pause

Life is fast, let's pause together

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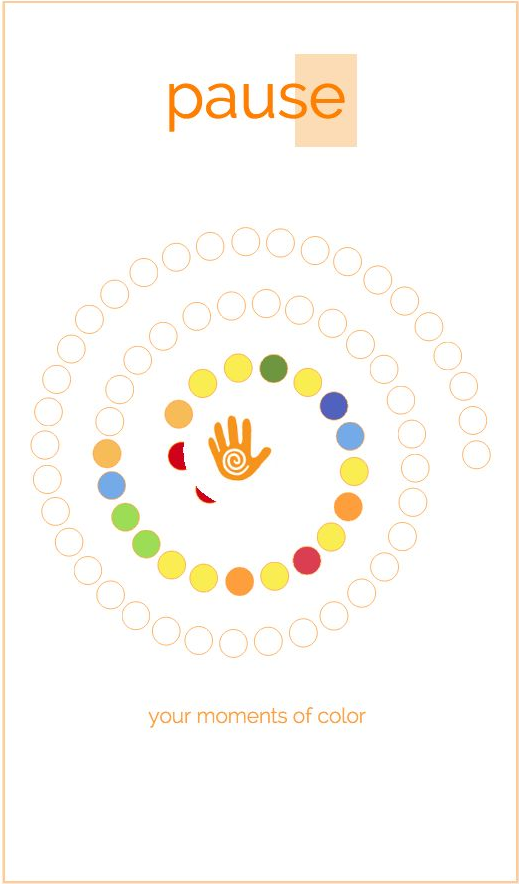
Self-Care

In increasingly busy lives, it’s hard to make time for self care.

The Solution

An app that encourages sharing a moment of self-reflection to foster emotional well-being.



Outline

I. Needfinding

II. Prototype Progression

III. Current State

IV. Next Steps

Needfinding

Began with “Spiritual Navigation”

Asked about finding and practicing faith, and guiding others in their practice of faith

Interviewed priests, church managers, chaplains:

- Head Hindu Priest - Pandit Kambhampati Bala Krishna Sama
- Buddhist Temple Administrator - Peggie
- Scientology Church Manager - Suzanne
- Stanford University Chaplain - Rabbi Patricia Karlin-Neumann
- BA, MA Religious Studies - Christopher Yang

How might we...

…help family members with different faith and religion find core similarities in their beliefs?

…help young adults find the foundations of their beliefs in their family traditions?

…help students find spiritual fulfillment?

…provide believers who don't want to go visit temples/churches with concrete and actionable ways of expressing their faith?

…provide the proper intellectual and spiritual environment to allow those grieving to find the support they are looking for?

