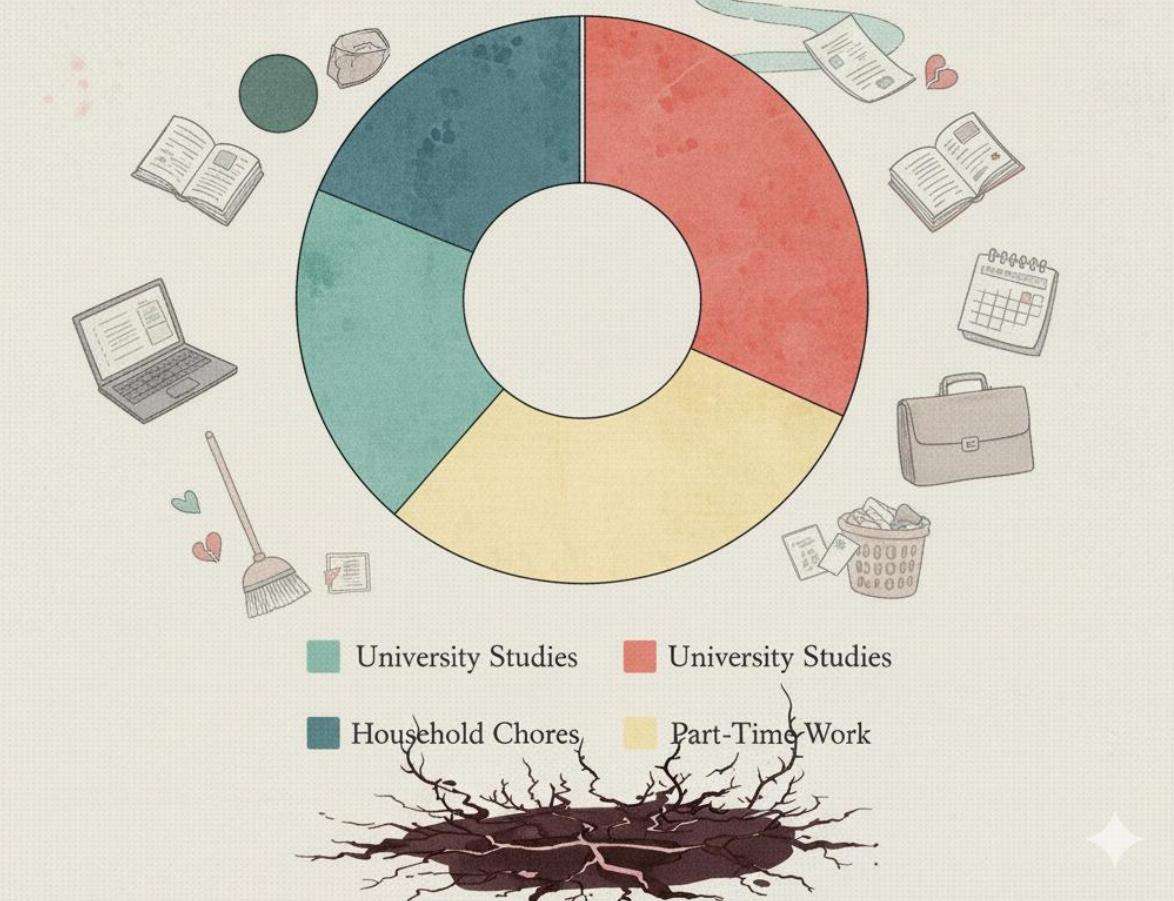
On a self-reported scale



# EMILY'S PATH TO CALM:

## CHAPTER 1: PRIMARY STRESSORS

Her time and mental energy were consumed by four major areas, leaving little room for recovery or relaxation.



# EMILY'S PATH TO CALM:

## CHAPTER 1: THE WERY STRESSORS

Her time and mental energy were consumed by four major areas, leaving little room for recovery or relaxation.



University Studies:  
Exams, essays, and endless reading.



Part-Time Work  
Shifts, deadlines, and managing tasks.



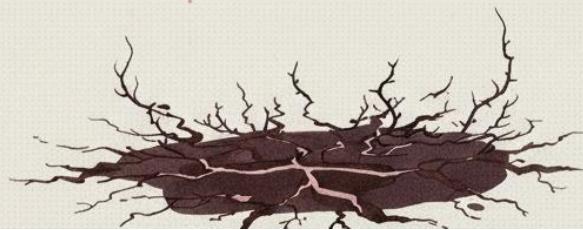
Part-Time Work  
Shifts, deadlines, and reading.



Household Chores  
Cleaning, cooking, and future errands.



Personal Life Pressure  
Social, family, and future worries.



