December 10, 2025

MindPatch: AI-Assisted Digital Detox
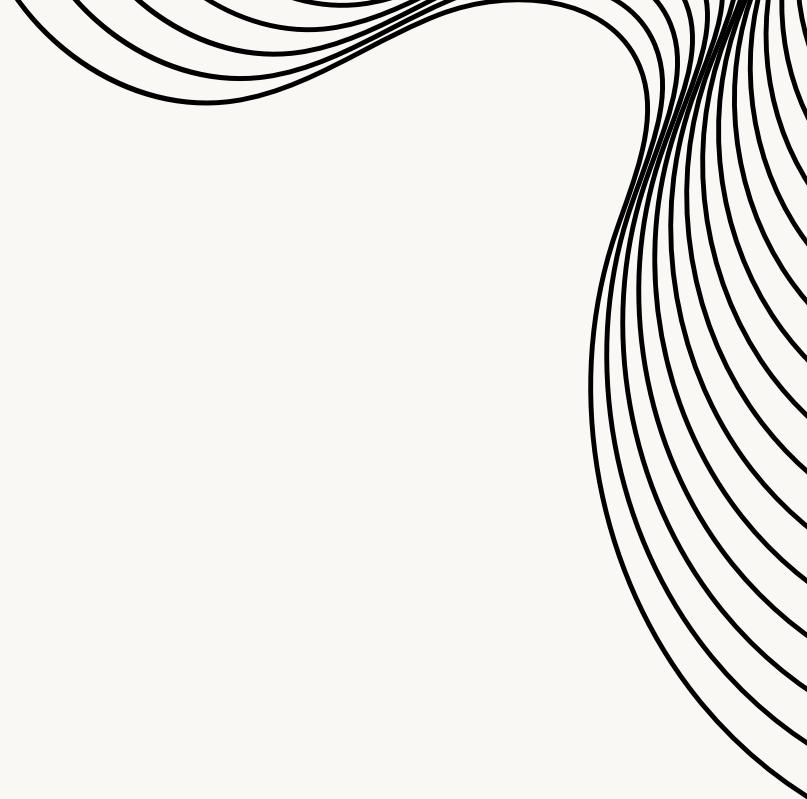
Introduction & Problem Context

Digital Fatigue

Students face **increased stress and sleep disruption** due to excessive screen time, affecting their overall academic performance.

User Persona: Aarav Mehta

Aarav Mehta is a 17-year-old student preparing for competitive exams while managing a demanding school schedule. His days are long, and his nights are even longer. What started as "just checking messages" slowly turned into hours of late-night scrolling, binge-watching, and constant notifications. Over time, Aarav began to feel mentally exhausted, anxious, and disconnected from his routine.

His sleep cycle was disturbed, his focus in class dropped, and he often felt overwhelmed without knowing why. Even when he wanted to take a break, he didn't know how to do it in a healthy way. Most productivity apps made him feel guilty for not being disciplined enough, instead of supporting him emotionally.

Aarav didn't need pressure — he needed understanding, balance, and gentle guidance.

This is where MindPatch comes in.

With MindPatch, Aarav begins by simply logging how he feels each day. The app gently tracks his screen time and suggests small, manageable detox activities like short walks, breathing exercises, or gratitude journaling. Instead of forcing change, it encourages it. Slowly, Aarav starts feeling more in control, calmer, and more focused.

MindPatch doesn't just help Aarav reduce screen time — it helps him reconnect with his mental wellbeing.

Understanding Aarav's challenges

Aarav experiences **burnout and stress** from late-night scrolling.

