

GRACE W.

AGE 25

OCCUPATION librarian

LOCATION St. Paul, MN

GENDER female



"If I had some way of tracking when I got anxious so that I could deal with it before I meltdown, that would really help."

MOTIVATIONS

Grace has been to therapy before, so she does have some methods of calming down when she is anxious, but sometimes she forgets them in the midst of an anxiety attack and would appreciate reminders. She also would like to be able to track her feelings of anxiety so she can determine what sets them off and how better to avoid anxiety attacks before they happen.

GOALS

- to track feelings of anxiety
- to analyze when she gets anxious so she can stave off anxiety attacks at the head
- to calm down when she is anxious

FRUSTRATIONS

- it's easy to forget therapeutic techniques when you're in the throes of an anxiety attack
- many other therapeutic apps are largely audio-based, which can be difficult to access in public or at work
- she needs something unobtrusive so she can use it whenever she needs it

BIO

Grace is autistic and currently living with her significant other. She is the main provider for their household, so she needs to work despite executive function problems. Her anxiety attacks tend to be brought on by crowds and difficult social situations.

BREATHE - MEDITATE

Ollie H.

AGE 17

OCCUPATION student

LOCATION Norfolk, Virginia

GENDER nonbinary



*"Life can get to be too much sometimes,
and I just need a way to process it all."*

MOTIVATIONS

Ollie was diagnosed with Generalized Anxiety Disorder when they were fourteen, and they've been struggling to deal with it in a constructive way ever since. They mostly favor breathing and meditation exercises, but they also value distractions when they're having an anxiety attack.

GOALS

- to regulate their breathing when having an anxiety attack
- to find links to good meditation exercises
- to locate and utilize content that can distract them from their anxiety

FRUSTRATIONS

- lots of meditation exercises are long, and they don't really have a lot of time open in their schedule
- it's hard to find distracting content that isn't littered with other content that reminds them of why they're anxious in the first place
- they easily lose track of breathing exercises they've found

BIO

Ollie is graduating from high school this year and moving on to college at Virginia Tech. They're planning on majoring in computer science. They have Generalized Anxiety Disorder, which can make schoolwork and socialization incredibly difficult, but they're currently learning to manage their anxiety in therapy.

CONTRIBUTE - BENEFIT

NICHOLAS I.

AGE 37

OCCUPATION science teacher

LOCATION Lexington, KY

GENDER male



"A simple quote here..."

MOTIVATIONS

While Nicholas once dealt with anxiety attacks that ranged from weekly to daily, he now usually only deals with anxiety attacks every few months. However, given his past with anxiety, he wants to find some way to help others that struggled as he did and disseminate information about how to deal with anxiety.

GOALS

- To aid those currently struggling with anxiety
- To get himself help when he needs it
- To raise awareness about methods of calming down during anxiety attacks

FRUSTRATIONS

- There isn't really a unified platform to help people struggling with anxiety
- It's hard to get information to people with anxiety while they're actually having an anxiety attack
- It's easy for tips on social media platforms to get overshadowed by other or even negative content

BIO

Nicholas teaches anatomy and physiology at a high school in Kentucky and lives with two cats. He is mostly in remission from OCD--while it still flares up every now and then, for the most part he lives a fairly compulsion-free life.