# EMILY'S PATH TO CALM:

## CHAPTER 2: A TOOLKIT FOR CALM



# EMILY'S PATH TO CALM:

## CHAPTER 2: A TOOLKIT FOR CALM

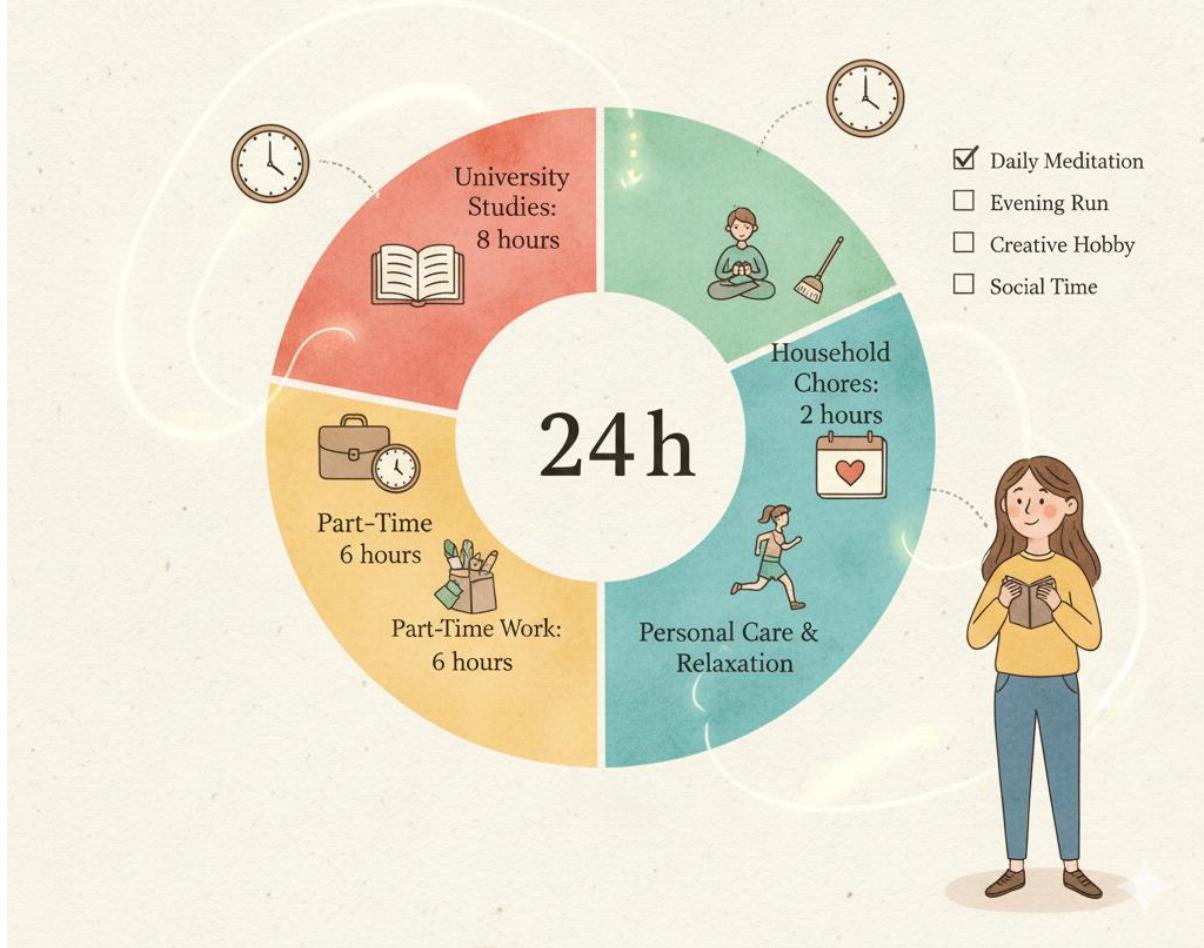
After reaching the breaking point, Emily decided to seek solutions. Her research uncovered several effective, evidence-based techniques for managing toolkit for building resilience and finding balance.



## Emily's Path to Calm:

### CHAPTER 2: Time Management Details

#### Structured Scheduling for a Balanced Life



# EMILY'S PATH TO CALM:

## CHAPTER 2: DETAILED TIME SCHEDULE

### A Weekly Plan for Balance & Well-being

**Mindfulness**

**Physical Activity**

| Time     | Monday<br>Wednesday/Friday | Tuesday:<br>Thursday | Tuesday-<br>Thursday | Weekend<br>(Saturday/Sunday) |
|----------|----------------------------|----------------------|----------------------|------------------------------|
| 6 AM     |                            |                      |                      |                              |
| 7 AM     |                            |                      |                      |                              |
| 8:30 AM  | Breakfast & Prep           | Part-Time Work       | Lunch & Break        | Housdad Chay                 |
| 7-8 AM   |                            |                      |                      |                              |
| 10 AM    | Daily Meditation           |                      | Part-Time Work       | Part-Time Work               |
| 11 AM    |                            | Lunch & Break        |                      |                              |
| 12 PM    |                            | 6 heures             |                      | Preating Run                 |
| 12 PM    | Evening Run                |                      |                      |                              |
| 6 PM     |                            | Dinner               | Part-Time Work       | Prining Run                  |
| 5:30 PM  | Bretiaing iian             |                      |                      | Household Chores             |
| 7-8 PM   |                            |                      | Part-Time Work       | Social Time/Errands          |
| 8 PM     |                            |                      | Development          | Relaxation                   |
| 6 PM     |                            | Evening Run          |                      | Movies/Games                 |
| 9 PM     |                            |                      |                      |                              |
| 10-10    |                            | Seating              | Dianer               | Rasting/landeg               |
| 10:15 PM |                            |                      |                      | Redtime                      |
| 10:45 PM |                            |                      |                      | Bedtime                      |