Empathy & Insights
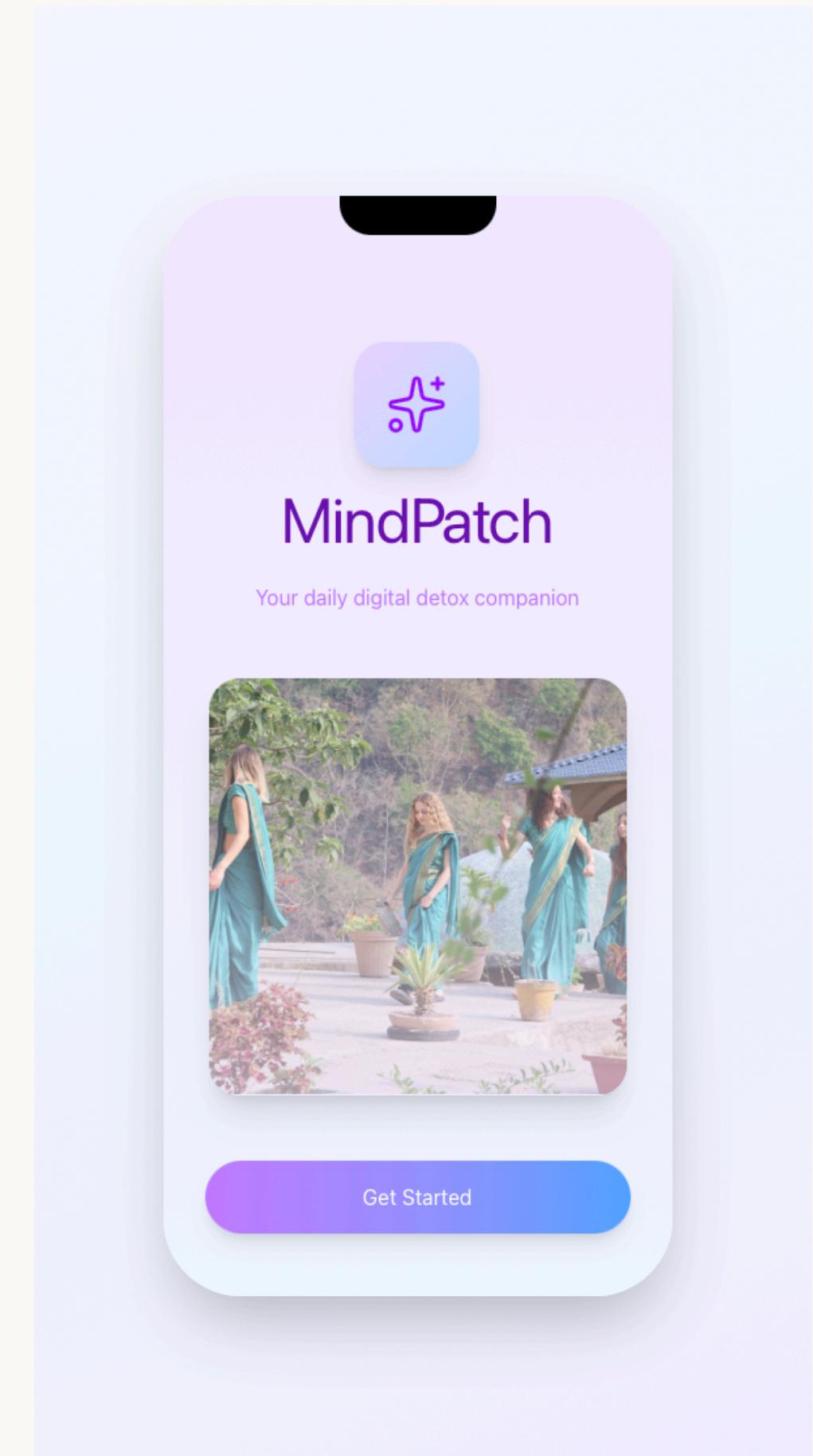
Students experience **stress and anxiety** due to digital fatigue, highlighting the urgent need for effective detox solutions.

Solution and Features

App Vision

MindPatch serves as a **calm companion**, balancing screen time while promoting emotional wellness through gentle AI guidance.

Core Features
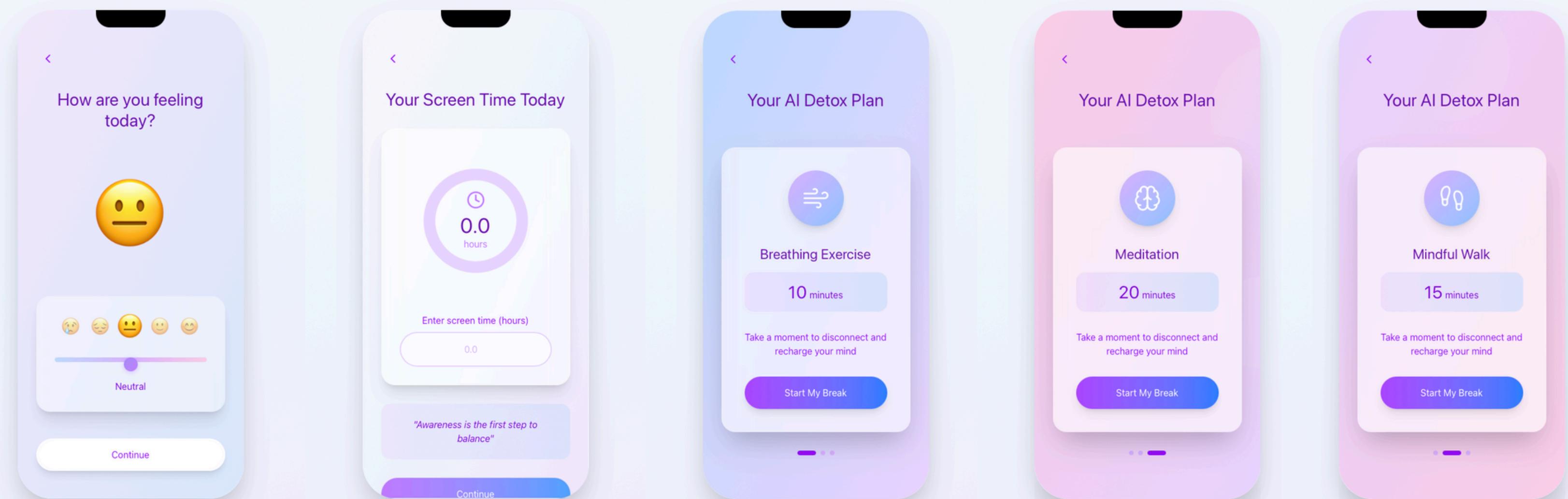
Key functionalities of MindPatch

