

# pause



Life is fast, let's pause together

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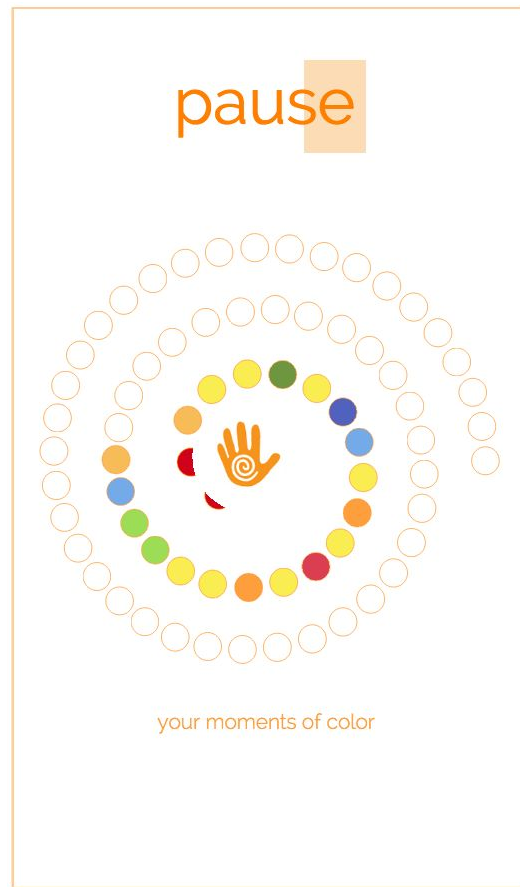
# Self-Care

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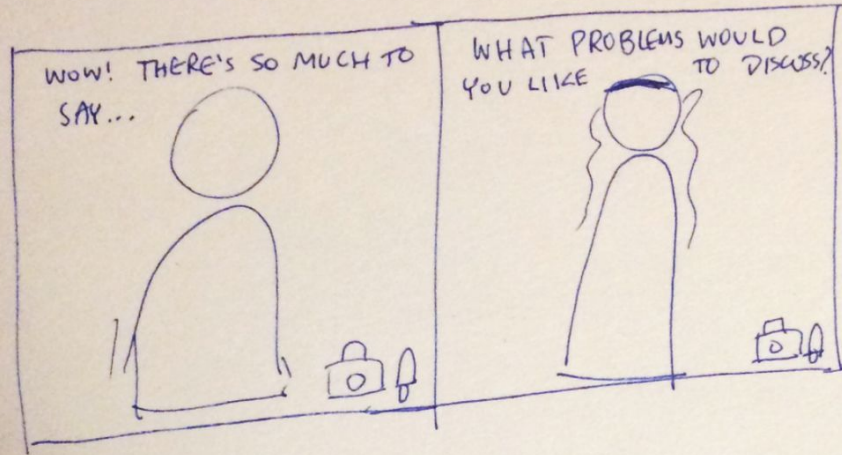
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**...provide the proper intellectual and spiritual environment to allow those grieving to find the support they are looking for?**



# A Place of Comfort

⑭ HMW help people who are grieving find support?  
Idea: Randomly open a video chat between person & counselor.



