pause

life is fast, let's *p a u s e* together

hi-fi #3

sukhi *raymond* *julie* *kyle*

pause is...

an application that helps time-pressed professionals engage in **self-care** and foster emotional well-being through **micro-meditation**.

outline

I. *Overview of changes*
II. *Changes per Task and Infrastructure*
III. *Demo*
IV. *Future work*
V. *Summary*

interface **changes**

mood logging screen

meditation instructions

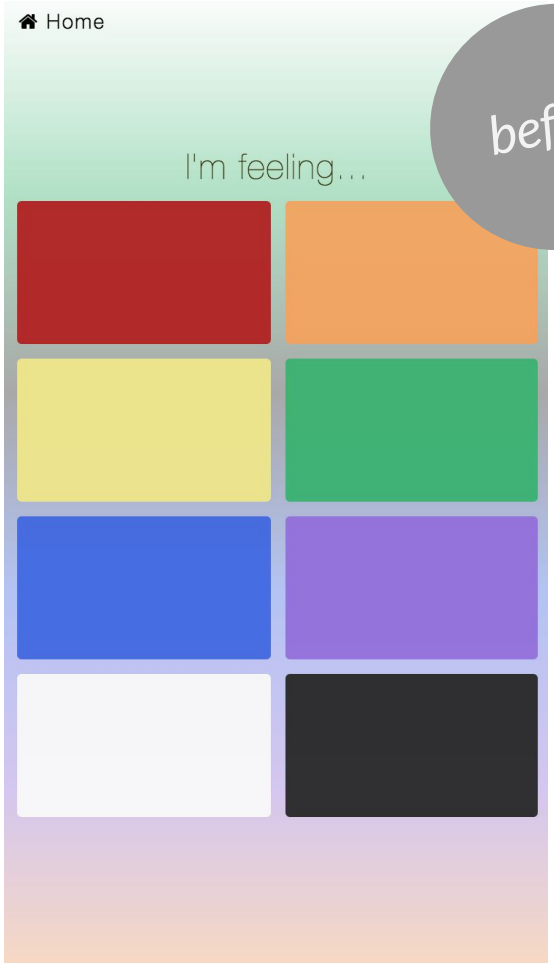
connection interaction & visuals

user login

UI changes by **scenario**

record your current mood

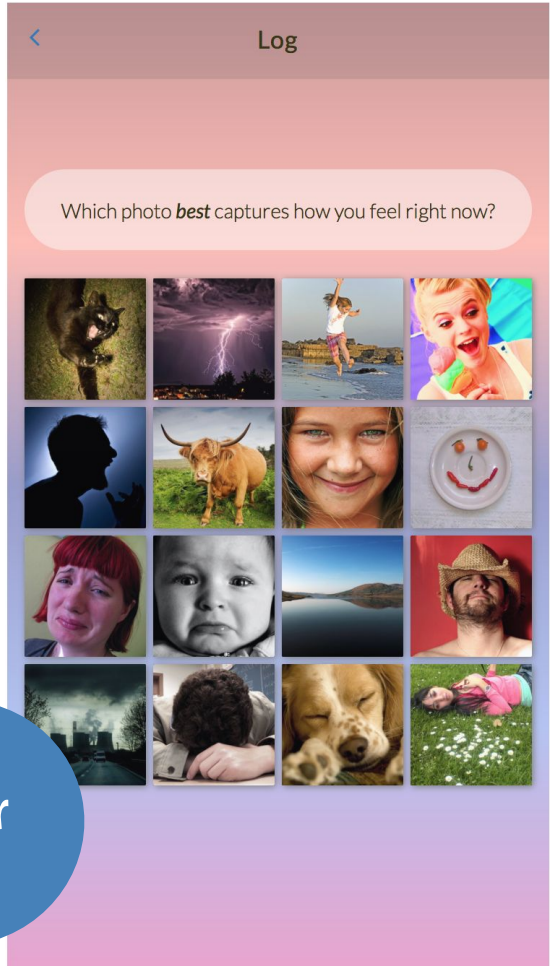
mood logging screen



before

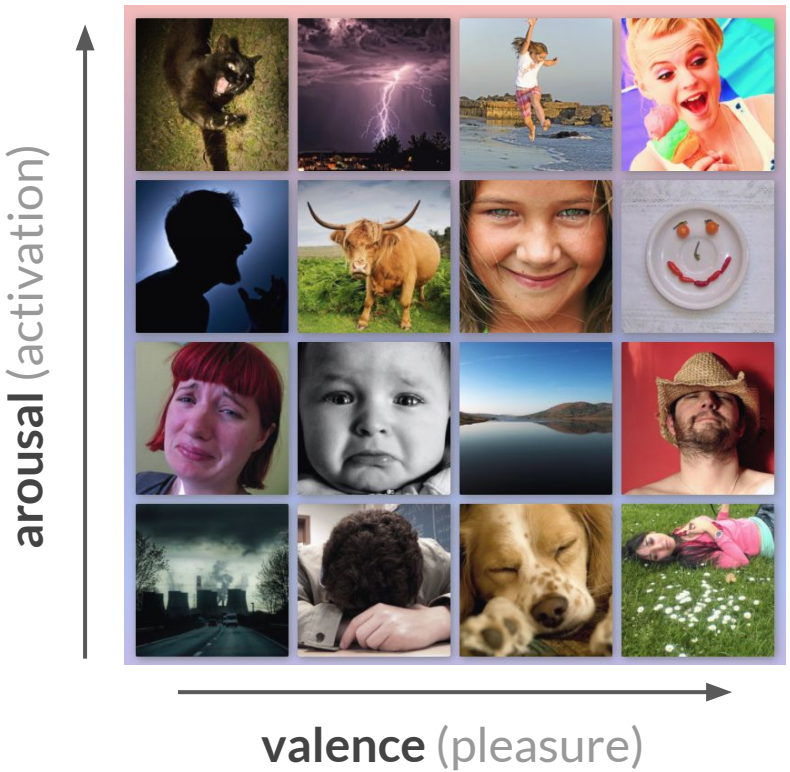
informative prompt

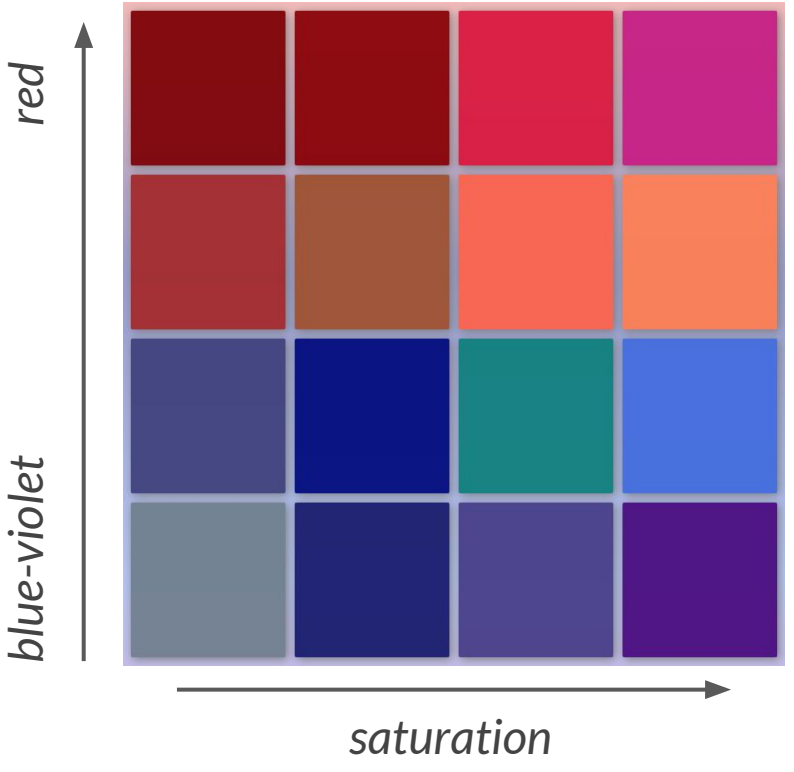
"what do these colors mean?"