- Mood Logger for emotional tracking
- Screen Time Dashboard for usage insights
- AI Detox Planner for personalized breaks
- Gratitude Journal to boost positivity
- Habit Tracker with Rewards for motivation

MindPatch App Screens
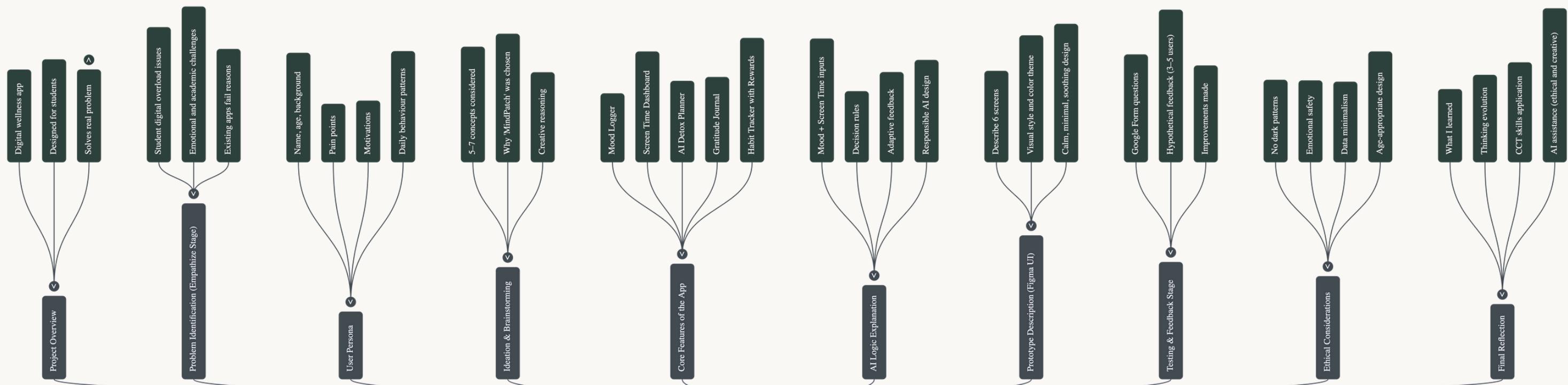
User-friendly interfaces for digital wellness

The MindPatch app features a **calm and intuitive design**, including the Home Screen, Mood Logger, and AI Detox Planner to support students' digital detox journeys.

AI Logic Flow

MindPatch utilizes mood scores and screen time data to create personalized detox plans and wellness tips.

Testing and Ethics

User Testing Summary

Users reported **positive experiences** with MindPatch, highlighting its intuitive design and effective features for digital detox.

Ethical Considerations

MindPatch prioritizes **emotional wellbeing** and transparency, ensuring no addictive designs or dark patterns are used in the app.

Reflection and Closing

Final Reflection

This project taught me the value of **creative thinking** and ethical AI application in design processes.

This project helped me understand how technology can be used not only to solve technical problems, but also to support emotional and mental wellbeing in meaningful ways. While designing MindPatch, I learned that real innovation begins with understanding people, not just creating features. Studying the daily challenges faced by students like Aarav helped me think with empathy and design with purpose.

Throughout this project, I applied critical and creative thinking at every stage — from identifying the problem of digital fatigue, to ideating solutions, designing the interface, and developing the AI logic flow. I learned how small design decisions, such as color choice, layout, and tone of AI suggestions, can greatly impact a user's emotions and behavior.

This project also taught me the importance of ethical AI. I ensured that MindPatch avoids addictive patterns, respects emotional safety, and promotes balance rather than pressure. Instead of controlling the user, the app guides them gently, which reflects responsible and humane technology design.

Overall, MindPatch helped me grow as a thinker, a designer, and a problem-solver. It showed me how creativity, logic, and ethics can work together to create technology that truly helps people. This project has strengthened my confidence in using AI not just as a tool, but as a positive force for change.

Thank You

the link to the ui/ux

link