

The logo for 'Serene.' is displayed in a bold, blue, sans-serif font. The word 'Serene' is followed by a period, which is represented by a solid orange dot. The logo is centered within a white rectangular box that has a subtle drop shadow, making it stand out against the solid blue background of the slide.

# Serene.

An app to log and remotely track changes in mental health

# Problem

1. Changes in one's mental state often go unnoticed until their mental health becomes a problem
2. Disclosing one's emotions and moods to the people around them is stigmatised
3. There exists few 'digital-age' solutions to remotely track a person's change in mental state

# Solution

1. A way to easily log feelings, emotions and thoughts against events in a digital journal
2. A way to share and express these emotions with people close to them
3. A way for mental health professionals, social workers and family to remotely monitor mental declines before they become problematic

# Target Audience

- Mental health professionals, social workers
- Users from all demographics interested in tracking changes in their mental state through time

# Your day in emotions - The Journal

Serene.

[Profile](#)

[Summary](#)

[Check-in](#)

[Track](#)

[Settings](#)

[Log-out](#)

Hey testaccount!

carpe diem!

Update memo

Add New Entry +

took charlie for a walk

went to the park for a few hours to chill out

joy

happy

party

# Check in regularly – The wellbeing questionnaire

Serene.

ProfileSummaryCheck-inTrackSettingsLog-out

## My Weekly Check-Up

Lately, how often have you felt tired out of no good reason?

|                       |                       |                       |                       |                       |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| None of the time      | A little of the time  | Some of the time      | Most of the time      | All of the time       |
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

Lately, how often have you felt nervous?

|                       |                       |                       |                       |                       |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| None of the time      | A little of the time  | Some of the time      | Most of the time      | All of the time       |
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

Lately, how often have you felt so nervous that nothing could calm you down?

|                       |                       |                       |                       |                       |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| None of the time      | A little of the time  | Some of the time      | Most of the time      | All of the time       |
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

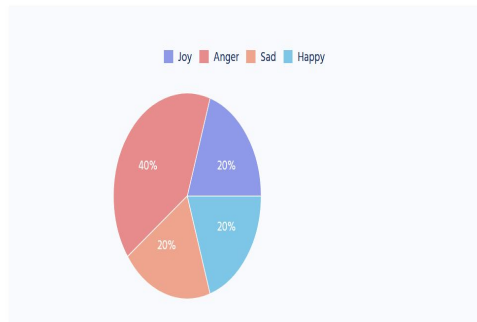
Lately, how often have you felt hopeless?

|                       |                       |                       |                       |                       |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| None of the time      | A little of the time  | Some of the time      | Most of the time      | All of the time       |
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

# Your mental health review – Summary page

Here's a summary of your Mental Wellbeing of late

## Daily Moods



## Your Moods Today

Let's have a look at your moods throughout today. Looks like you've been feeling joy, anger, sad and happy today. Take a moment to reflect your day.

This chart will help you to understand that how significantly these emotions can affect you feelings, thinking process and interaction with others.

## Monthly Wellbeing



## Your wellbeing through the last month

Life can be full of ups and downs. While this graph may help you to understand your recent states over the period of time. Have a look how this month has been for you.

This graph defines the wellbeing scores that you have recorded over the last 30 days.

# Don't close yourself off – Tracker page

Serene.

[Profile](#)

[Summary](#)

[Check-in](#)

[Track](#)

[Settings](#)

[Log-out](#)

## Trackers

jinatest3 ✖

Authorise Tracker

## Tracking



# Keep an eye on them! – remotely track users

Here's a summary of **jinatest3's** mental wellbeing of late

Daily Moods



## Your Moods Today

Let's have a look at you moods throughout today. Looks like you've been feeling joy,anger,sad and happy today. Take a moment to reflect your day.

This chart will help you to understand that how significantly these emotions can affect you feelings,thinking process and interaction with others.