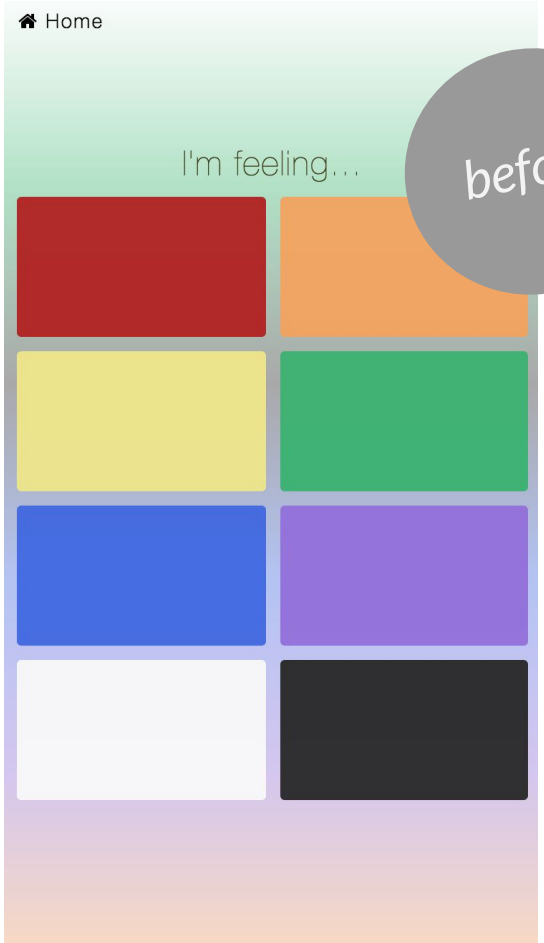


after

how we mapped the pictures to colors





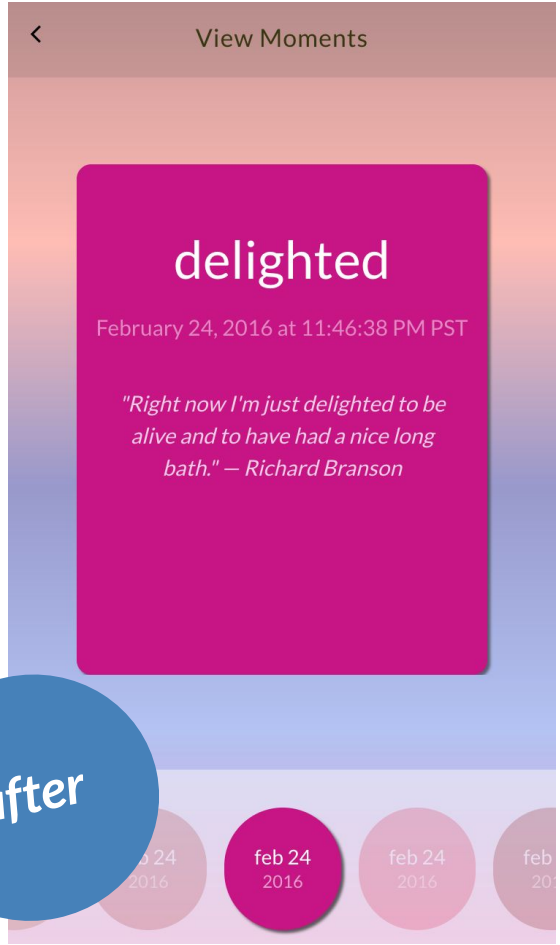


visualize past emotions

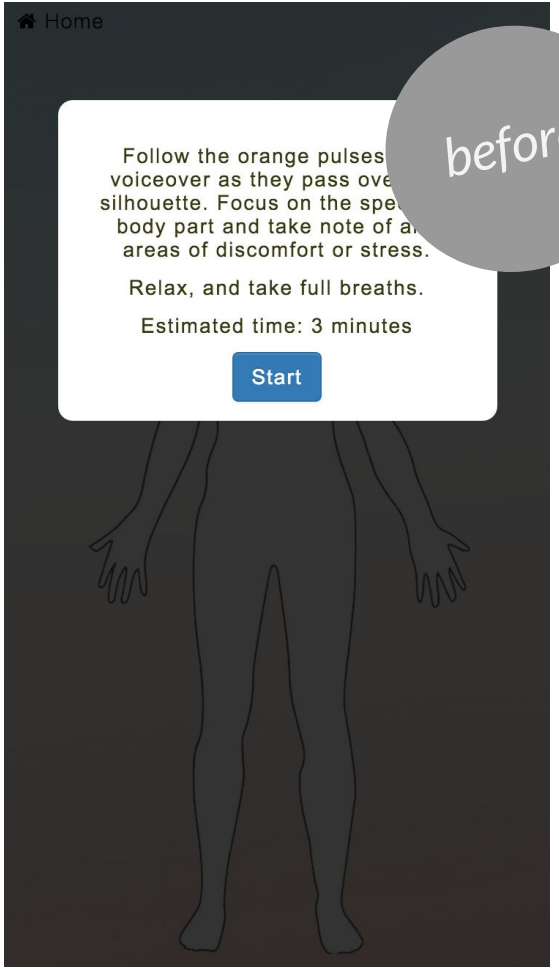
interactive timeline

logged emotions persist

“oh I didn’t notice”



