

THROW THESE INTO COPIOLT AND SEE WHAT IT SAYS AND RECOMENDS

Aspects:

- Coloring activities
- Mindfulness exercises
- Breathing exercises
 - o Set up reminders throughout the day, could set up reminders for the other exercises too.
- Sleeping exercises
- Journaling/ notebook
- Soft/ relaxing music player
- AI anxiety app
- Place to connect with case managers
- Place to connect with hospital patients
- Place to connect with patient advocates
- Support groups
 - o Peer groups
 - o Telehealth
 - o Groups in correlation to age/ illness
- Holistic care
- Suicide hotline
- Ease of use features
- Virtual Reality experiences (could range from relaxing activities to children being able to attend a virtual classroom).
- Creative Expression activities (digital art, write poetry, compose music, etc.)
- Daily positive affirmations
- Educational resources
- Customizable reminders (set reminders for therapy, medication, etc.)

The groups:

1. Self-Care activities
2. Coping strategies
3. Support and Connections
4. Holistic care
5. Emergency Support

Self-Care activities:

- Coloring activities
- Mindfulness exercises
- Breathing exercises
- Sleeping exercises
- Soft/ relaxing music player

Connections:

- Place to connect with case managers
- Place to connect with hospital patients
- Place to connect with patient advocates
- Support groups (all kinds)
- Notebook/ Journal

Improve Health:

- Suicide hotline
- Holistic care
- AI anxiety app

Other:

- Have a button indicating or saying, "I'm leaving the hospital". This will give directions for a user to get in touch with a hospital's case manager.
- Include a button in notebook section that can help connect patients with a hospital's patient advocate. Maybe this could either be directions for getting in contact with them, or it could be a place to share your notes (that are for your doctor) with the case manager (patient advocates have access to it).
- Button just indicating "Help". Maybe this could be the suicide hotline or AI anxiety app or a place to get in touch with a therapist (Telehealth might fit in here).
- Use pictures for different areas of the app, use 5th-6th grade jargon when describing things.

1. Mindfulness and Relaxation:

- **Coloring Activities:** Engage patients with soothing coloring exercises to promote relaxation and creativity.
- **Mindfulness Exercises:** Encourage mindfulness practices such as meditation, deep breathing, and grounding techniques.
- **Breathing Exercises:** Set up reminders throughout the day for patients to practice calming breaths. These reminders can also apply to other exercises.
- **Sleeping Exercises:** Provide resources for improving sleep hygiene and relaxation techniques before bedtime.
- **Soft/Relaxing Music Player:** A curated collection of calming music to help patients unwind.

2. Connection and Support:

- **AI Anxiety App:** An interactive tool that offers personalized anxiety management strategies.
- **Connect with Case Managers:** A platform for patients to communicate with their assigned case managers.
- **Connect with Hospital Patients:** Foster a sense of community by allowing patients to connect with each other.
- **Connect with Patient Advocates:** Enable patients to reach out to advocates for support and guidance.
- **Support Groups:**
 - **Peer Groups:** Facilitate peer-to-peer support among patients facing similar challenges.
 - **Telehealth Groups:** Virtual support groups for remote patients.
 - **Age/Illness Correlated Groups:** Tailor support groups based on age or specific health conditions.

3. Holistic Care and Safety:

- **Holistic Care:** Provide resources beyond medical treatment, including nutrition, exercise, and stress management.
- **Suicide Hotline:** A direct link to crisis intervention services.
- **Ease of Use Features:** Ensure the app is user-friendly and accessible to all patients.

4. Engagement and Creativity:

- **Virtual Reality Experiences:** Offer immersive environments for relaxation, distraction, or education.
- **Creative Expression Activities:**
 - **Digital Art:** Patients can create digital artwork.
 - **Poetry Writing:** Encourage patients to express their emotions through poetry.
 - **Music Composition:** Provide tools for composing music.
- **Daily Positive Affirmations:** Deliver uplifting messages to boost patients' spirits.

- **Educational Resources:** Share information on mental health, coping strategies, and self-care.
- **Customizable Reminders:** Allow patients to set reminders for therapy sessions, medication, and self-care routines.