# Emily's Path to Calm

CHAPTER 3: THE NEW NORMAL: FINDING BALANCE

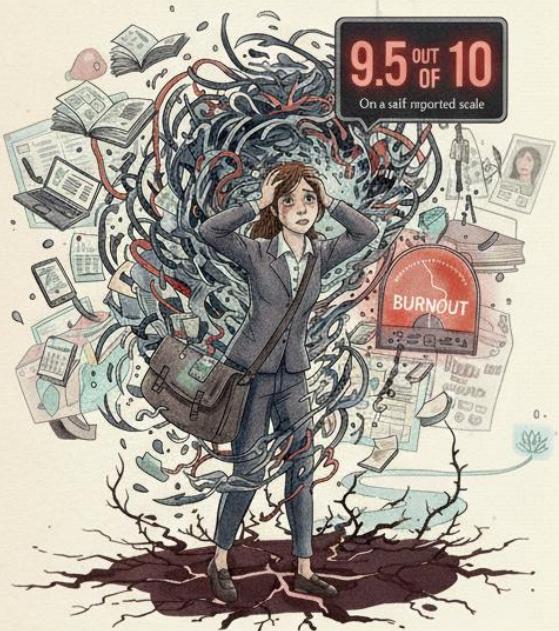


# EMILY'S PATH TO CALM:

CHAPTER 3: THE NEW NORMAL:FINDING BALANCE

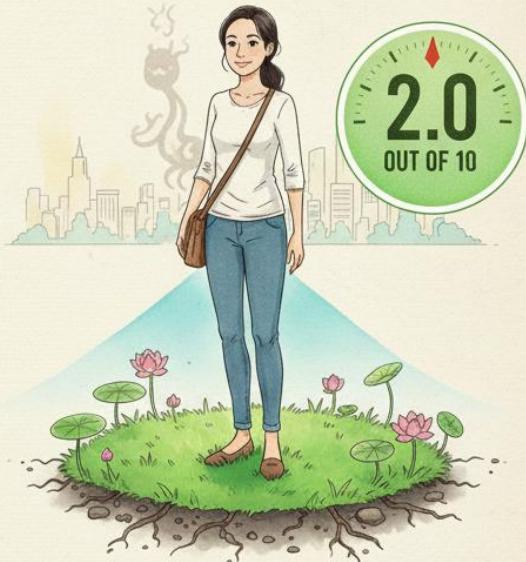
## Stress Reduction

BEFORE: PEAK STRESS  
(CHAPTER 1)



After implementing her toolkit,  
Emily's decreased by 79%.  
physical and mental health.

AFTER: NEW NORMAL  
(CHAPTER 3)



After implementing her toolkit,  
dramatically improving her  
mental health.

# Emily's Path to Calm

CHAPTER 3: THE NEW NORMAL: FINDING BALANCE

## A Balanced Life



Joyful Creativity  
Creative Hobbies



Meaningful Connections  
Quality Social Time



Peaceful Moments  
Mindful Serenity



# Emily's Path to Calm

## CHAPTER 3: THE NEW NORMAL: FINDING BALANCE

### Benefits of Balance: A Positive Outcome Analysis

#### BEFORE: PEAK STRESS

2/10  

Energy Level:  

Sleep Quality:  2/10

Happiness/Mood:  

Social Time 1  

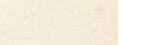
#### AFTER: NEW NORMAL

  8/10

  9/10

  8/10

  6/10

  
79%  
Overall  
Improvement



CHAPTER 3: THE NEW NORMAL: FINDING BALANCE  
Weekly Improvement: A Journey of Progress



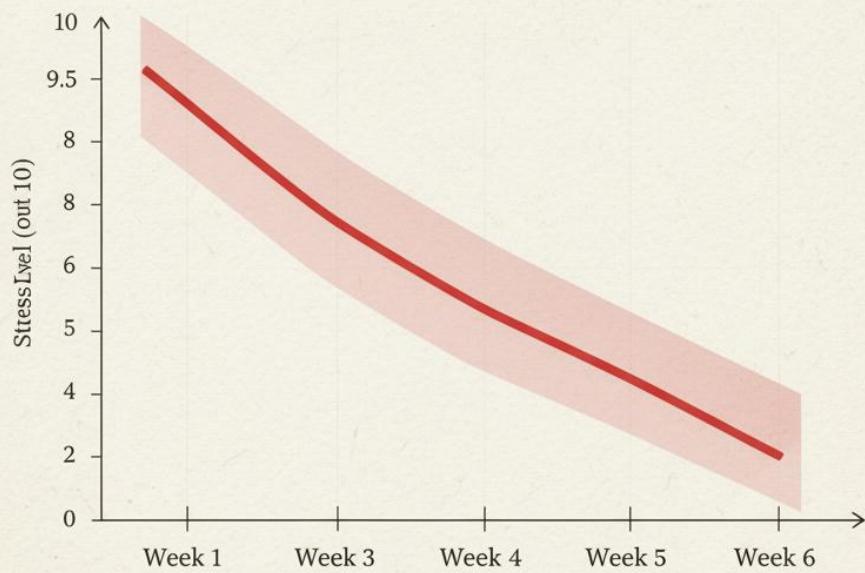
Consistent application of her touklit strategies resulted in steady improvement in both mental and physical well-being.

