PocketCoach

The project is a PocketCoach app which promotes your daily wellbeing, mental health and meaningful life. People suffer from or are hindered by many kinds of issues concerning different areas of life simultaneously and changing life situation. Pocket coach gives a necessary and uniquely holistic approach which takes into account the complexity and interconnectedness of different aspects of human life and their effect on mental health. Pocket coach acts as a support for user’s executive function, mood, emotional distress, economic concerns and daily routines. And like any good coach, the focus of coaching depends on the needs and priorities of the user but is flexible and adjusts to changing demands.

PocketCoach is based on sound psychological understanding of youth mental health issues and life challenges. Young adults face many challenges at once. Moving on your own and managing work life, studies, finance and other daily responsibilities for the first time by yourself is an enormous change to the demands one faces. This is such a normal part of becoming an adult that the magnitude of stress caused by these changes is easily forgotten. Most of us have been able to focus solely on studying, hobbies and social relationships thus far and food, housing, paying bills, laundry, dishes and other chores have been provided by parents. Not only is this a huge demand for executive function and learning but it comes together with weakening of social and emotional support as many of young adults live alone. Higher education and work life also bring new stressors and cognitive demands to deal with. Stressful life situation and reduced social support easily result in not reaching the expectations set for oneself and cause dropping from courses, failure to hit deadlines, getting debt, lack of healthy routines and very messy homes. These shortcomings and underlying stressors increase risk of mental health issues and need for support. In recent years many applications have been developed with the aim of helping people with anxiety, depression or task management. However, as we have seen, the contributing factors are a multitude and single line of approach is usually not enough. PocketCoach takes into account the actual demands and circumstances of the daily lives of young adults and provides on point support and means of overcoming adversity. It is also flexible and adjusts to an individual’s needs whether she has 1) ADHD and real problems managing chores and sleep, 2) financial worries and anxiety 3) stress and lack of motivation or something else.

The basic pillars for wellbeing and mental health are relatively simple: meaningful social relationships, adequate sleep and rest, proper nutrition, physical activity and having meaningful and gratifying things to do. Management of these necessities is strongly built upon daily routines and decisions we make and that is why a highly modifiable schedule is needed as a base for life improvement. Integration of healthy and beneficial habits into daily life is crucial for change in wellbeing.

1. Questionnaire concerning your wellbeing and things you wish to improve

Relevant aspects:

* Stress, Mood, Emotional distress
* Motivation
* Recovering
  + Sleep
  + Relaxation
* Time management, daily routines and chores
  + Nutrition
  + Chores
* Physical activity and exercise
* Getting things done and concentration
* Interpersonal relationships
* Personal economy

Time management – flexible levels of support depending on need

1. Support in including everything that you need and want to do into schedule (if needed).
   1. If strong support is needed, gives suggestions for including buffers, off-time and easily overlooked time consumers like transitions, buffers, personal hygiene and food preparation.
   2. If time perception or estimation is difficult, suggests actually checking how long things take for you (instead of how long they usually take or how long would you want it to take)
2. Support in prioritization
   1. Personal priorities should be present in schedule for wellbeing
      1. Also a separate optional process for value based prioritization
   2. Create time for priorities first.
   3. Support getting priorities done
      1. When is your prime time – that is, when is the most likely for you to get the thing done.
3. Memory support and motivational tools
   1. Reminders (adjustable levels of intensity)
      1. Now-reminder
      2. In ten minutes reminder
      3. In one hour reminder
      4. Check your days schedule
      5. Check your week
   2. Countdowns
      1. Until deadline
      2. Until break
      3. Until price
   3. Create a habbit of checking calender
4. Regular evaluation and adjustments

Getting things done and concentration– (important overlap with time management)

1. Motivation
   1. Deciding of goals – what is the thing that I actually want – the motivating goal behind the tasks.
   2. Intermediate goals on way to primary goal
   3. Tracking of progress
2. Support in prioritization
   1. Create time for priorities first.
   2. (Support getting priorities done)
      1. When is your prime time – that is, when is the most likely for you to get the thing done. Be realistic.
3. Make a plan of when, where and how long will you do the task – deadlines (real and artificial)
   1. create a suitable environment
   2. remove distractions
4. Help in getting started (suggestions)
   1. Pomodoro like pacer with adjustable work/break ratios
      1. Very short starting goal if difficulties in starting
      2. Check how long you can concentrate if difficulties with timer and breaks
   2. Breaking task into smaller parts
   3. Start with easiest bit
5. Memory support and motivational tools
   1. (Personal priorities should be present in schedule for wellbeing
      1. Also a separate optional process for value based prioritization)
   2. Reminders (adjustable levels of intensity)
      1. Now-reminder
      2. In ten minutes reminder
      3. In one hour reminder
      4. Check your days schedule
      5. Check your week
   3. Countdowns
      1. Until deadline
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6. Regular evaluation and adjustments

Stress, mood and emotional distress

Pocket

maladaptive r for example fi mental health issues

a

stressor and Many available apps for mental health support

Gather relevant information and give suggestions based on the information gathered to improve quality of life.

Process of coacihing

1. What does the user want help with.
   1. Relevant categories and areas of life, you can choose multiple
2. Information gathering

Gather relevant information and give suggestions based on the information gathered to improve quality of life.

Questionnaire concerning your wellbeing and things you wish to improve

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Levels: Great – ok – minor problems – major problems (at least two levels for difficulties). If seems too severe, then suggestion also for professional medical help.

1. Suggestions of things to focus on based on needs and questionnaire results
   1. User makes decisions
2. Creation of daily schedule for support, exercise, tasks, etc.

Things that you want help with and suggestions for improvement or change

The base for life improvement is creation of a daily schedule depending on users needs. For example If major executive function issues then a very spesific daily schedule is available, if mood is the only major issue, then matters concerning mood improvement are scheduled. The application will be very flexible when faced with changing needs or need for stronger behavioral support.

Uni  
Aamutoimet  
Uni  
Ruoka, ruuan laitto  
Työ  
Siirtymät  
Tiskit, pyykit  
Pesut  
Kaupankäynnit  
KUINKA kauan kestää oikeasti sinulle - time yourself  
PuskuritEi suorita  
Muistutus, vihje  
Tietyt kellonajat jolloin tarkistatUlkoinen muistiMuista, että sinä tässä päätät itse aikataulusiYllätyksetSuosituksia, mutta ei pakoteta. Valitsee itse1Sinulle tärkeät asiat  
-saavatko ne aikaasi siis?Keskittyminen  
Priorisointi  
PäätöksentekoTuen tasotPrime timePienet palat, ota pienempi kuin minkä uskotTärkeät asiat tarvitaan ekana kalenteriin

Sosiaaliset suhteet

Uupumus

Mieliala

Uni

Ruokailu

Arjen

rytmi  Ihmissuhteet

Oletko tavannut ihmisiä?

Liikkuminen

Miten liikuit?

Onko määrä sopiva

Onko ongelma?

Vapaa-aika, kiinnostuksen kohteet

Mitä hauskaa tai kiinnostavaa teit tänään

Onko vapaa-aikaa?

Mitä haluaisit tehdä?

Ravinto

Aamupala, säännöllinen syöminen, ruokatauot

Onko jokin ongelma?

Uni ja lepo

Rentoutuminen

Uniaika, unen määrä, unihygienia

Onko jokin ongelma nukkumisen kanssa

Elätkö arvojesi mukaista elämää? Käytätkö aikasi sinulle tärkeisiin asioihin?