pause

presenting our hi-fi prototype

sukhi g.   julie n.   raymond l.   kyle q.

the problem

It has become increasingly difficult for on-the-go professionals to *practice self-care and mindfulness* in their busy, stress-inducing lives.
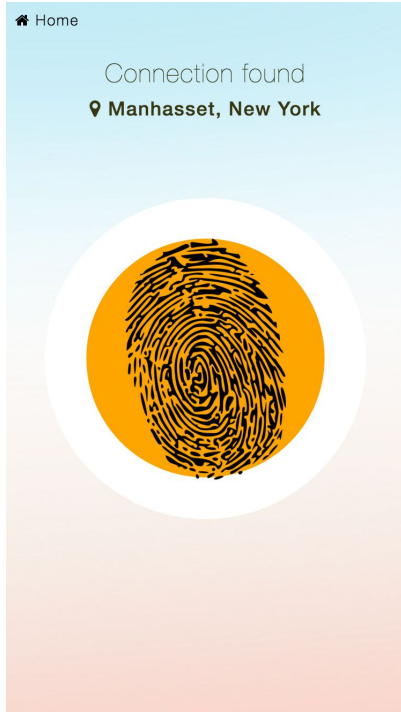
the solution

A product that helps people *engage in self-care* and foster emotional well-being through meditation and a shared moment of reflection.
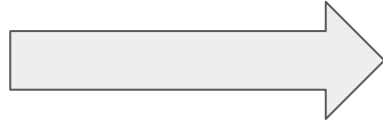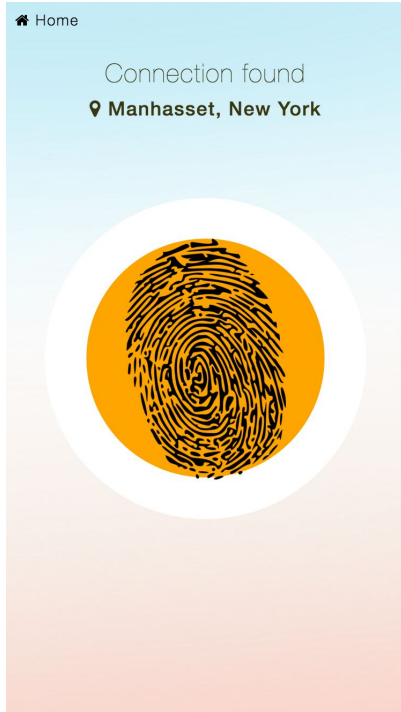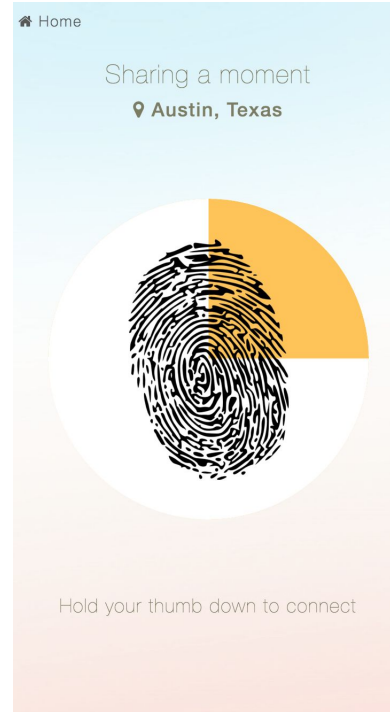
interface improvements
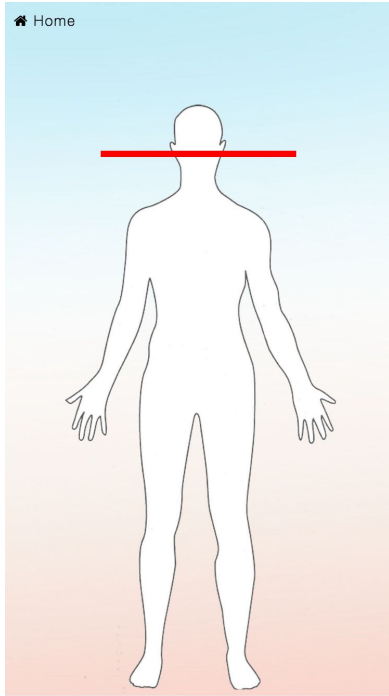
connection screen UI improvements
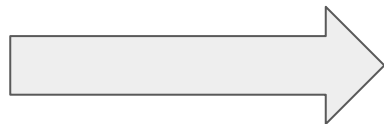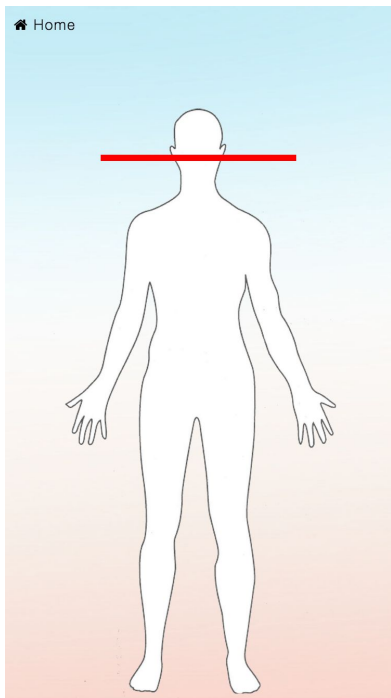
connection screen UI improvements