# Emily's Path to Calm

CHAPTER 3: THE NEW NORMAL: FINDING BALANCE

## Stress Level Over Time

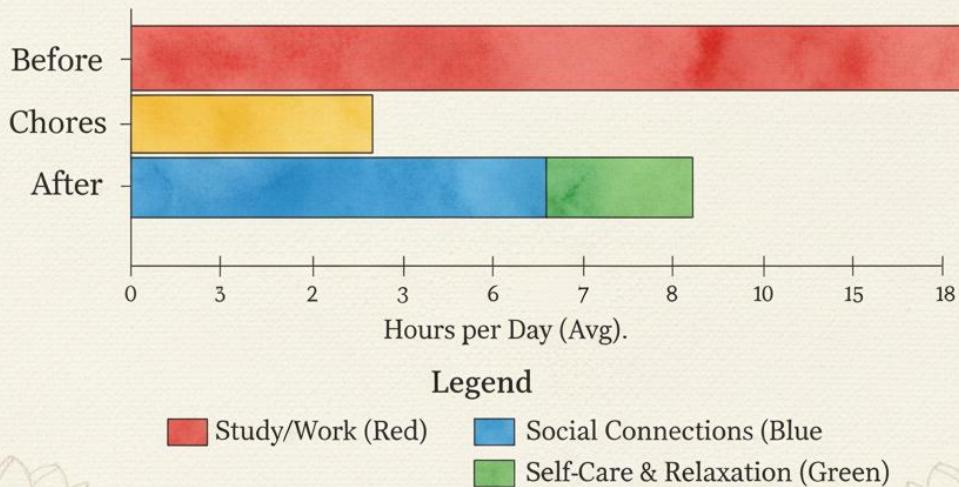
As she integrated her new habits, her perceived stress dramatically, moving from overwhelming to manageable.



CHAPTER 3:  
THE NEW NORMAL: FINDING BALANCE

## Weekly Time Allocation

Scheduling self-care and social time was key.  
What you want to forget became a priority,  
create a more sustainable routine