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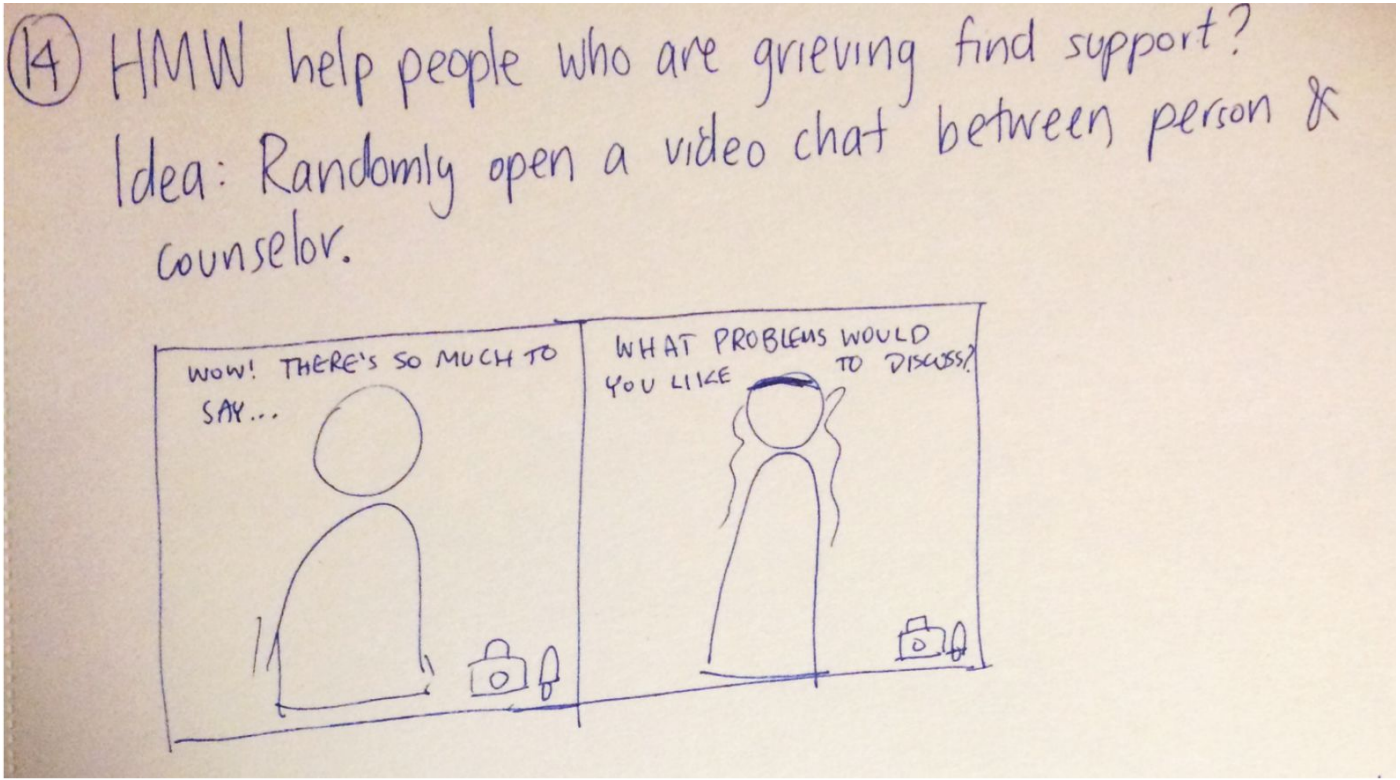
A Place of Comfort