- Connection progress more visible, status text more descriptive
- Enhance "realness" of connection through visual "pulsing" and haptic feedback to simulate heartbeat
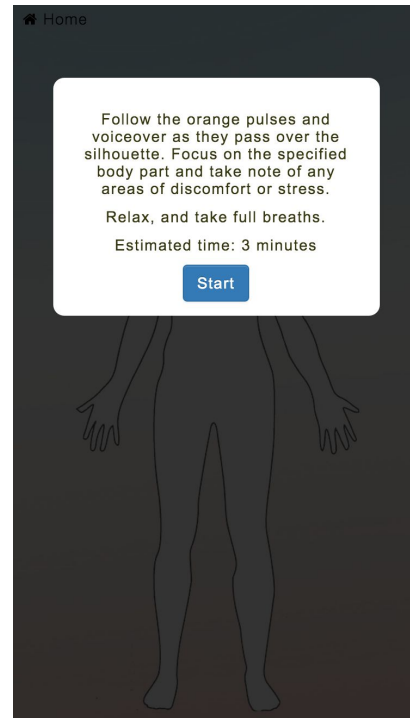
Home

Connection found
📍 **Manhasset, New York**

Home

Sharing a moment
📍 **Austin, Texas**

Hold your thumb down to connect

Home

Sharing a moment
📍 **Austin, Texas**
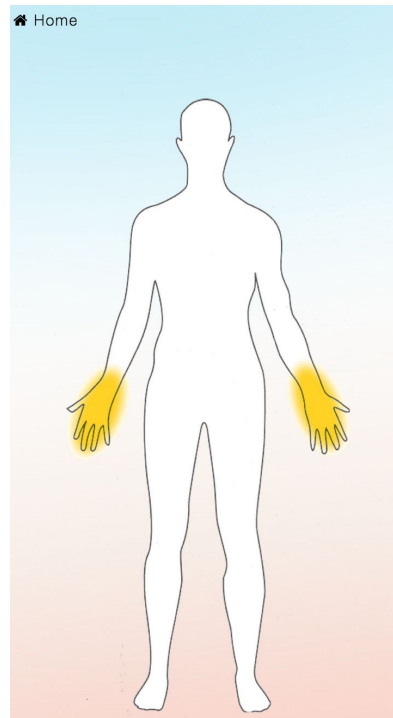
