



## DES 301 | ADVANCED DESIGN METHODS CAPSTONE

# BREATH HARMONY

How might we utilise **mindfulness** techniques and **XR** to quickly alleviate mental distress **immersively**, such as stress and anxiety, for **young adults**?

EMILY CHIN | 2024

The screenshots show the following features:

- Home Screen:** Displays the app's name "BREATH HARMONY" and two buttons: "Sign Up" and "Login".
- Recent activity:** A bar chart showing breathing sessions across the week of Oct 21 - 27. The highest session count is on Thursday.
- Breathing sessions:** A list of session types and counts: 14 Times Cyclic Breathing, 2 Times Box Breathing, and 3 Times Mindfulness Breathing.
- Welcome Back:** A screen with the message "Welcome Back!" and a "Recommended for you" section featuring "Cyclic Breathing".
- Popular:** A list of popular breathing techniques: Box Breathing and Mindfulness Breathing.
- Profile:** A screen showing a user profile picture of a blue-haired character and a gear icon for settings.

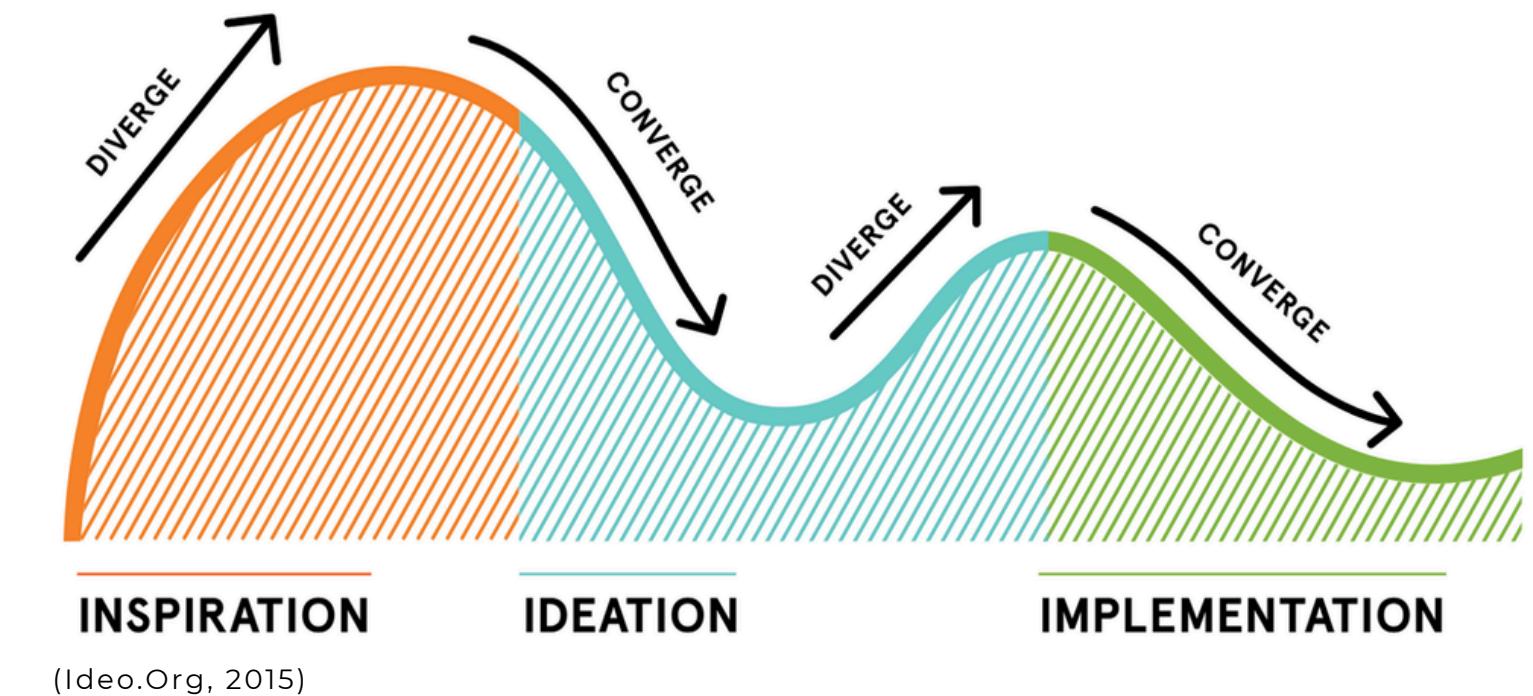
better cellular function levels.