Prototype Progression

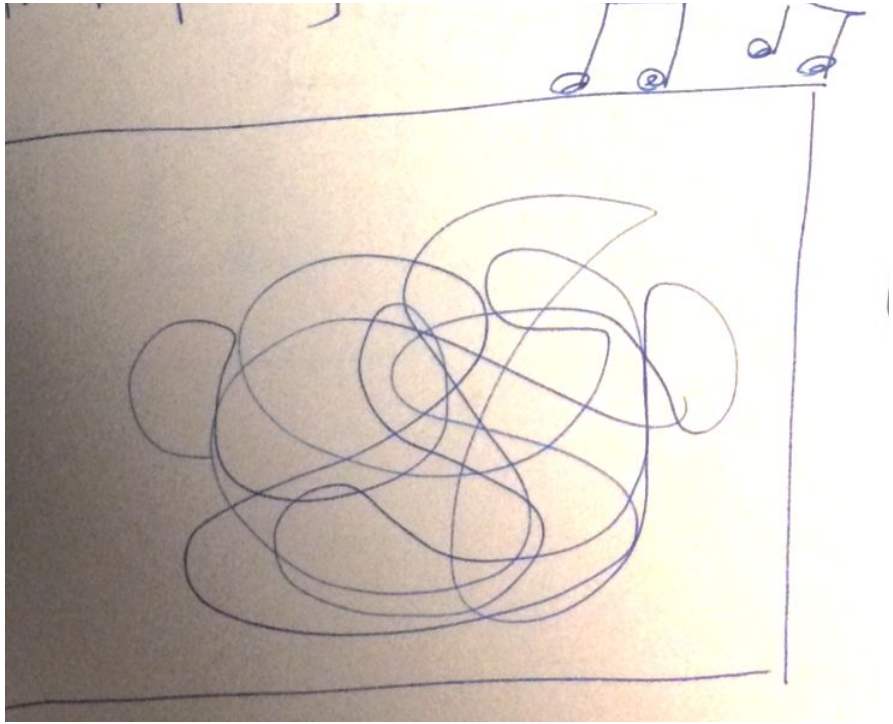
Low-Fi Prototypes

Music Visualizer

- Marginally enjoyable
- Lacks user control

Life Mapper

Thumb Connection



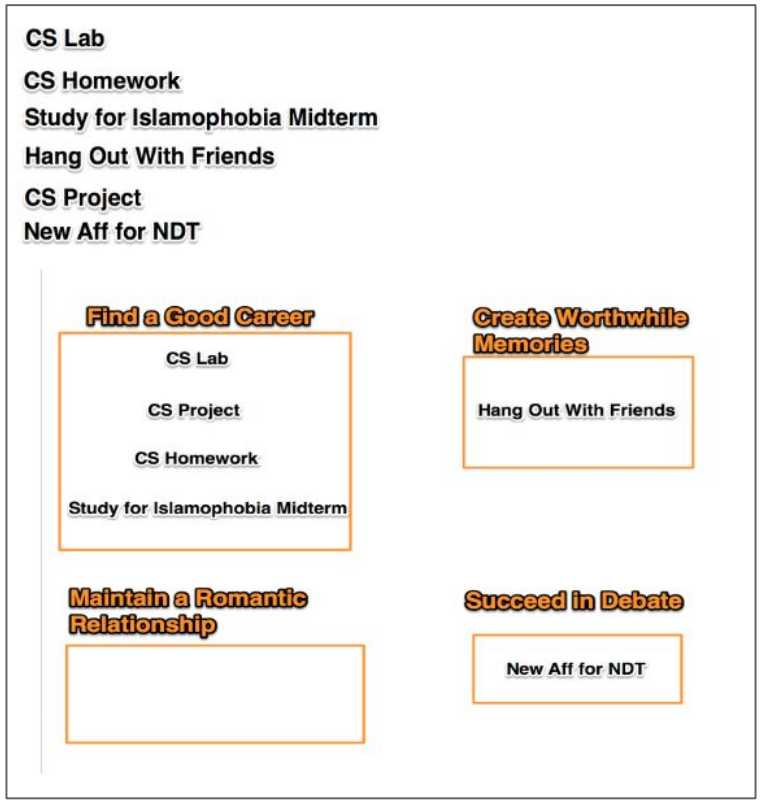
Low-Fi Prototypes

Music Visualizer

Life Mapper

- Helpful but Not Necessary
- Insights were Intuitive
- Not Realistic

Thumb Connection



Low-Fi Prototypes

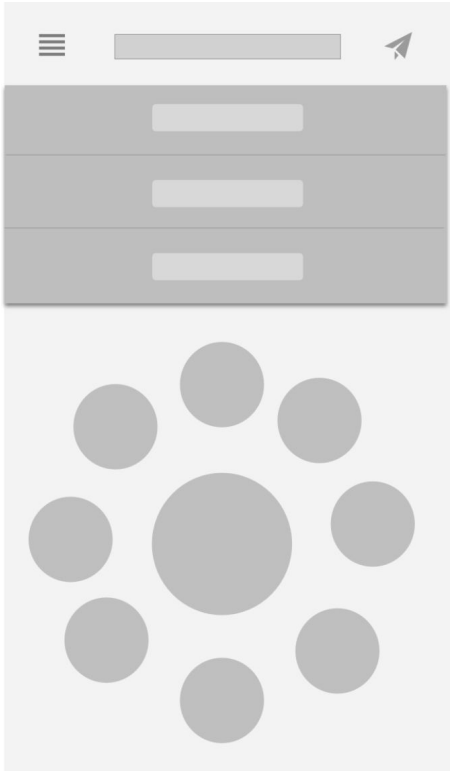
Music Visualizer

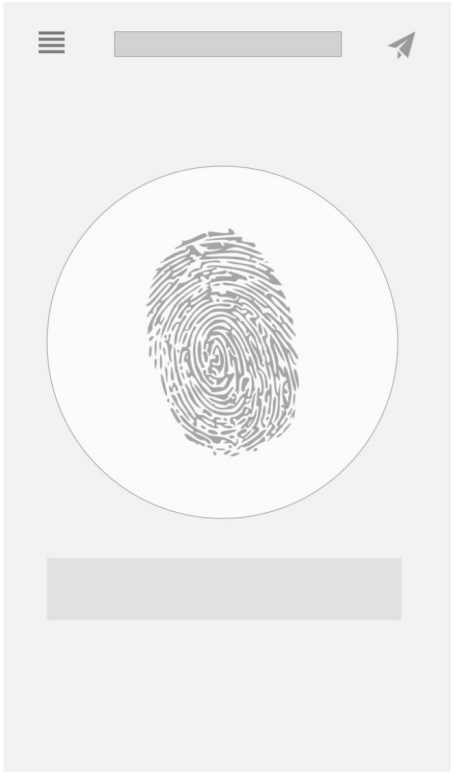
Life Mapper