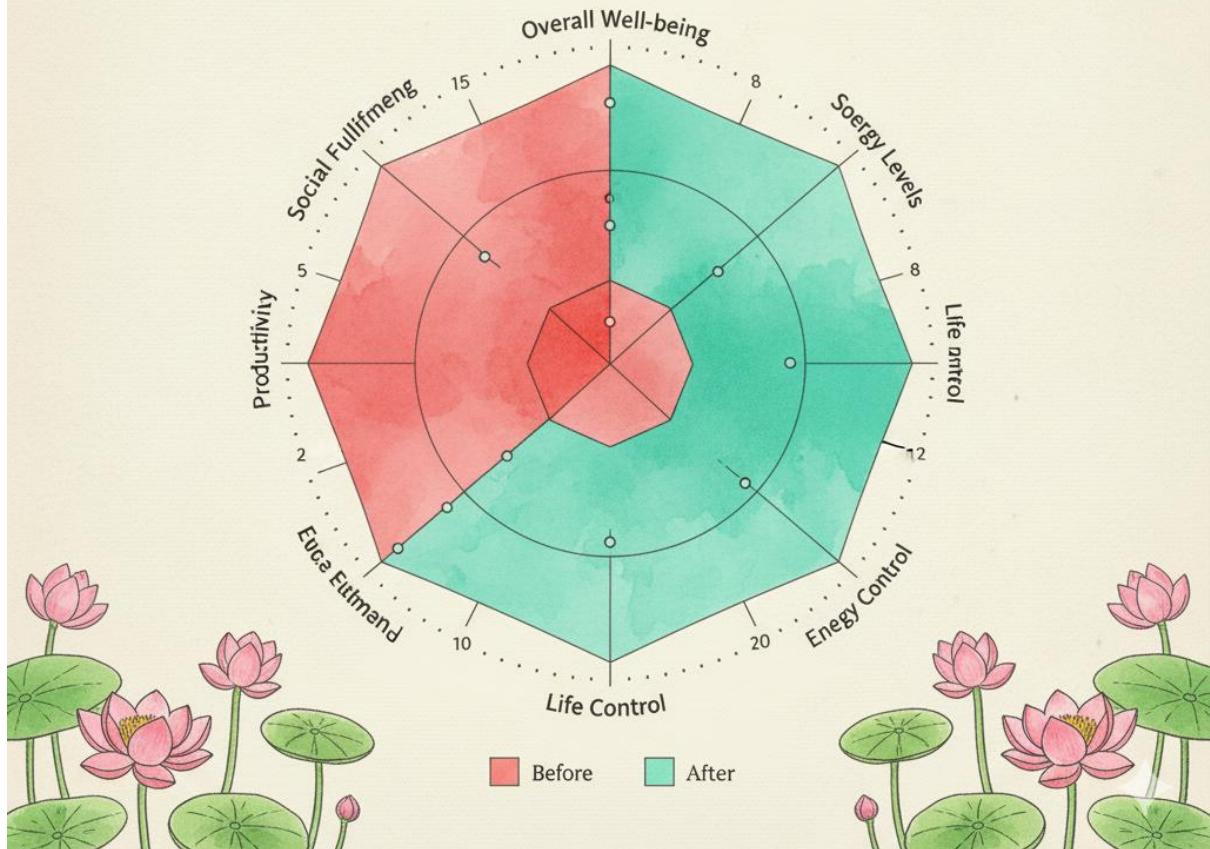


# EMILY'S PATH TO CALM:

CHAPTER 3: THE NEW NORMAL-FINDING BALANCE

## Life Quality Assessment

A comparison of self-assessed life quality metrics before and after implementing stress management techniques.



# Emily's Path to Calm

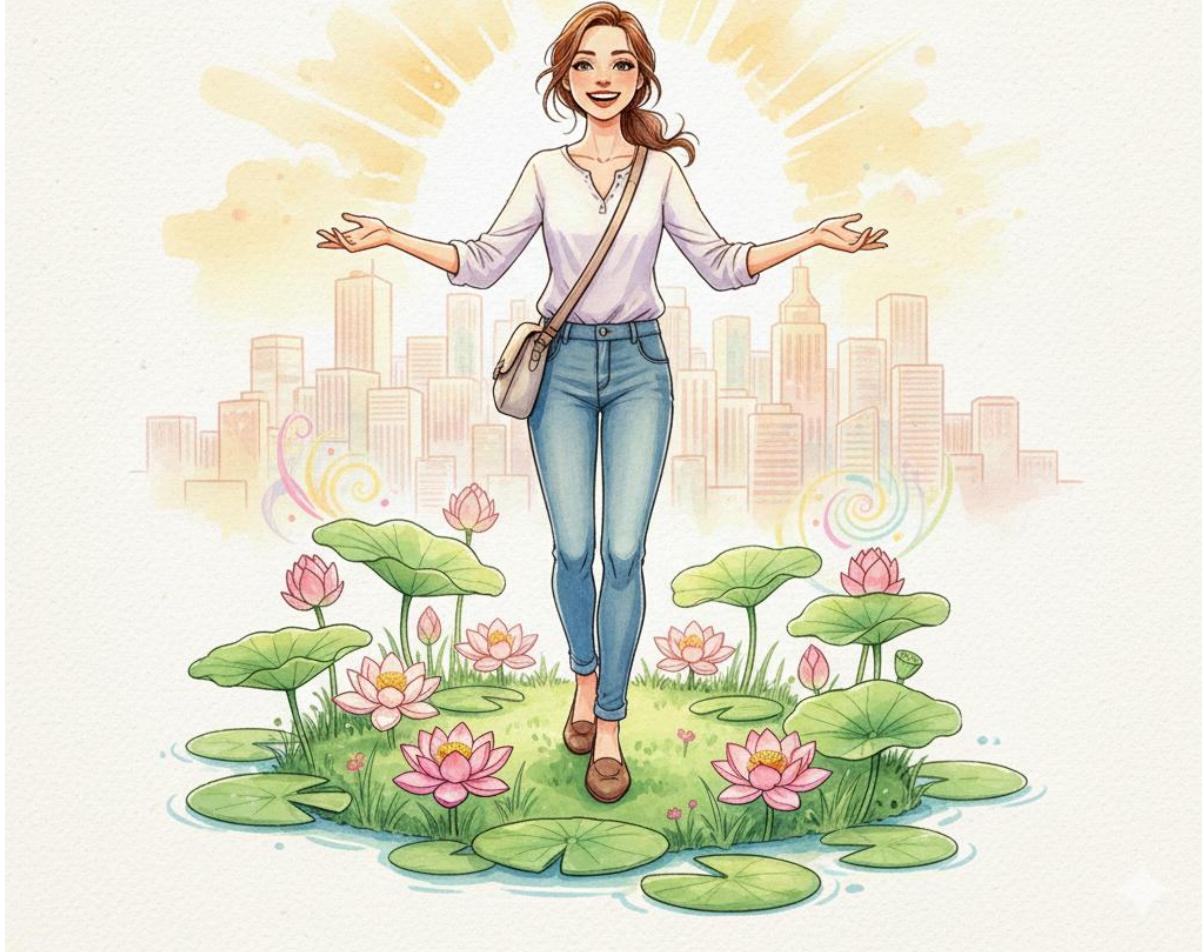
## Emily's 4-Step Path to Balance

Her journey can simplified into four key stages. This process isn't a quick fix, but a repeatable for navigating life's pressures and maintaining a sense of control and well-being.