# Prototype Progression

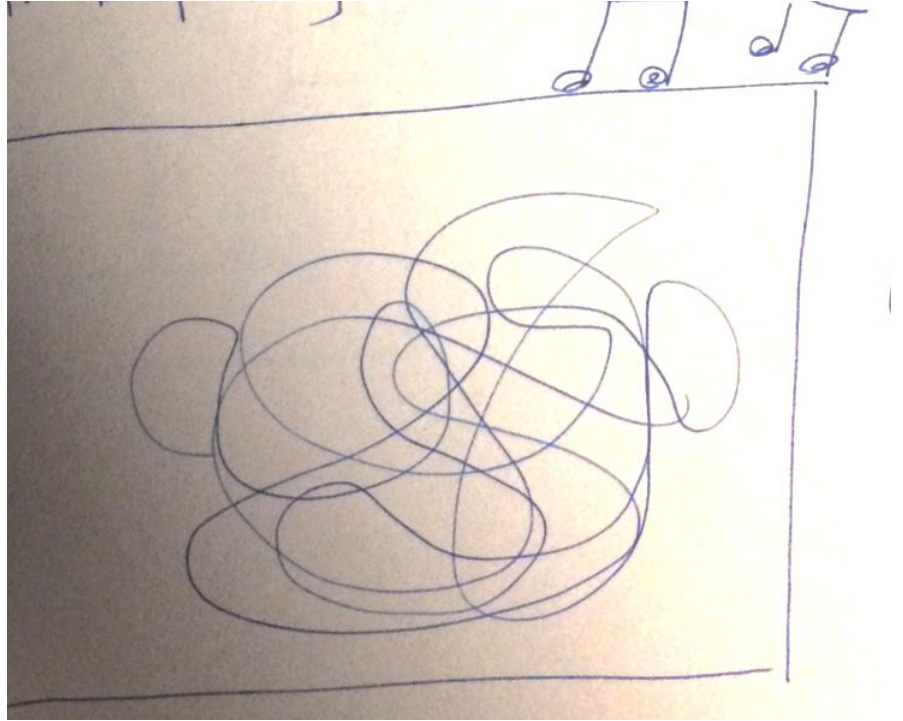
# Low-Fi Prototypes

## Music Visualizer

- Marginally enjoyable
- Lacks user control

Life Mapper

Thumb Connection



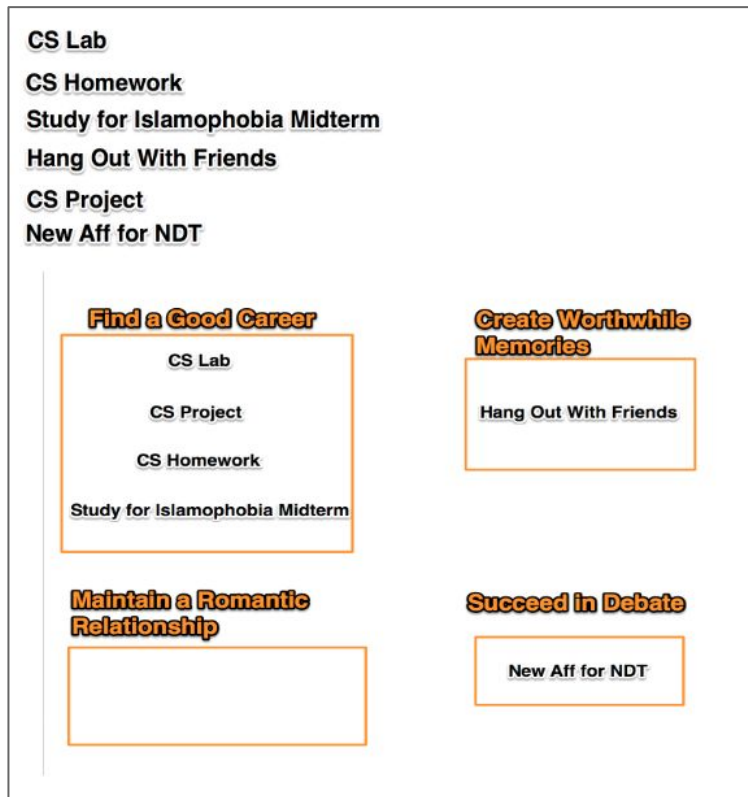
# Low-Fi Prototypes

Music Visualizer