Hold your thumb down to connect
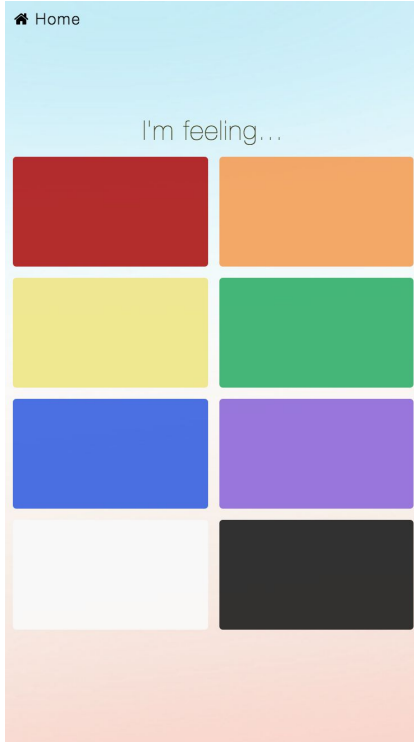
body scan UI improvements
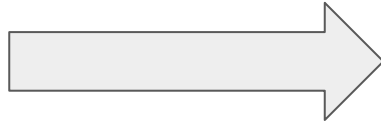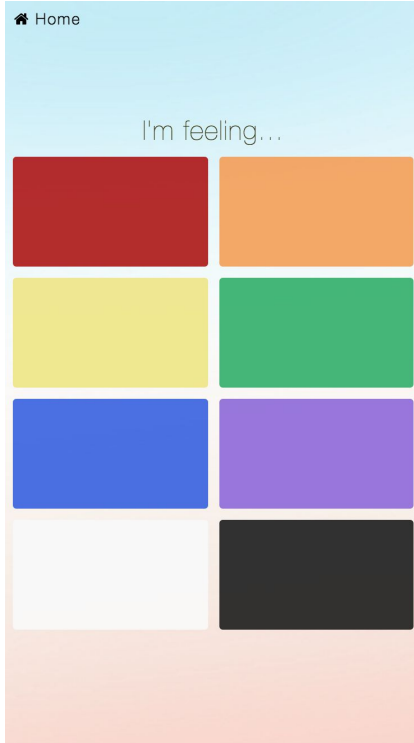
body scan UI improvements

- Highlight body parts to match the rest of the app
- Smooth transition between parts
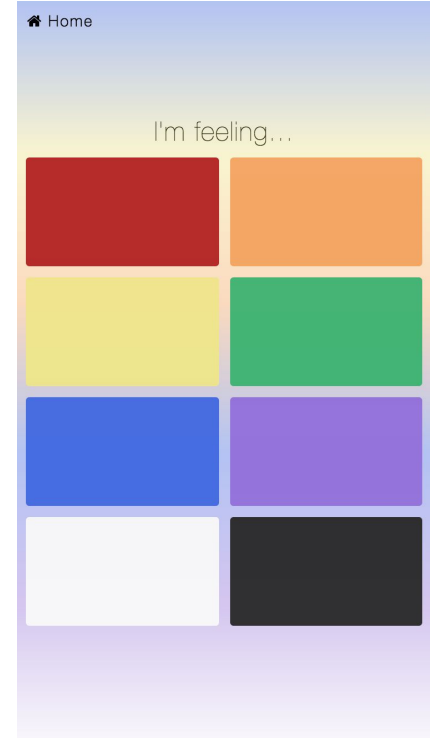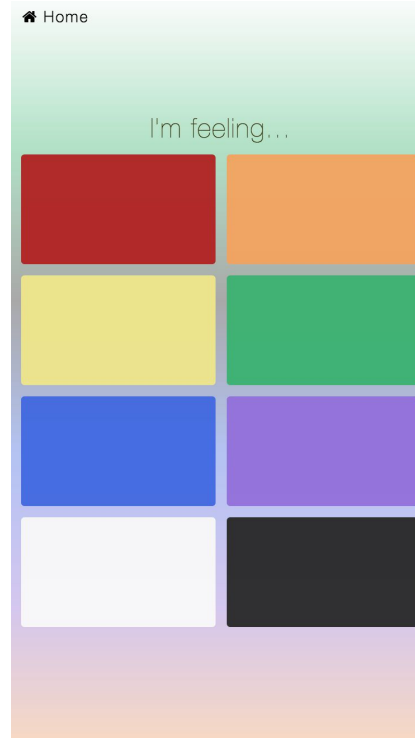- Added instructions and audio