# Emily's Path to Calm

A journey of resilience, growth, and finding enduring joy



## Iterative 3: Infographic Displays

Iteration 3 is all about consolidating the visual journey into a single unit of visual information for the Infographic-Type summary. This becomes the grand finale in terms of the visuals and bits of data taken from previous chapters. Vertically constructed, the infographic begins with a large, impactful illustration of Emily's initial stressed scenario (Chapter 1, Stress at 9.5). The next section flows vertically using icons combined with minimal text to list the four parts of her Toolkit for Calm (Chapter 2). The bottom section lists out tangible results while giving life to the Life Quality Assessment radar chart (Chapter 3), alongside a huge drop in her Stress Level Over Time (9.5 down to 2.0), with the faintly crowned, tiny winner of an image of the final stage, Achieve Balance, and her new, winning smile. Such a result-based approach ensures that the story is not only palatable but a sheer visual delight and ready to take out there in the world for sharing.

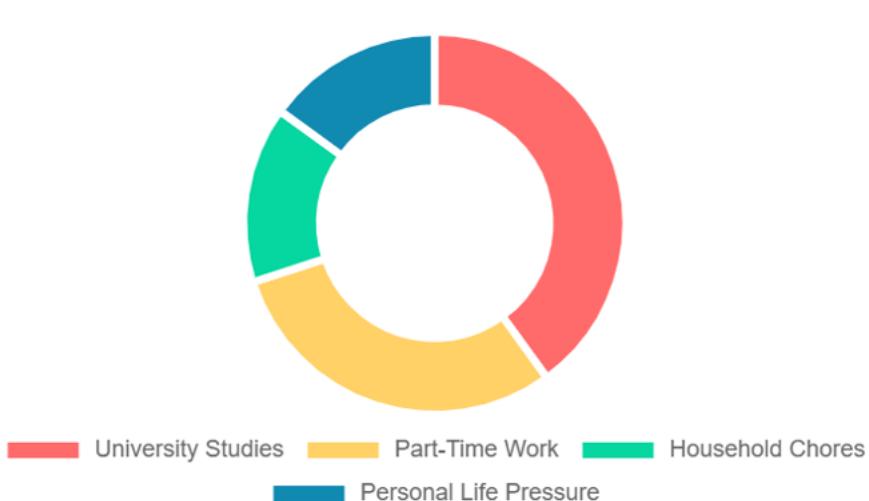
Initially, Emily felt completely overwhelmed by her responsibilities. A combination of academic pressure, job demands, household chores and a dwindling personal life pushed her stress levels to a critical point creating a cycle of anxiety and exhaustion. On a self-reported scale, her stress was nearly at its maximum, impacting her physical and mental health.

## Peak Stress Level

9.5

out of 10

**Primary Stressors:** Her time and mental energy were consumed by four major areas, leaving little room for recovery or relaxation.



### A Toolkit for Clam

After reaching a breaking point, Emily decided to proactively seek solutions. Her research uncovered several effective, evidence-based techniques for managing stress, forming a personal toolkit for building resilience and finding balance.



#### Mindfulness

Daily meditation to center her thoughts and reduce anxiety.



#### Time Management

Structured scheduling to create purpose and dedicated free time.



#### Physical Activity

Regular exercise to release endorphins and improve mood.



#### Deep Breathing

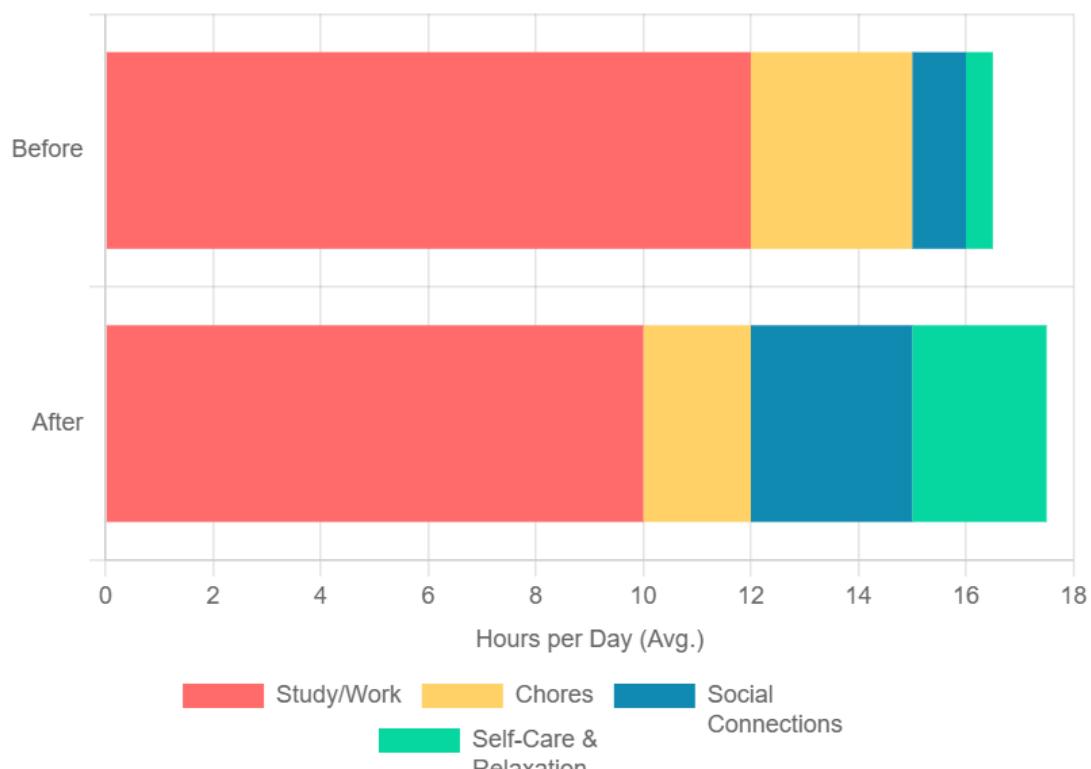
Controlled breathing exercises to quickly calm the nervous system.