## Life Mapper

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

Thumb Connection



# Low-Fi Prototypes

Music Visualizer

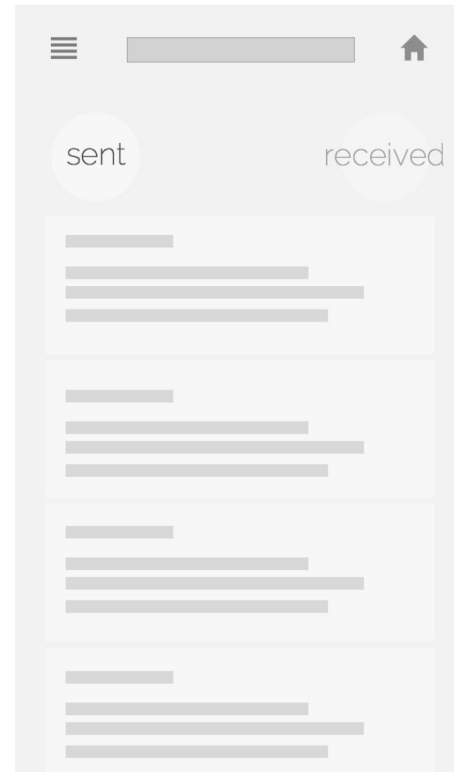
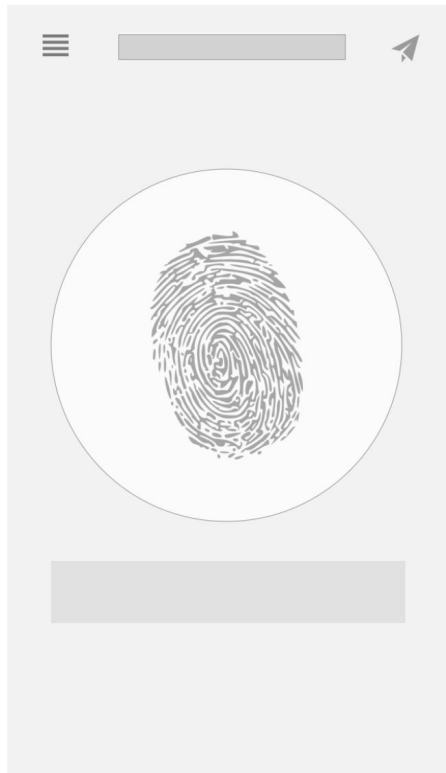
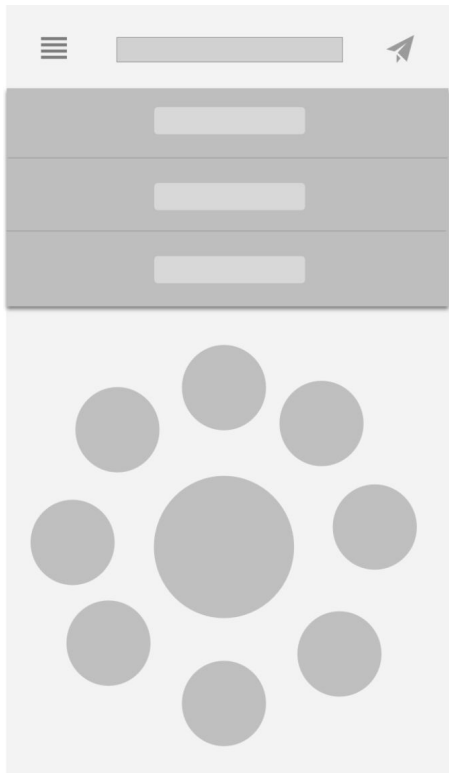
Life Mapper