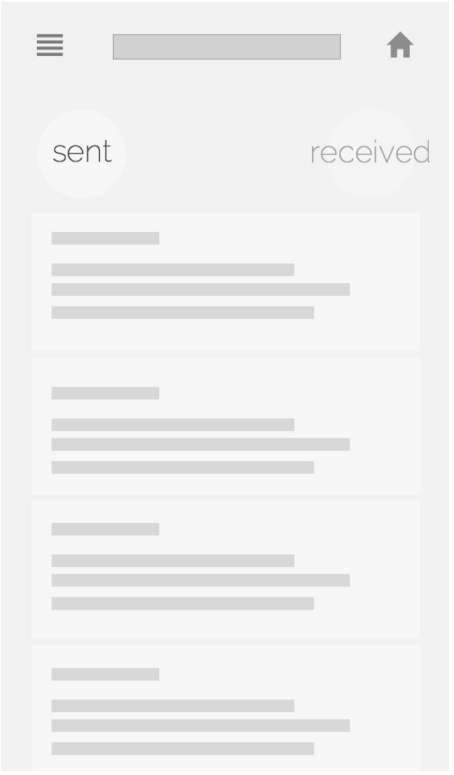
Thumb Connection

- Genuine Connection
- Meaningful & Reflective
- Awkward Prototype

Medium-Fi Prototypes







User Feedback

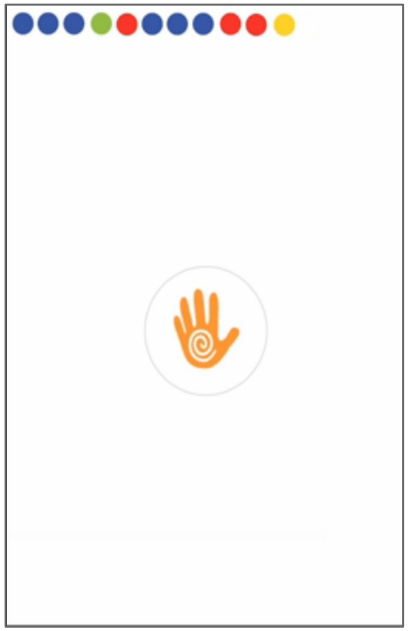
Good interaction flow

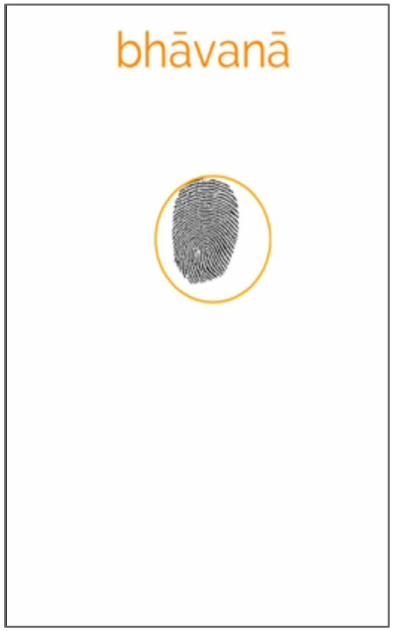
Liked the thumb connection screen

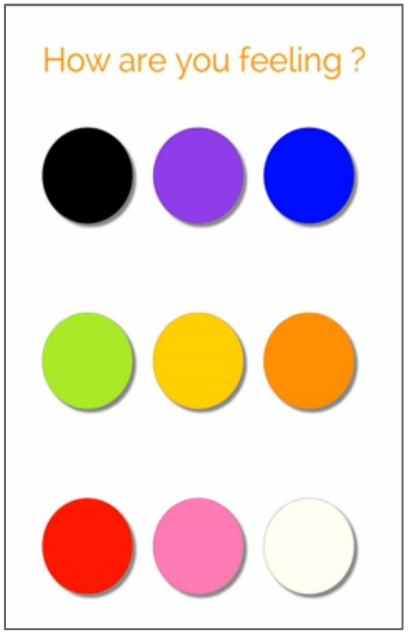
Writing a message was clunky

Wanted a better way to visualize moments

Hi-Fi Prototypes







User Feedback

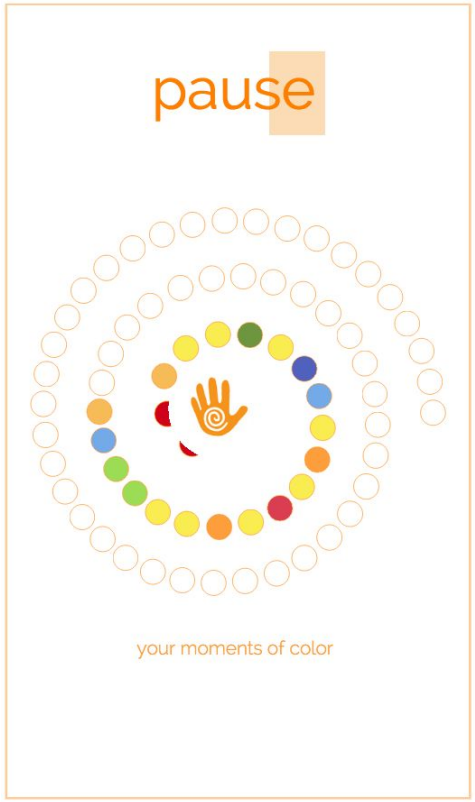