### The Transformation in Action

Implementing these new strategies created a tangible shift. By consciously reallocation her time and using her new tools, Emily's stress levels began a steady decline over the following weeks, illustrating the powerful effect of small, consistent changes.

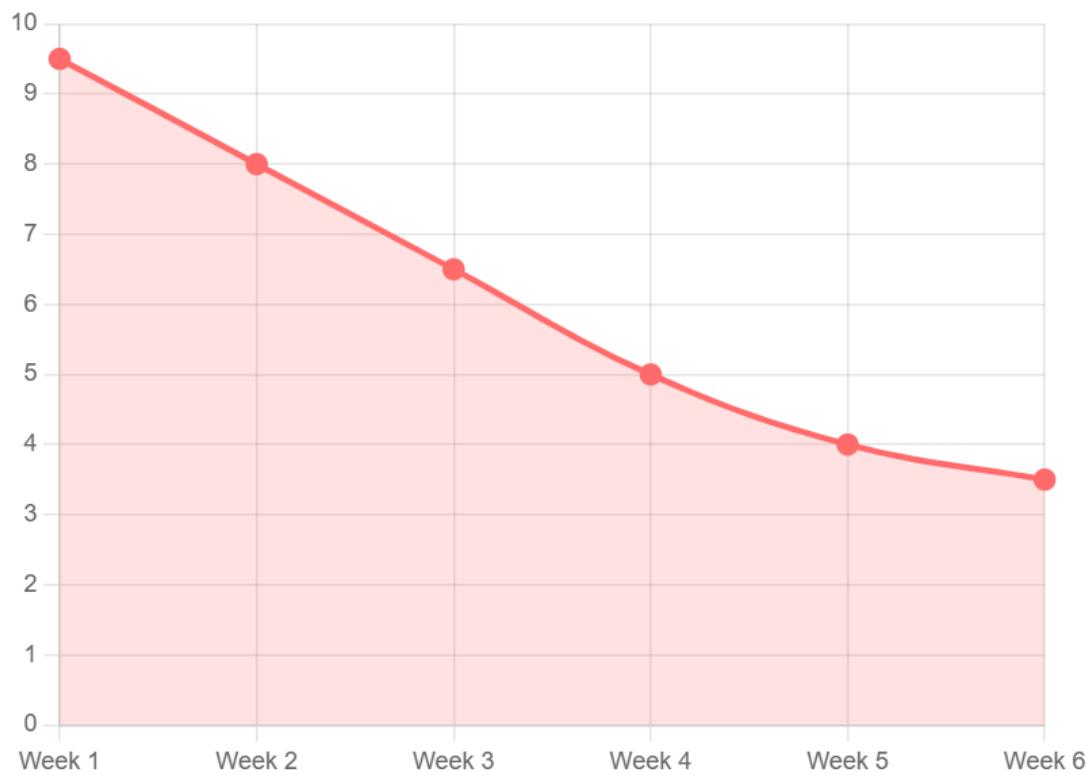
## Weekly Time Allocation

Scheduling self-care and social time was key. What was once an afterthought became a priority, creating a more sustainable routine.



## Stress Level Over Time

As she integrated her new habits, her perceived stress dropped dramatically, moving from overwhelming to manageable.

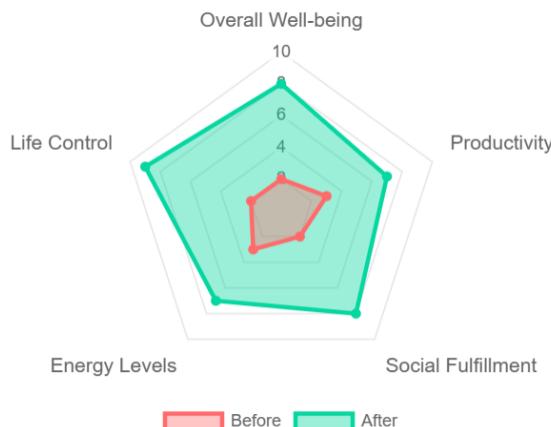


### The Results of Balance

The benefits extended beyond simply feeling less stressed. Emily's overall quality of life improved across several key areas. Her newfound balance boosted her energy, productivity and her ability to connect with others meaningfully.

