

PCOMP PROPOSAL

MATERIALS

- 1 Mini Speaker (Output)
- 2 LED Strip (Output)
- 3 Heartbeat Sensor (Input)
- 4 Tilt Sensor (Input)
- 5 Arduino Nano
- 6 Battery or maybe connect to laptop?
- 7 Canvas material maybe?



RATIONALE

My idea is to create a bracelet that can help people with anxiety overcome panic attacks.

As someone who suffered from panic episodes in silence till the age of 22, I always wished there was a way for me to prevent them instantly or at least overcome them quickly without having to struggle so much.

Unfortunately, therapy is still stigmatized in so many communities around the world.

Hence, many people do not seek the help they need because they're afraid to do so.

The bracelet can detect the user's escalating heartbeat or erratic breathing. The device has speakers that can play several recorded tracks, from soothing music, guided imagery or breathing technique. The user can shift from one mode to another by shaking their wrist.

During a panic attack, one cannot think, they cannot even breathe. And I want to create a device that doesn't require the user to rush to their notes or bookmarked web pages to check those soothing breathing techniques again or the steps they need to overcome the panic.

This device will activate the moment the user's heartbeat escalates, so they really don't have to handle the panic alone anymore.

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