## Thumb Connection

- Genuine Connection
- Meaningful & Reflective
- Awkward Prototype



# Medium-Fi Prototypes



# User Feedback

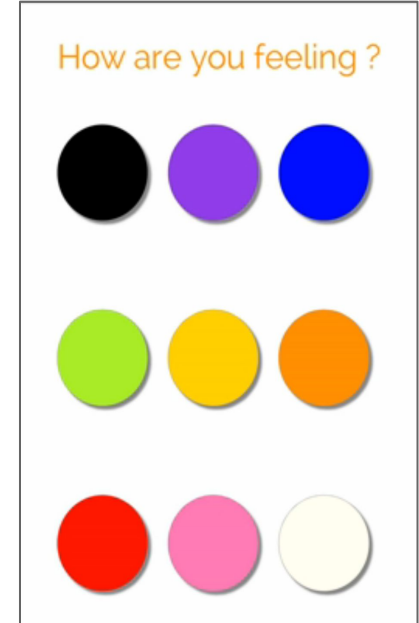
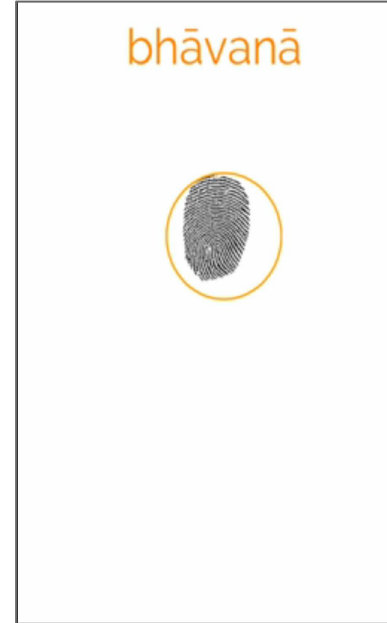
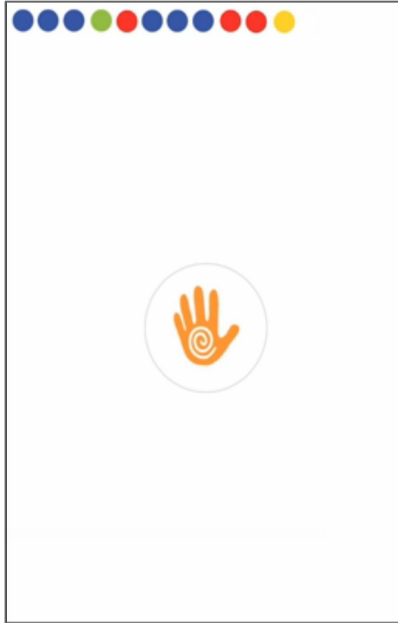
Good interaction flow