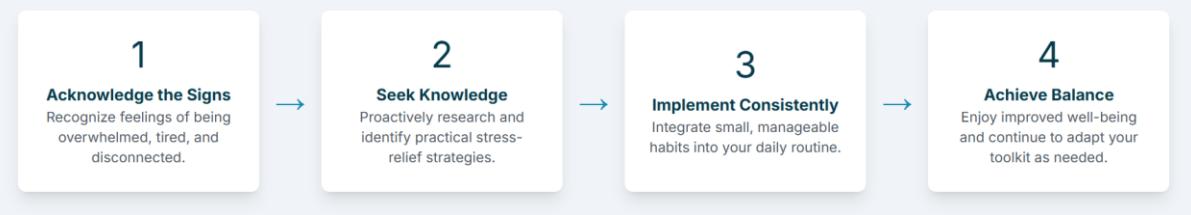
## Life Quality Assessment

A comparison of self-assessed life quality metrics before and after implementing stress management techniques.



### Emily's 4-Step Path to Balance

Her journey can be simplified into four key stages. This process isn't a one-time fix, but a repeatable cycle for navigating life's pressures and maintaining a sense of control and well-being.



### Emily's Path to Calm: The Statistical Dataset Summary

This below table details the transformation from Emily's initial overwhelm (Chapter 1) to her achieved balance (Chapter 3), thanks to her **Toolkit for Calm**.

#### Part 1: Initial Stress Assessment (Chapter 1)

| Metric              | Baseline Score | Primary Insight  |
|---------------------|----------------|--|
| Stress Level (1-10) | 9.5 (Critical) | Stress was overwhelming, creating a cycle of anxiety and exhaustion. |
| Life Control (1-10) | 2              | Felt completely overwhelmed by responsibilities.                     |
| Productivity (1-10) | 4              | Low productivity due to high mental fatigue.                         |

| Primary Stressor       | Initial Contribution      |
|------------------------|---------------------------|
| University Studies     | Highest Time/Energy Drain |
| Part-Time Work         | High Pressure             |
| Household Chores       | Moderate Load             |
| Personal Life Pressure | Dwindling Time/Energy     |

## Part 2: The Toolkit for Calm (Chapter 2)

Emily's strategy focused on four key, evidence-based habits:

| Toolkit Component | Implementation   |
|-------------------|--|
| Mindfulness       | Daily meditation to center thoughts and reduce anxiety.          |
| Time Management   | Structured scheduling to create purpose and dedicated free time. |
| Physical Activity | Regular exercise (running/yoga) to release endorphins.           |
| Deep Breathing    | Controlled exercises to quickly calm the nervous system.         |

### Time Management Shift (Hours per Day Average)

Scheduling self-care and social time was key to creating a sustainable routine.

| Activity               | Before (Hrs/Day) | After (Hrs/Day) |
|------------------------|------------------|-----------------|
| Study/Work             | ≈12.1            | ≈9.3            |
| Self-Care & Relaxation | ≈0.4             | ≈2.0            |
| Social Connections     | ≈1.0             | ≈2.1            |

## Part 3: The New Normal & Life Quality Assessment (Chapter 3)

The tables below illustrate the dramatic improvement in Emily's well-being over six weeks.

### Life Quality Assessment: Before vs. After (Radar Chart Metrics 1-10)

| Metric             | Before | After | Improvement |
|--------------------|--------|-------|-------------|
| Overall Well-being | 3      | 9     | +6          |
| Energy Levels      | 3      | 8     | +5          |
| Life Control       | 2      | 9     | +7          |
| Productivity       | 4      | 9     | +5          |
| Social Fulfillment | 1      | 7     | +6          |

### Stress Level Over Time (Line Chart Data)

| Week                | Stress Level (1-10) |
|---------------------|---------------------|
| Week 1 (Peak)       | 9.5                 |
| Week 3              | 6.5                 |
| Week 6 (New Normal) | 3.5                 |

### Emily's 4-Step Path to Balance

| Stage | Name                   | Description   |
|-------|------------------------|---|
| 1     | Acknowledge the Signs  | Recognize feelings of being overwhelmed, tired, and disconnected.       |
| 2     | Seek Knowledge         | Proactively research and identify practical stress-relief strategies.   |
| 3     | Implement Consistently | Integrate small, manageable habits into your daily routine.             |
| 4     | Achieve Balance        | Enjoy improved well-being and continue to adapt your toolkit as needed. |

## **Audience**

The primary target audience of this data story is students and young adults aged 18-30 who are experiencing the pressure of college life and initial phases of profession. The second-hand audience includes educators, higher education administrators, and mental health clinicians who deal with this age group. Design and content choices were made keeping this audience in mind. The appeal is to a known character, "Emily," so that it can directly address the lived experience of young people. The language is kept simple, clear, and jargon-free to ensure that it remains accessible with the assumption of the use of an average, not a specialist, level of data literacy. The ultimate "4-Step Path" raises the narrative of data from passive report to interactive roadmap, empowering the audience with the knowledge that change is possible and with a clear point of entry.

## **Concluding Thoughts**

The core purpose of this project was to establish the fact that data stories are at their best when they connect with our hearts. By conveying statistical facts in a human-interest narrative, we can bypass the chasm between dull numbers and actual life. The story of "Emily" is not only to report, but to validate the struggles that its audience encounters, reduce stigma around burnout and stress, and encourage active movement toward wellness. The scrollly telling method used was successful in guiding the user through this journey, revealing the data naturally but with significant impact. Lastly, I hope that my audience will take away from this experience not only a greater insight into the statistics on stress, but a sense of hope and control over their own minds.