- Stress Reduction:** The nature of cyclic breathing involves parasympathetic nervous system activation which helps reduce cortisol levels, promoting a sense of relaxation.
- Improved Focus:** Through focused breathing exercises, individuals can improve their cognitive performance and concentration.

# 'BACKGROUND + CONTEXT'

## MAIN POINTS

- 1 in 5 adults experience medium to high levels of mental distress, mainly **15-24 year olds** (New Zealand Mental Health Monitor Survey, 2018)
- Young adults are more likely to have **avoidance-based coping strategies** than problem-focused ones. (Konaszewski et al., 2023)
- Looking into **combining** these two points to help young adults use problem-based strategies like mindfulness.



(Ideo.Org, 2015)

**1 IN 5**

Adults experience  
medium to high levels  
of mental distress



(New Zealand Mental Health Monitor, 2018)

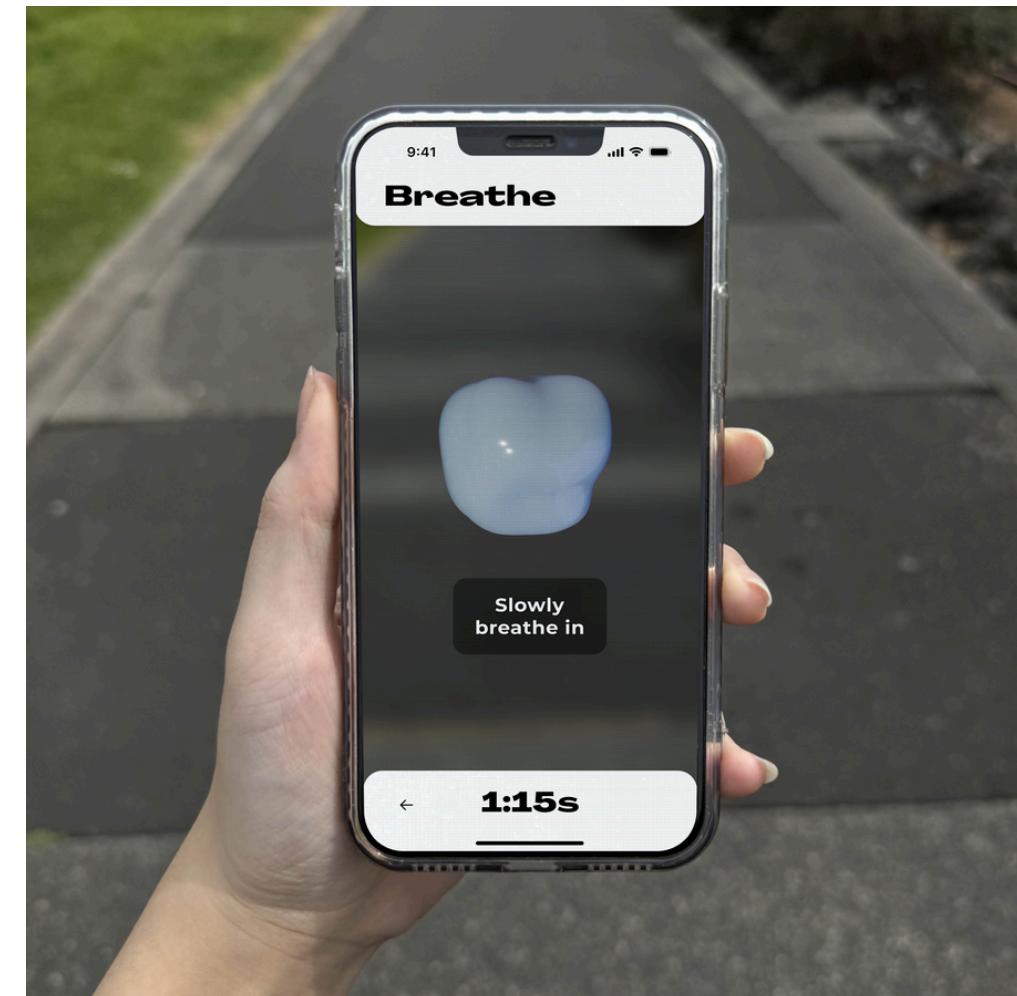
# BREATH HARMONY

## OVERVIEW

- An immersive AR mobile application
- Uses AR to guide users to follow the AR animation in its movements, following breathing techniques
- Learn about breathing techniques seen in mindfulness
- The application tracks progress and helps motivate the user