Need better transitions

Wanted more detail about connections

Color map seemed like polka-dots

Current State

09:41
stanford.edu
love
solitude
stress
faith
fear
grief

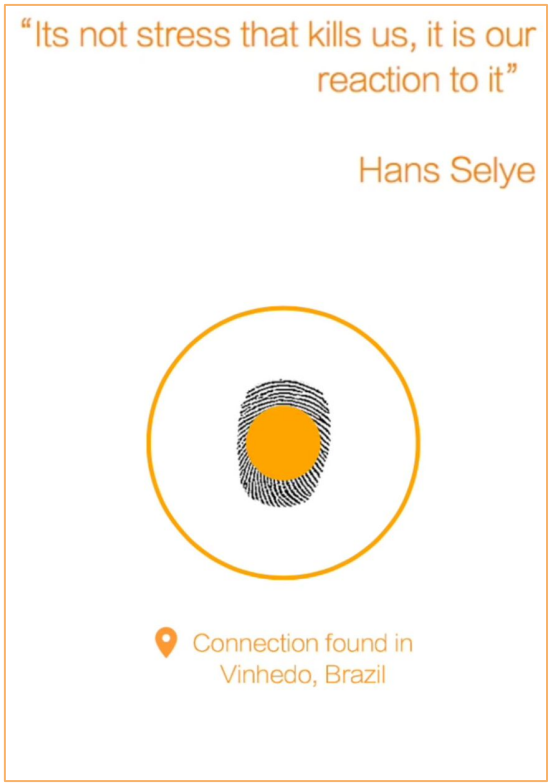


Analyze

See each of your moments represented by a color

Visualize your progress over time

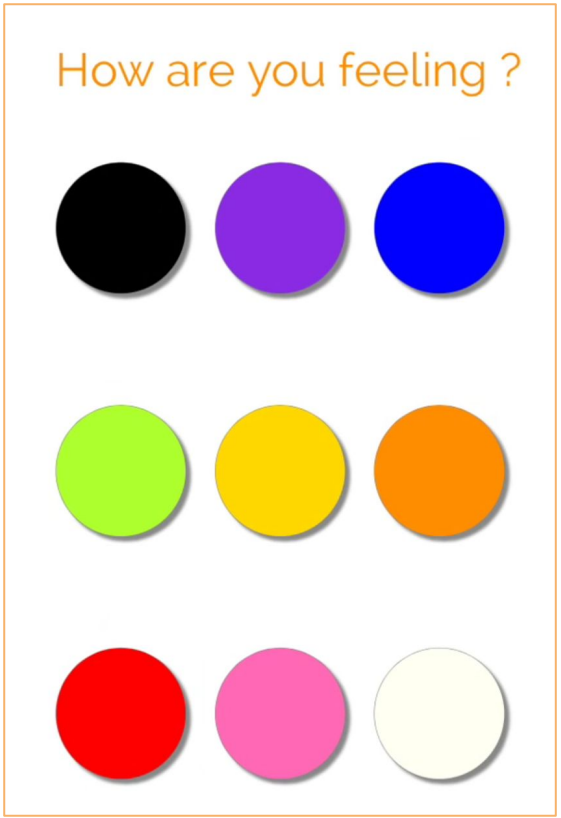
Decide what colors will mean to you



Connect

Get matched with another user

Press thumb down at the same time as your partner to share a moment together



