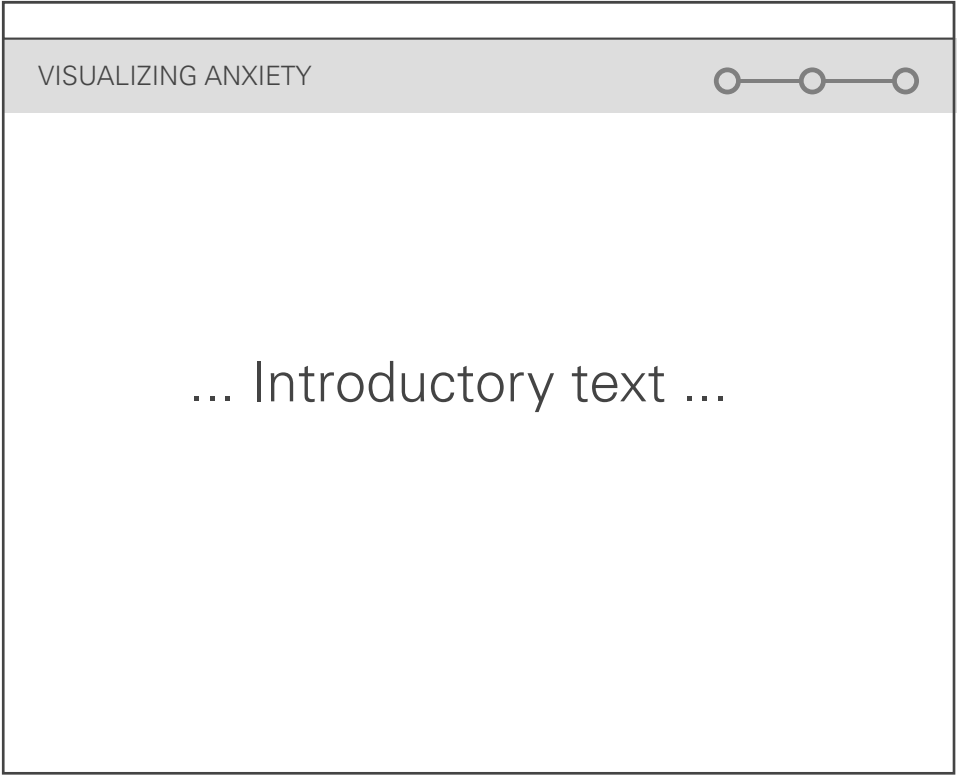


Instructional
graphics

Landing Page

Provides the user with context about the website.

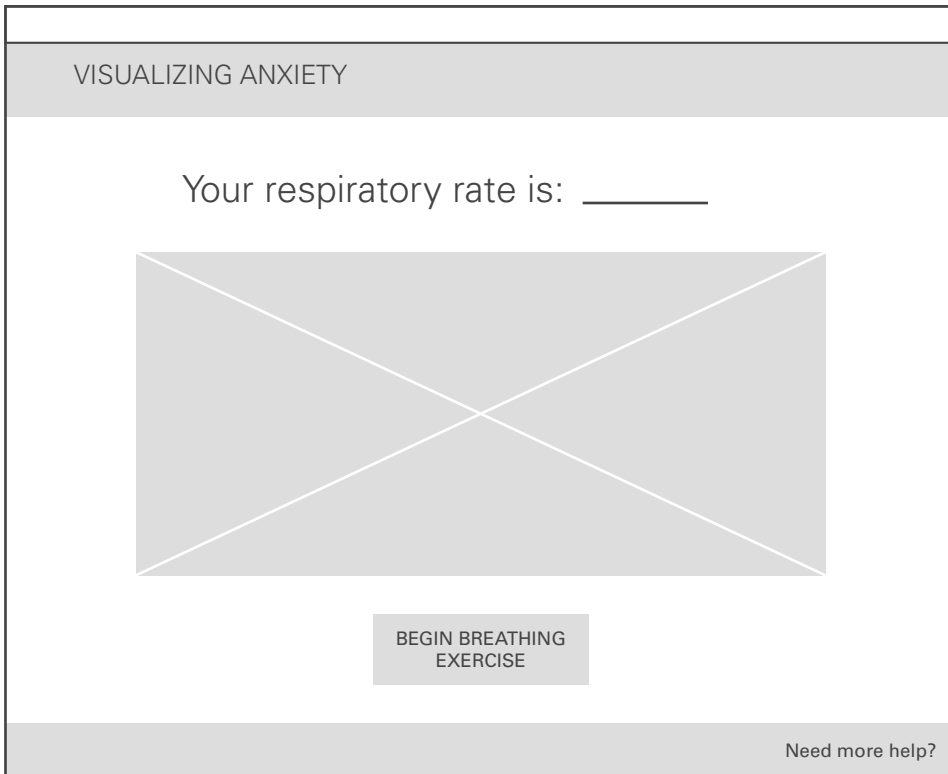


Introduction

A 15 second introduction that collects the initial respiratory rate of the user.

The purpose of the introduction is the prevent the user from becoming conscious of their breathing.

Composed of three 5 second-long pieces of comforting text.