## TECHNOLOGIES

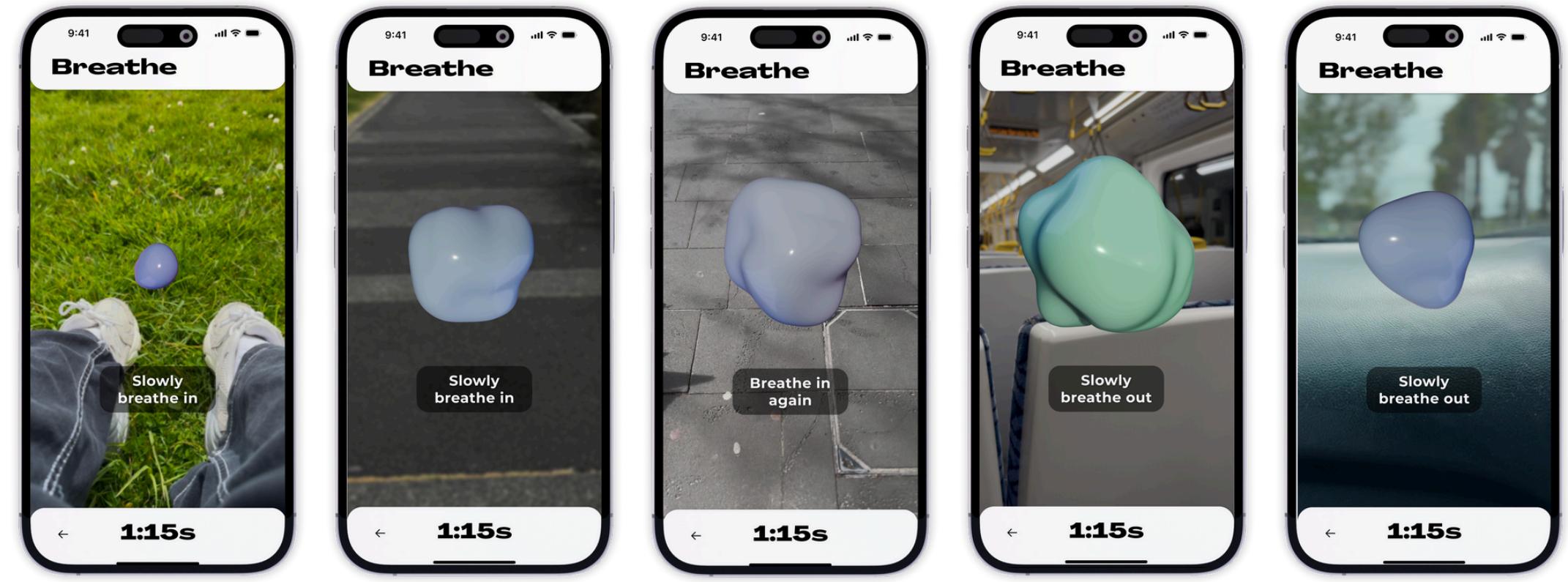
- AR
- UI/UX



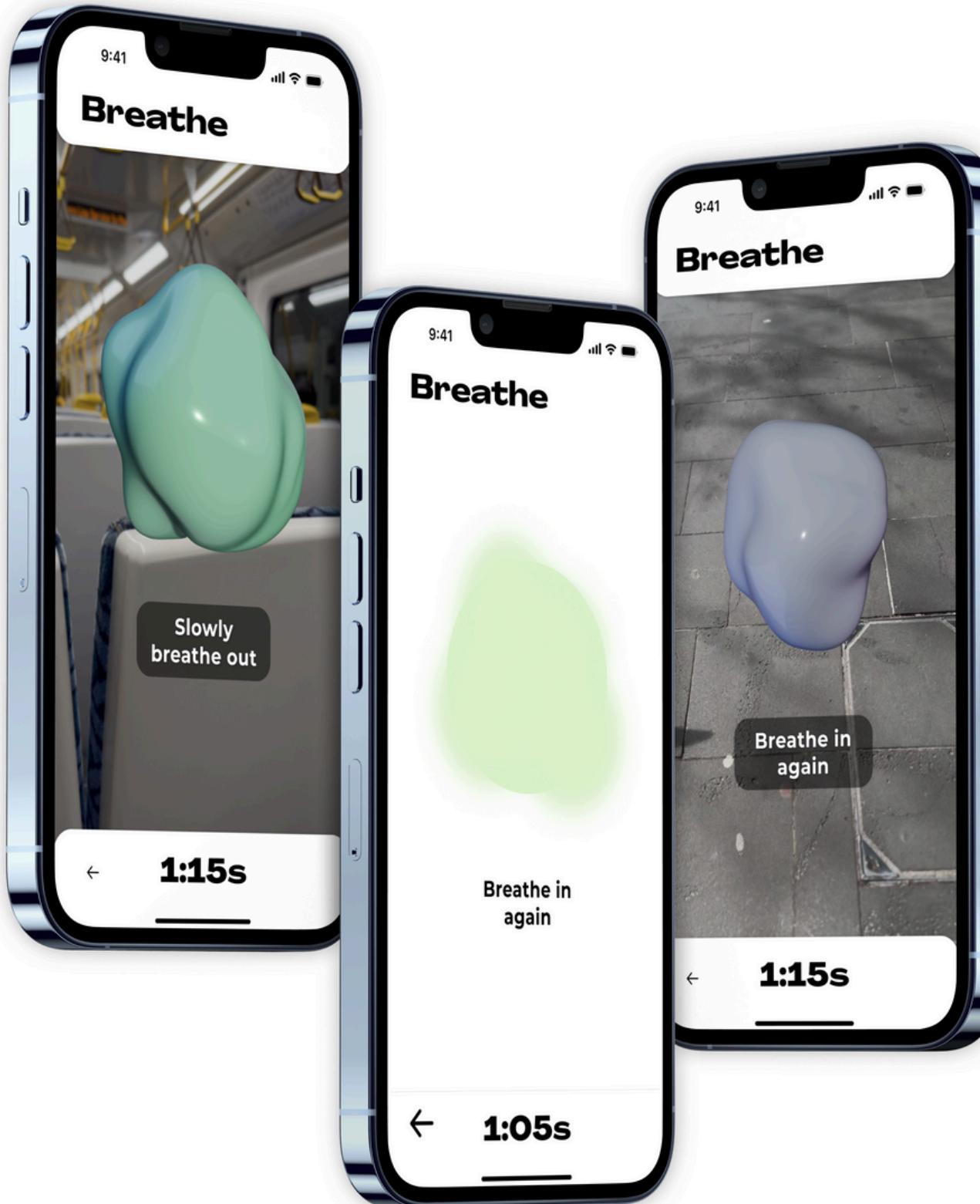