Reflect

Look back on moment and describe it with a color

Next Steps

Future Enhancements

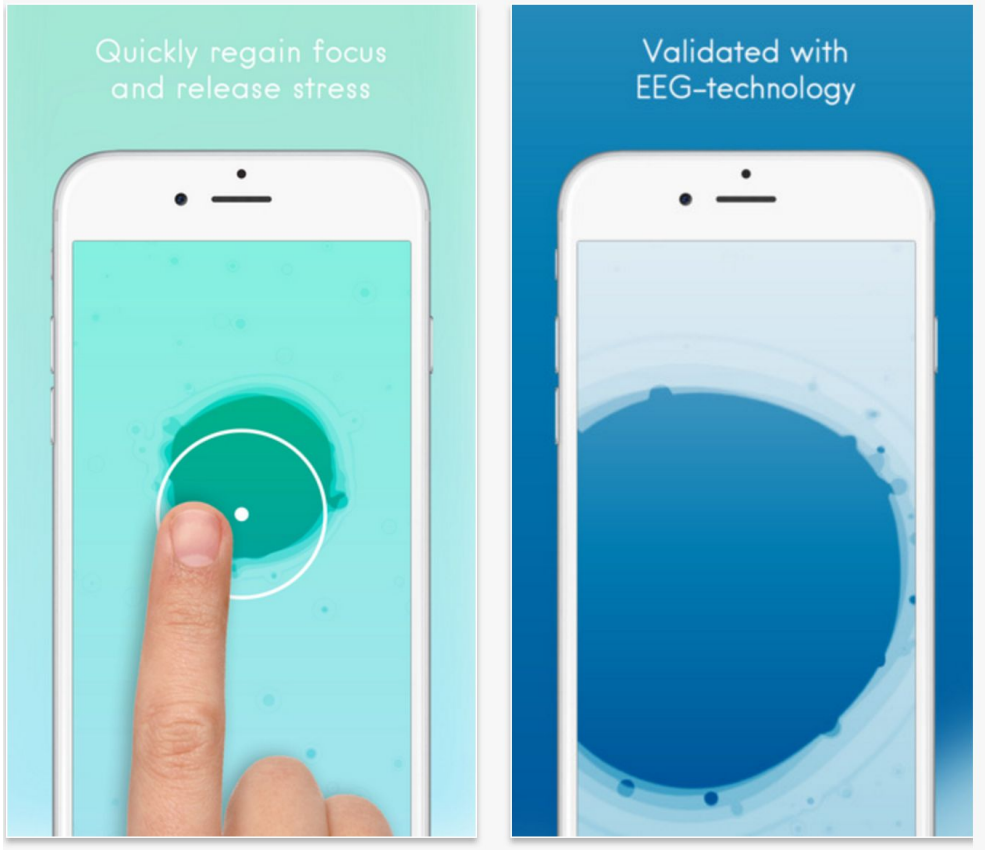
Data visualization

Real network of participants

More individual meditation exercises

Pause is a way to share a moment of reflection with somebody you know who is on the same page as you.

We'd like to make it a more robust app for performing mental health exercises and monitoring one's progress over time.

P.S. We are

trendsetters...