General Suggestions:

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| **Participant** | **Feedback** | **Type of Feedback** |
| 1a | “[There could be] an actual environment with everything in it, because it was pretty much only telling you what to describe that’s around you. The floor, trees, flowers, feathers. I think that could be in a virtual environment.” | Design (Graphical) |
| 2a | “I feel like, when you’re on the menu, there should be some background music so it’s not just completely silent.” | Design (Audio) |
| 1b | “[For the audio in the breathing activity] Maybe quiet or something relaxing like music.” | Design (Audio) |
| 4b | “In the breathing, I think I’d like a water sound… like ripples when you're breathing out.” | Design (Audio) |
| 2b | “I want brighter colors like pink.” | Design (Visual) |
| 1b | “Maybe you could pick your own theme...like water or air and it changes the background.” | Design (Visual)/Additional features |
| 4b | “There was too much [talking in the meditation]. Maybe the younger generation would prefer soothing sounds or something in the background.” | Design (Audio) |
| 1b | “Maybe in the meditation there could be another [game].” | Additional features |
| 2b | (Some well being apps talk about exercise and well-being. What are your thoughts?)  “Something like jumping jacks would be good.” | Additional features |
| 4b | (Some well being apps talk about exercise and well-being. What are your thoughts?)  “Just a lot of stretching, standing up, and walking around.” | Additional features |