## FINAL PROTOTYPE



Works best in Figma App



# FINAL PROTOTYPE



MINDFULNESS

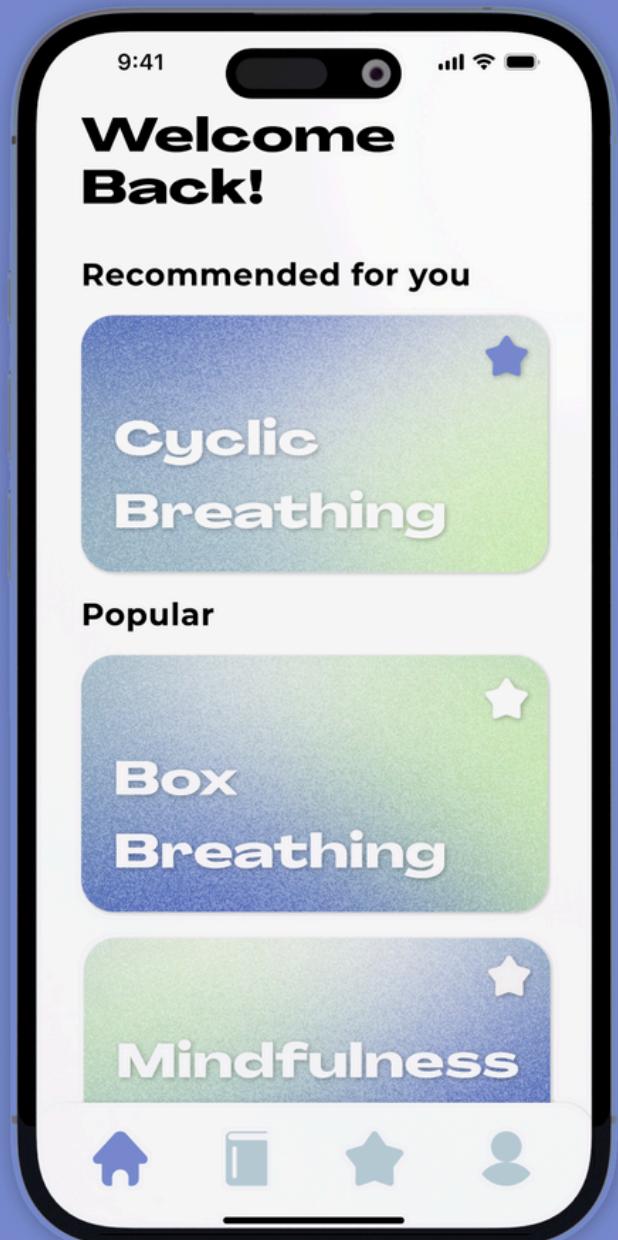


AUGMENTED REALITY

