***DESIGN THINKING***

Idée :

L'idée du site Web de suivi de la santé mentale, MyWellness, est de créer une plate-forme complète qui permet aux utilisateurs de suivre et de gérer efficacement leur santé mentale. La plateforme fournira des outils et des ressources personnalisés pour soutenir les utilisateurs dans leur cheminement vers le bien-être mental. Certaines idées initiales de fonctionnalités incluent le suivi de l'humeur, la définition d'objectifs, des exercices de méditation guidés, l'accès à des articles et des ressources sur la santé mentale .  
  
Define:

Problem 1: Lack of awareness and self-reflection

* Many individuals struggle with identifying and understanding their own mental health patterns and triggers.
* They may not have a clear understanding of how their emotions, behaviors, and daily activities impact their mental well-being.
* MyWellness will address this problem by offering self-reflection tools, such as mood tracking, journaling, and guided exercises, to help users gain insights into their mental health and develop self-awareness.

Problem 2: Limited access to mental health resources

* Finding and accessing reliable mental health resources, such as articles, tips, and professional advice, can be challenging.
* Some individuals may not have the means or time to seek traditional therapy or counseling.
* MyWellness will provide a centralized platform with a curated collection of mental health resources, including articles, guides, and recommended practices, making it easier for users to access valuable information and support anytime and anywhere.Empathize:Empathy Map - User 1: