Tranqui

Design Brief

Problem   People don't resort to preventive self-care; they collapse and don't go to a psychologist.

Solution   App to improve your health, playful emotional self-care to help people with preventative rather than palliative care, and tips to cope with periods of anxiety.

Topics to be covered   Initial test to find out which solution is best for which games to recommend.

Ask how you are, encourage activities that are active enough to take you away from the problem and lower your stress levels, but not so challenging that they distract you. Personalize your experience by offering customizable routes that allow you to skip certain activities.

- Registration form
- Tips (interaction)
- Organization (deciding what to do)

Features of the app
- Breathing exercises
- Pomodoro (for people without an organization)
- Encourage rest periods
- Journal and record emotions
- Mindfulness (look it up)
- Goals of the day
- Incorporate new healthy habits
- Tips for managing anxiety
- Organization section (calendar, tasks, tips, etc.)
- Improve your bedtime (avoid your cell phone, tips for better sleep)

To consider   Depending on your usage pattern, it may suggest that you see a psychologist and indicate that the app is not a substitute for therapy with a psychologist.

Connected to your smartwatch to notify you of a mini-task to lower anxiety levels. Based on students' schedules, give them the option to rest during their breaks.

Important: This document has been automatically translated from the Spanish version. It may contain errors despite being manually reviewed.