

usability

With seamless usability and interactions, pause stands out in a crowd

Through gorgeous animations and vibration features, pause provides a beautiful interface that allows content to shine



meet the Team







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pause For Progress

pause your moments of color

pause is place to map your emotional growth

Each moment you have is associated with a color to represent your emotions during or after the moment.

We use these colors in a colormap to show your change over time.

With pause, you can visualize your progress in your own way - always in a structured but personal way as you map the colors that speak to you

pause For Spirit



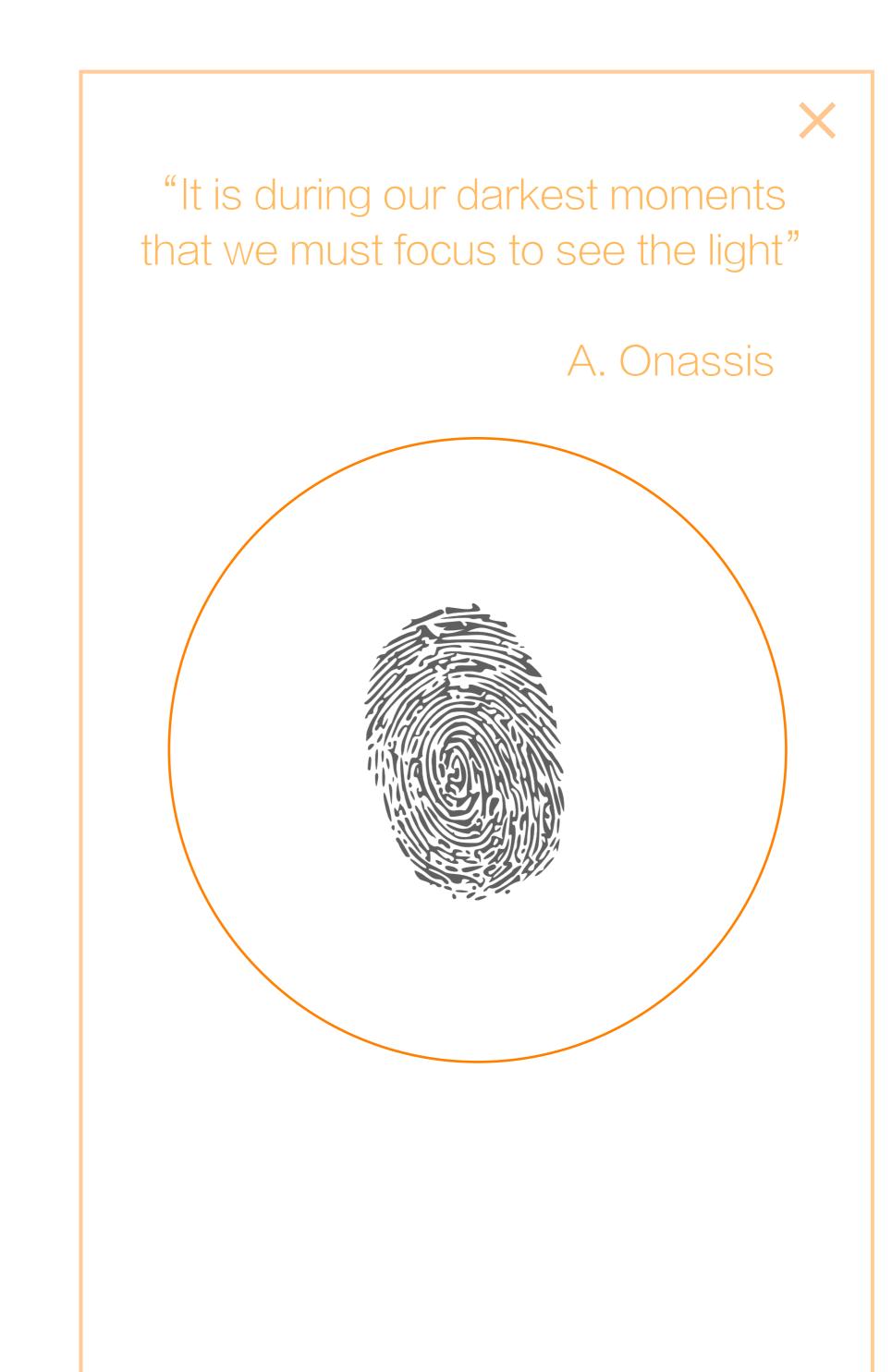
Emotional wellbeing and growth rarely get a spot on the to-do list

Self care can be intimidating when you don't have the time to participate in familiar rituals - from meditating to taking a long walk.

pause is organized around core values of emotional health that we must practice to maintain.

pause is a space to practice these values in just a moment.

pause For Community



When you are busy, it's near impossible to find the comfort of community

pause allows you to engage in something communal, with just you.

pause anonymously matches you with someone else taking a pause.

As you touch thumbs, the connection is human. With pause, you don't just take a moment - you share a moment.