Basic overview and ideas for app

My board recommended the name “Happy Appy” and I’ll attach the image/icon they designed. If you can come up with something better, I’m certainly open to ideas.

Basically this is a goal setting app.

* I’d like a preset option and a “build-your-own” option with preset elements that people can select from and also the option to write in their own goals/actions steps.
* I’d like them to be able to change and modify the elements when they want to.
* I also want an easy-to-find button to connect to an emotional first aid kit.
* I’d also like to direct users to the website periodically so they can see articles, resources, etc. <https://hopeforhealingfoundation.org/>

I like the bright colors and whimsical images of an app called “Rally Health.” I’ll attach a few screen shots from that app.

I’d like the preset option to be based on the one of the schedules in my book “30 Days to Alleviate Depression.” In that book, there are three phases with three schedules, each lasting 10 days. I don’t know if you are willing to do 3 pre-set options, I’ll include a copy of each so you can see what those look like. I’ll also include a blank outline for a build-your-own option.

I’m envisioning that a person selects the times for the reminders for the morning routine, diet modification and daily action steps, and evening routine. I would like the reminder for the morning routine to also include a daily inspirational quote. I have compiled a list of quotes that I’ll attach.

Here are some options for the build-your-own schedule. Some of these may require explanation. Perhaps we can add a question mark with a link to an explanation, or video, or a link to the website with an explanation.

**Physical Health**

Stretch

Go for a walk

Weight train

Go to yoga class

Work your core

Dance

Spend 30 minutes outside

Take 5 deep breaths

Exercise 30 minutes

1 minute exercise (plank/wall sit/sit ups/push-ups/ jumping jacks)

**Diet Modification (subset of physical health)**

Take your medications/vitamins

Drink 8 glasses of water

Eat 5 servings of fruit/veggies

Choose a healthy snack

Make healthy food choices

**Better sleep (subset of physical health)**

Stick to a regular bedtime

Dim lights well before bed

Turn off screens early

Get 7 to 8 hours of sleep a night

No alcohol near bedtime

No caffeine near bedtime

**Personal care (subset of physical health)**

Brush/floss your teeth

Take your medications/vitamins on time

Shower/deodorant

Daily grooming

Wash face/remove make-up

Shave

**Mental Health**

Read for 10-20 minutes

Listen to a podcast

Watch a TedTalk

Watch a how-to video

Do something creative

Write a to do list for the next day

**Emotional Health**

“I am” poster

Write in a journal for 10 minutes

Written release and burn

Positive affirmations

Laugh

Meditate for 5 minutes

Try a new group activity

Take 5 deep breaths

Gratitude journal

Success journal

Dance

Sing along to with a positive song

Smile even if you don’t feel like it

Visualization

Creating a shield

Power pose (hero pose)

**Social Health**

Connect with a friend – text, message, call, or visit a friend

Laugh every day

Try a new group activity

Smile even if you don’t feel like it

Good posture

Talk to 5 strangers

Send a thank you note

Connect with family – text, message, call or visit with a family member

**Spiritual Health**

Meditate/Pray

5-10 minutes reading motivational thoughts/quotes/books/scriptures

Gratitude journal

Listen to uplifting music

**Creating Order**

De-clutter for 10-30 minutes

Organizing time: Write a to do list for the next day/ put reminders in your phone

Email inbox: spend 10-30 minutes reading, answering, filing, cleaning

Computer files: Spend 10-30 minutes organizing files on computer

Tidying up: Spend 10-30 minutes

Organizing space: spend 10-30 minutes organizing an area of your home, office or car

Deep cleaning: Spend 10-30 minutes working on deep cleaning project

Organizing recipes: Spend 10-30 minutes organizing recipes

**Emotional first aid kit**

Sing a song 3X – can this link to youtube? I have a list of songs with links on the website, just thinking out loud…

Listen to upbeat music

5 second rule

hero pose

connect with nature

take a walk

visualize a shield

2 minute distraction

Support – a short pre-recorded message of positive affirmations that they can listen to

laughter

mini-meditation

connect with friends

replace rumination with positive affirmations

pet the dog

small act of service

dark chocolate

“I am” poster