mood UI improvements

mood UI improvements

- Dynamic gradient of five most recent moods
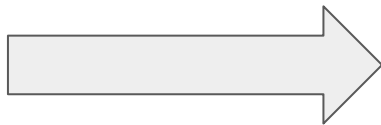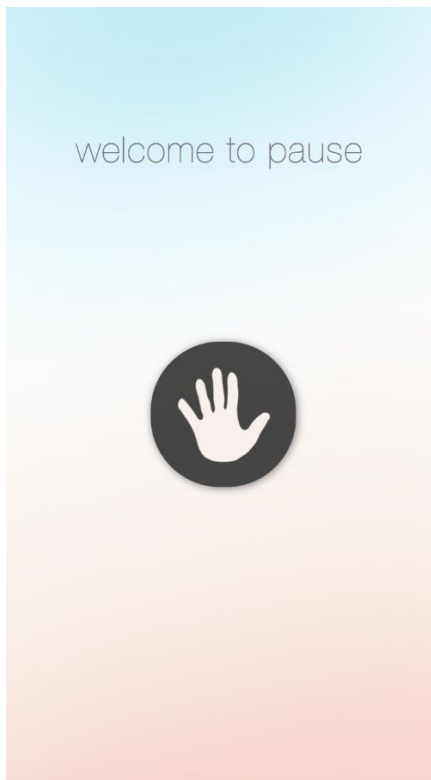- Kept color as mood indicator
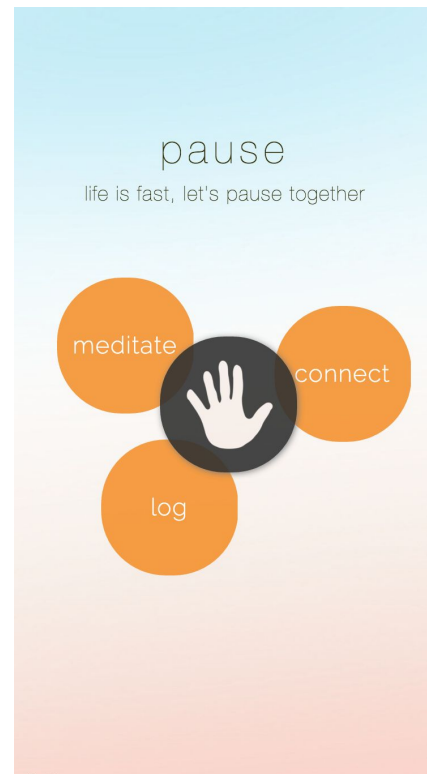
home UI improvements

welcome to pause
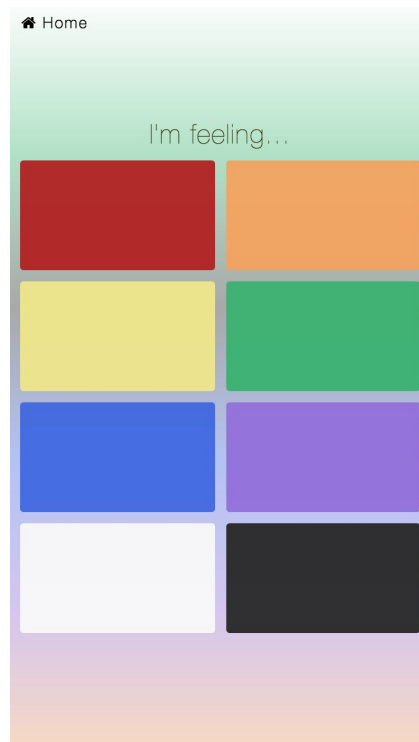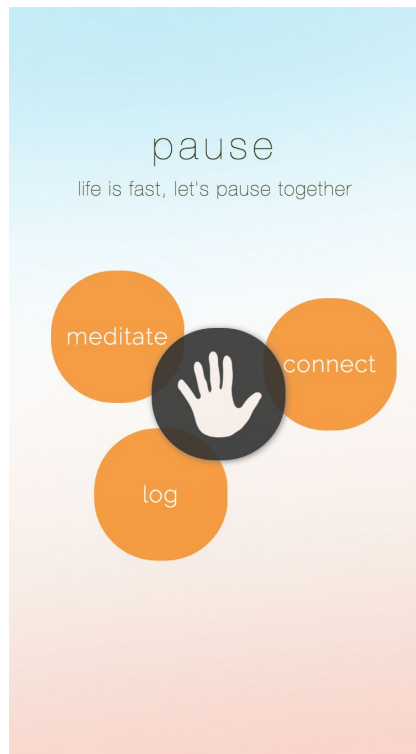
home UI improvements