Main Page

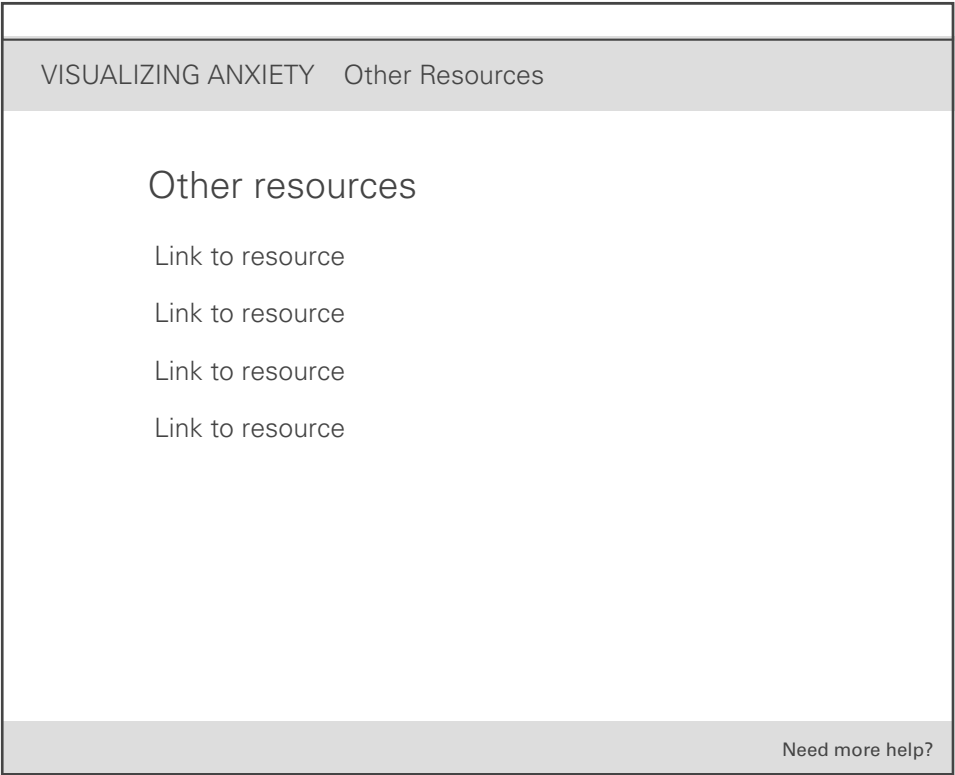
The main page of the interface includes a summary of the user's respiratory rate and the option to begin a breathing exercise.



Breathing Exercise

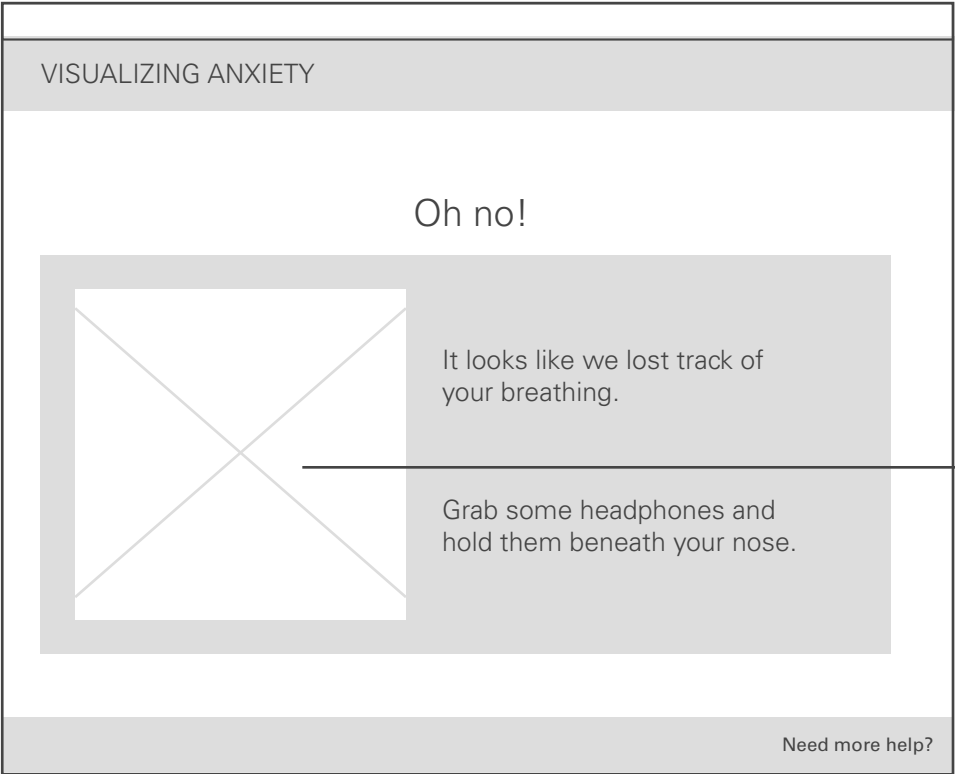
User follows prompts structured as "Breathe In," "Hold," and "Breathe Out".

Timer located in primary navigation to provide users with comfort and direction.



**Other
Resources**

Links to external resources under the topic of anxiety.



**Error
Detection**

Message presented when breathing cannot be detected, such as when user removes headphone microphone.

Instructional
graphics

Primary Navigation

Site ID

What page am I on?

Breathing Exercise

Where am I in the process?

Timer