meditate individually



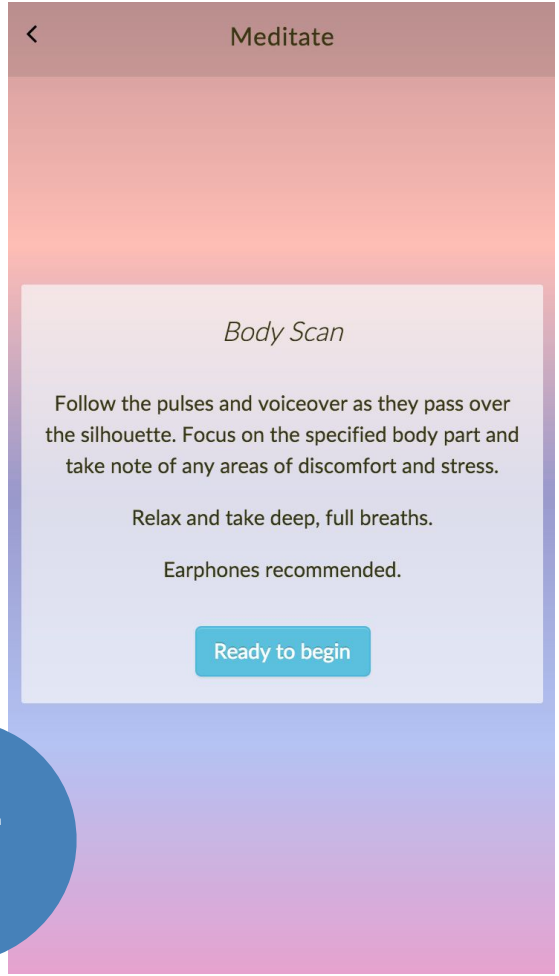
before

shortened instruction interaction

one fewer click to reduce time

instructions separate from exercise

after



pause with someone else

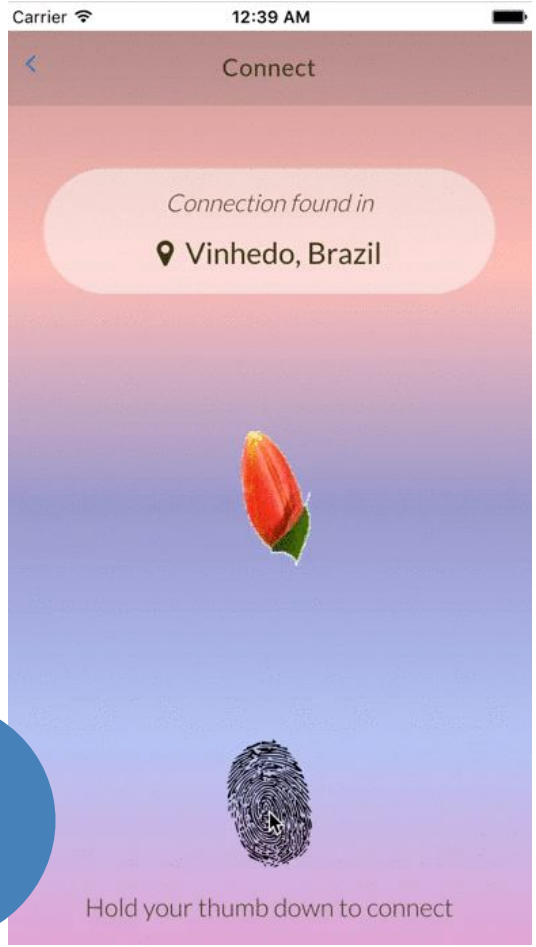
before

updated connection visuals

divorce thumb touch and visual

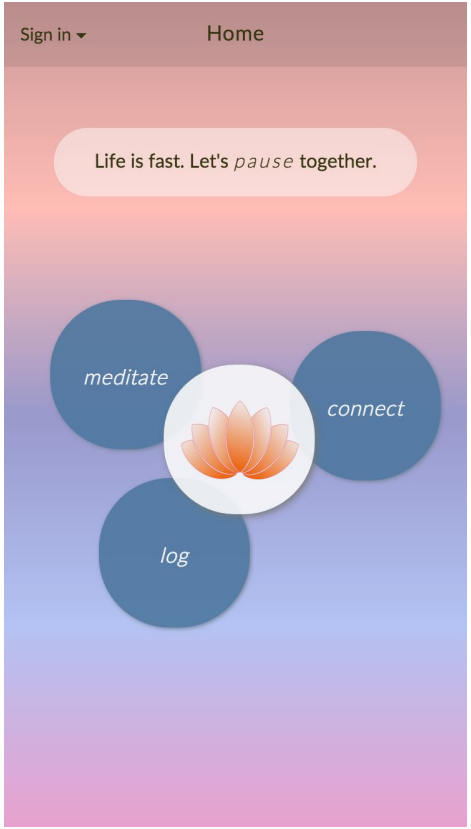
more organic feel

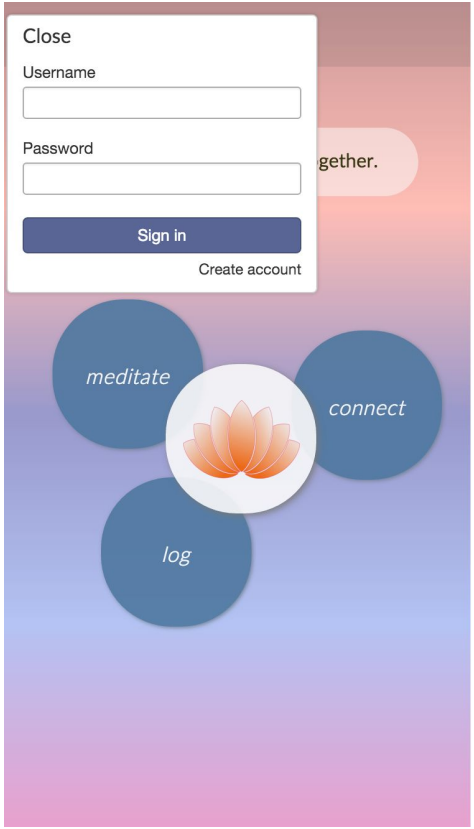
after



infrastructure changes

multiple user accounts added





pause **demo**

iPhone 6 - iPhone 6 / iOS 9.2 (13C75)
Carrier
11:29 AM
Sukta
Home
Life is fast. Let's pause together.
meditate
connect
log

looking **forward...**

high priority

Link color data to users

Exploring real pairing

wishlist

Tagging moments

Enhanced analytics (line graph)

Breathing exercise

the quarter in **review**

hi-fi #2 **to hi-fi #3**

We log emotions with a **proven** method, made the body scan instructions **clearer**, and made the thumb connection more **visually appealing**. The app now has an almost fully functional **backend**.

cs247 **to cs194h**

We started with a **single-functionality** app with **no backend** where most of the UI was composed of **static assets.** We now have a working **multi-function** application with a completely **overhauled** user interface based on academic and **user research.**

pause

your moments of color

thanks for a great quarter!

"Its not stress that kills us, it is our reaction to it"

Hans Selye

Connection found in Vinhedo, Brazil