- Menu is open upon starting the app
- Reduces confusion and friction
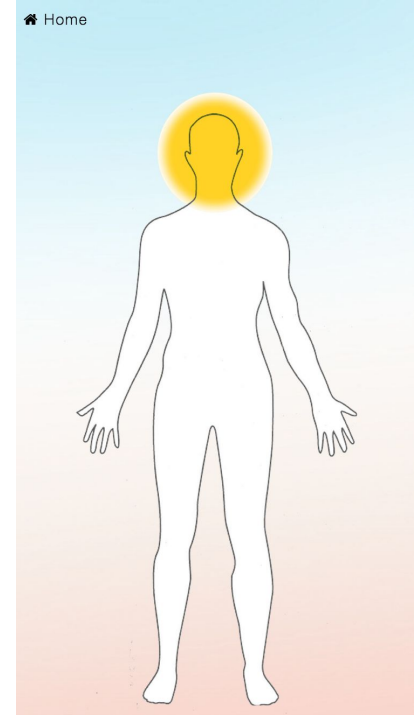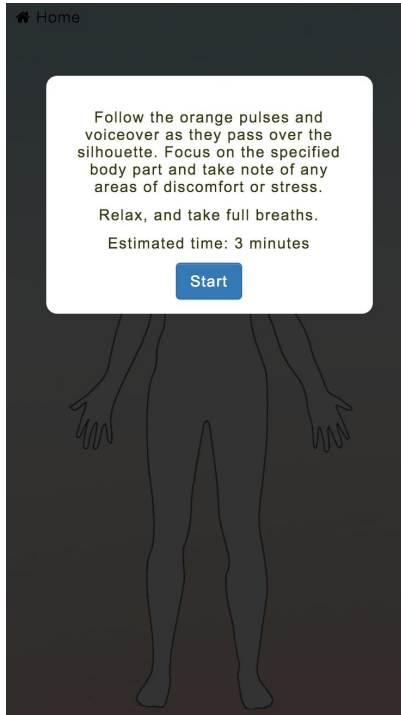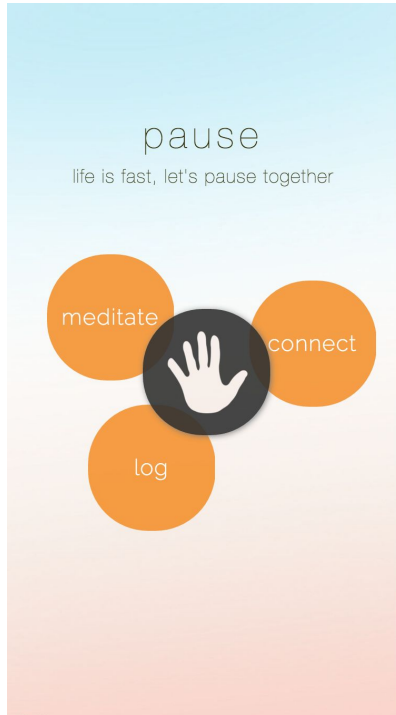- Based on quantitative user results from lab study

task flows

Simple

Record how you feel today

Moderate

Perform an individual meditative exercise

Complex

Share moment of de-stress and pause with someone

future plans

- Further explore "realness" factor of thumb connection

- Refine mood gradient after user feedback

- Users accounts and database

- Wizard of Oz user connection