

Ideation Phase
Brainstorm & Idea Prioritization Template

Date	12-10-23
Team ID	Team-591299
Project Name	Depression a Common Mental Disorder
Maximum Marks 4 Marks	4

Brainstorm & Idea Prioritization Template:

Brainstorming provides a free and open environment that encourages everyone within a team to participate in the creative thinking process that leads to problem solving. Prioritising volume over value, out-of-the-box ideas are welcome and built upon, and all participants are encouraged to collaborate, helping each other develop a rich amount of creative solutions.



Mental health is an integral component of our overall well-being, and yet, it is often the most overlooked. **Depression**, a pervasive and common mental health disorder, affects millions of individuals worldwide, transcending age, gender, and socio-economic boundaries. Its profound impact on personal lives, relationships, and communities necessitates our unwavering attention and commitment to finding comprehensive solutions.

This document is a testament to our collective responsibility to address and alleviate the burden of depression. Through the **power of brainstorming**, we aim to explore and propose innovative ideas, strategies, and interventions that can contribute to the prevention, treatment, and support for those affected by depression.

Step-1: Team Gathering, Collaboration and Select the Problem Statement:




In the process of brainstorming to address depression, it's essential to begin with a clear plan and a well-defined problem statement. The first step involves bringing together a diverse team of individuals who will collaborate to generate innovative ideas and solutions.


Template




Brainstorm & idea prioritization


Use this template in your own brainstorming sessions so your team can unleash their imagination and start shaping concepts even if you're not sitting in the same room.

 10 minutes to prepare
 1 hour to collaborate
 2-8 people recommended


 **Before you collaborate**

A little bit of preparation goes a long way with this session. Here's what you need to do to get going.


 10 minutes

 **Team gathering**

Define who should participate in the session and send an invite. Share relevant information or pre-work ahead.


 **Set the goal**

Think about the problem you'll be focusing on solving in the brainstorming session.


 **Learn how to use the facilitation tools**

Use the Facilitation Superpowers to run a happy and productive session.

[Open article](#) →


 **Define your problem statement**

What problem are you trying to solve? Frame your problem as a How Might We statement. This will be the focus of your brainstorm.

 5 minutes


PROBLEM


How might we cure Depression which is a common mental disorder?





Key rules of brainstorming


To run a smooth and productive session


 Stay in topic.



 Encourage wild ideas.

 Defer judgment.

 Listen to others.

 Go for volume.

 If possible, be visual.



Need some inspiration?

See a finished version of this template for Microsoft your work.

[Open example](#) →

Step-2: Brainstorm, Idea Listing and Grouping:

We brainstormed many strategies for dealing with depression in this stage as a team, and we then ranked the strategies based on impact, cost, and feasibility in order to choose the few best strategies for this specific problem statement.

2

Brainstorm

Write down any ideas that come to mind that address your problem statement.

10 minutes

Tip

You can select a sticky note and hit the pencil button to start drawing!

Person 1

Person 2

Person 3

Person 4

Person 5

Person 6

Person 7

Person 8

2

Group Ideas

Write down any ideas that come to mind that address your problem statement.

10 minutes

Tip

You can select a sticky note and hit the pencil button to start drawing!

Person 1

Person 2

Person 1

Person 2

Person 3

Person 4

Person 5

Person 6

Person 7

Person 8

→

Person 1

Person 2

Person 3

Person 4

Person 5

Person 6

Person 7

Person 8

→

Grouped

Person 1

Person 2

→

Person 1

Person 2

→

Grouped

Step-3: Idea Prioritisation:

Finally, we pasted all of the ideas that were given the highest priority on the graph in order of significance and feasibility.