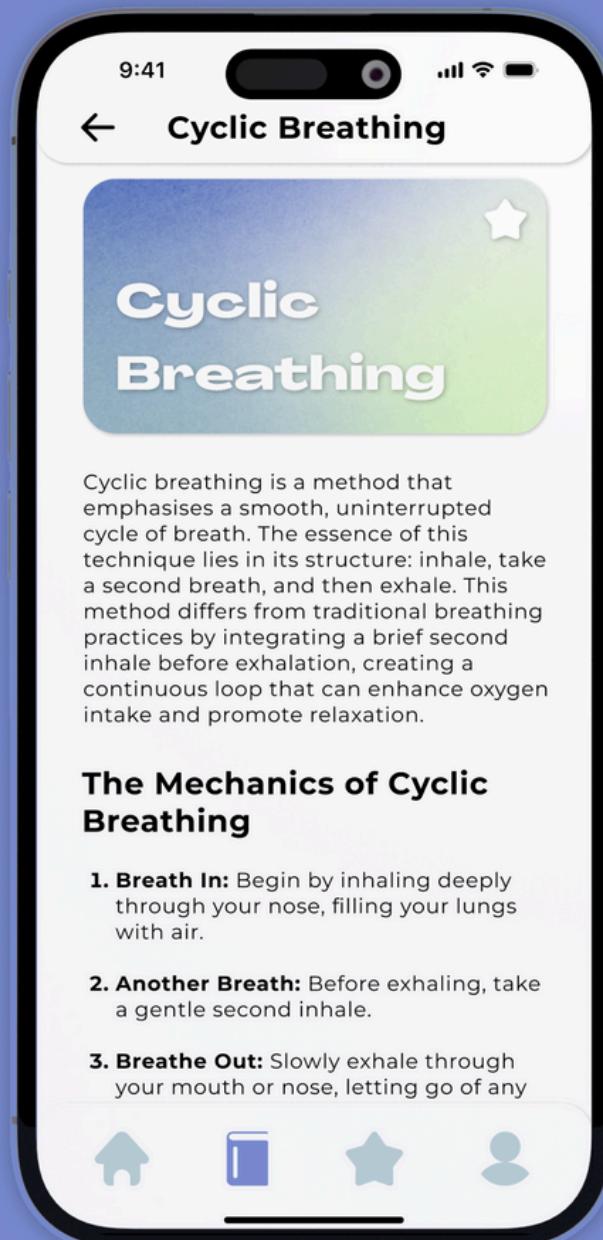
Helping young adults use problem-based alleviation techniques for their day-to-day stress

