ataraxia

learn to be a happier you

PROBLEM

people aren't aware of what they can be doing to take care of themselves - what makes them happier and what doesn't

SOLUTION

guide users to **curate their own self-care routine** & help them through the process of **learning what works for them**

PROCESS

needfinding
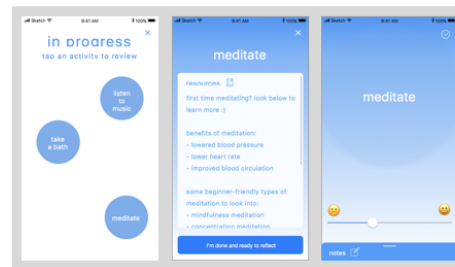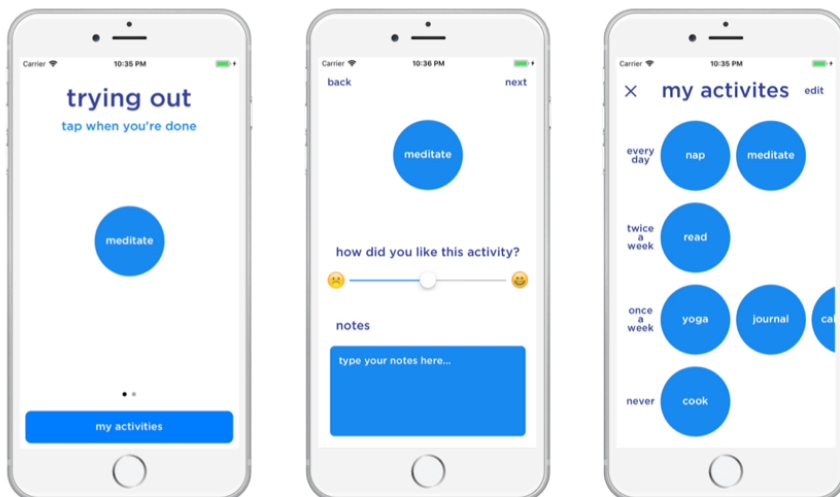

fieldwork

lo-fi

medium-fi

hi-fi

KEY FEATURES

discover new activities that you've never tried before

reflect on each activity and record how it went

curate a routine and update it as you go