Liked the thumb connection screen

Writing a message was clunky

Wanted a better way to visualize moments

# Hi-Fi Prototypes





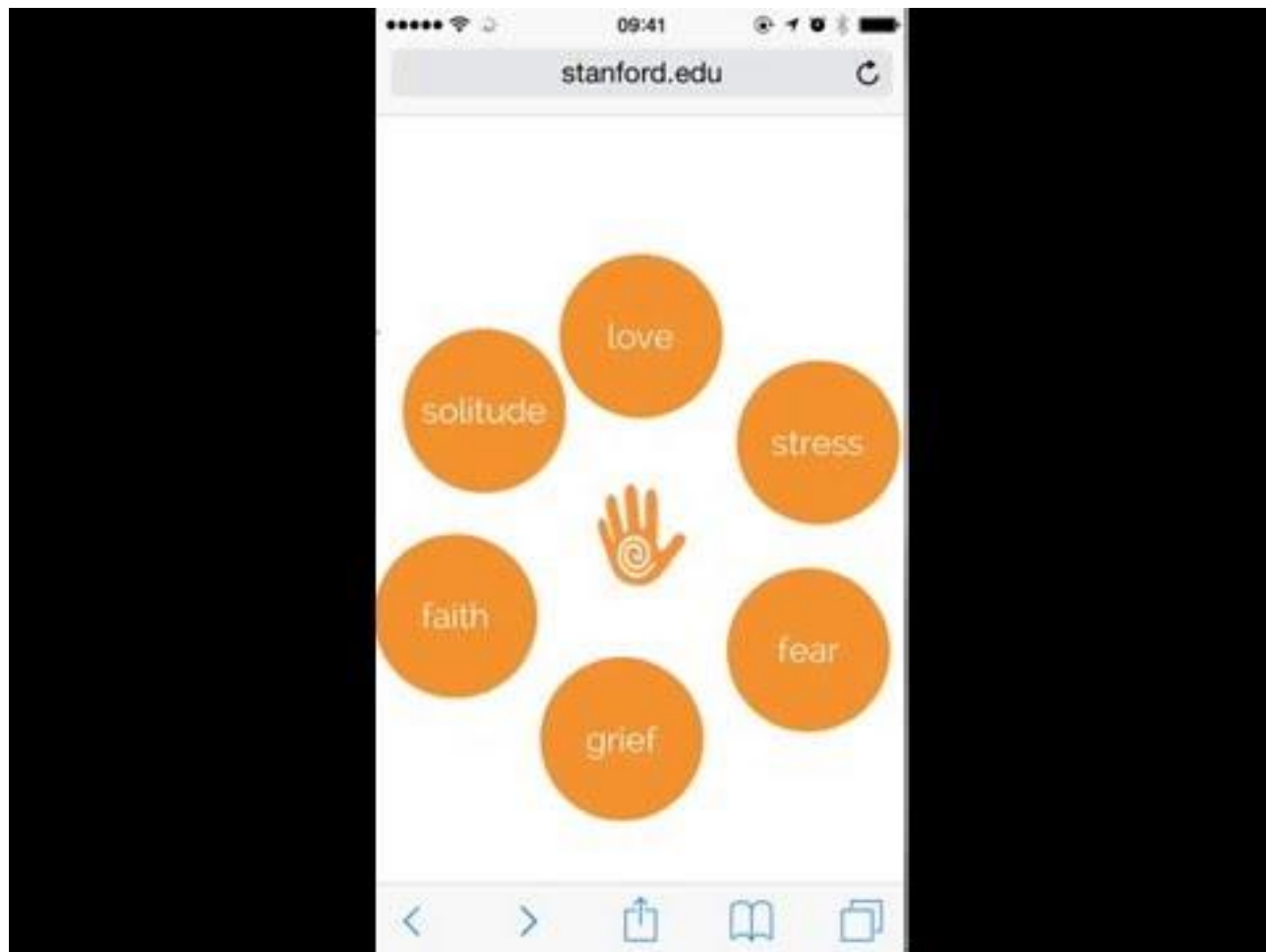
# User Feedback

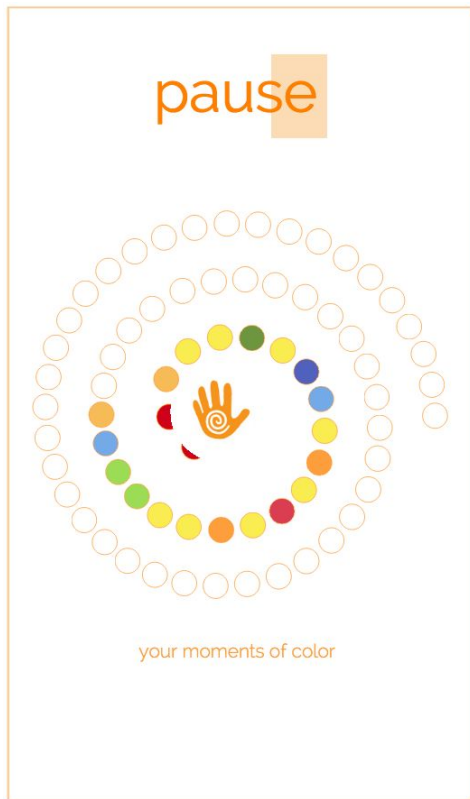
Need better transitions

Wanted more detail about connections

Color map seemed like polka-dots

Current State





# Analyze

See each of your moments represented by a color

Visualize your progress over time

Decide what colors will mean to you

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

Hans Selye



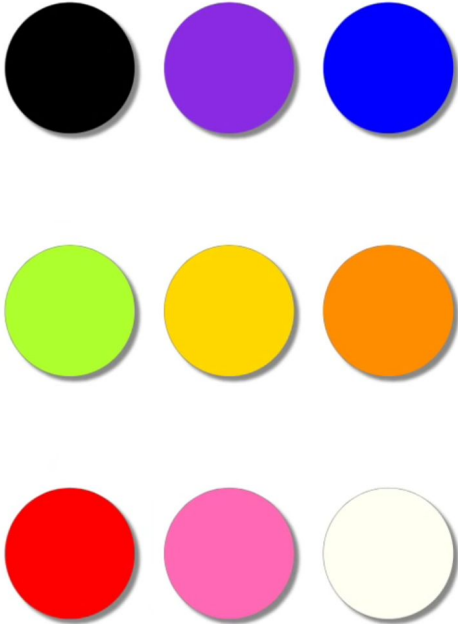
📍 Connection found in  
Vinhedo, Brazil

# Connect

Get matched with another user

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

How are you feeling ?



# 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...