# FINAL PROTOTYPE

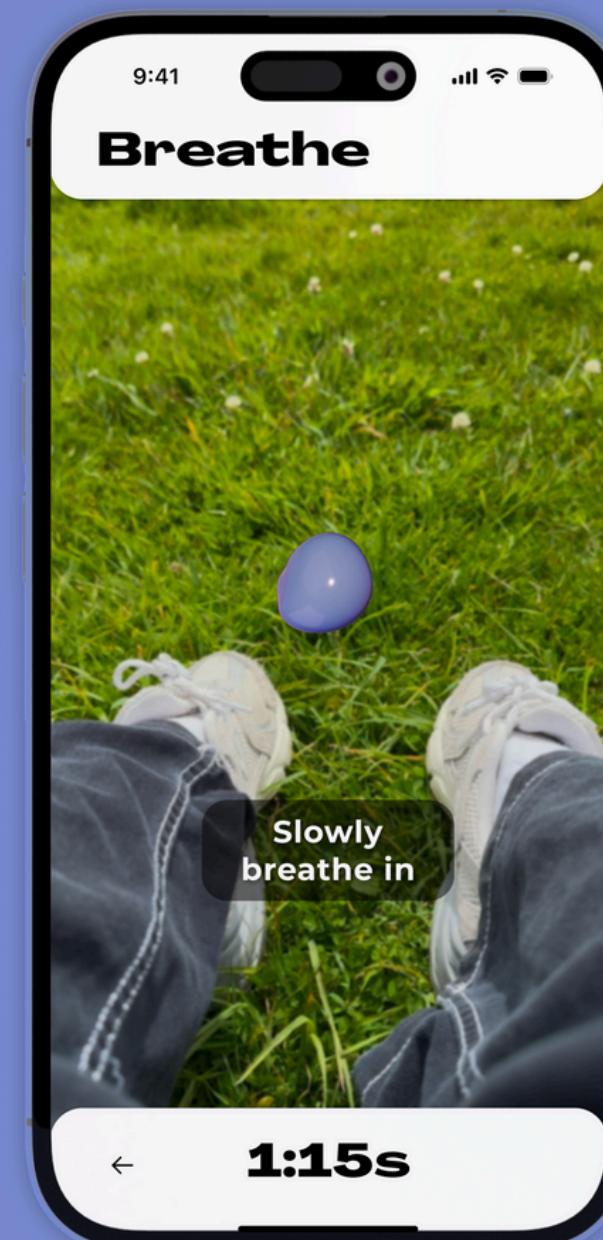
## MAIN FEATURES



PERSONALISED  
HOME PAGE



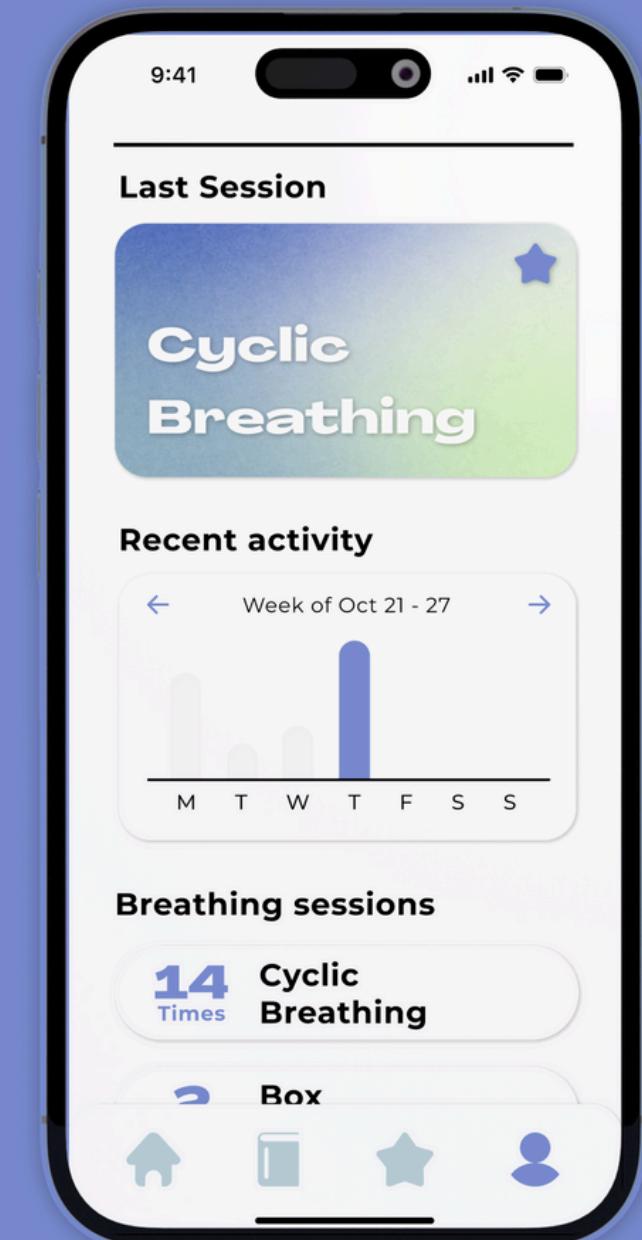
LEARN  
MINDFULNESS



IMMERSIVE  
GUIDING AR



SAVE YOUR  
FAVORITES



KEEP TRACK  
OF YOUR PROGRESS