THROW THESE INTO COPIOLT AND SEE WHAT IT SAYS AND RECOMENDS

Aspects:

* Coloring activities
* Mindfulness exercises
* Breathing exercises
  + 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
  + Peer groups
  + Telehealth
  + Groups in correlation to age/ illness
* Holistic care
* Suicide hotline
* Ease of use features
* Virtual Reality experiences (could range form 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.