

A person is shown from the side, sitting in a meditative pose on a woven mat. They are wearing a light-colored, long-sleeved top. The background is a bright, golden sunset over a body of water, with the sun low on the horizon. The overall mood is peaceful and serene.

CHILLzone

It only takes 5 minutes to
find inner peace.

The problem: Many people are stressed, but think they are too busy to focus on their physical and mental health.

Our solution: We provide a variety of short relaxation technique tutorials that users can do in their little pockets of free time throughout the day.

Simple Task

Get a quick relaxation exercise that will take as little as 5 minutes.



Moderate Task

Share your favorite activities with your friends.



Complex Task

Track your progress over time.



Simple Task

Get a quick relaxation exercise that will take as little as 5 minutes.

Situation: the user is stressed out, but doesn't know what to do to calm down. She only has a short amount of time before her next class. In one tap, she can get a tutorial for a relaxation exercise personalized by her time availability and her preferred activities.

Moderate Task

Share your favorite activities with your friends.

Situation: the user finds an exercise that really helps him de-stress. He knows that his friends are also very stressed and thinks this exercise can help them. He then shares his favorite exercise via social media so he and his friends can do it together.

Complex Task

Track your progress over time.

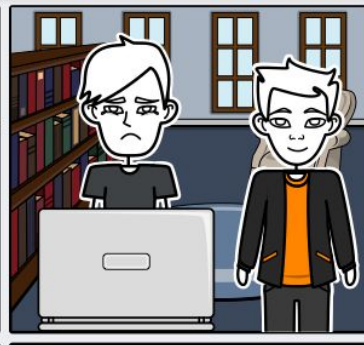
Situation: the user wants to see a history of her journey to a healthier lifestyle. She can check the amount of time she's spent on the app, her self-reported stress levels over time, and her favorite exercises.

Storyboard

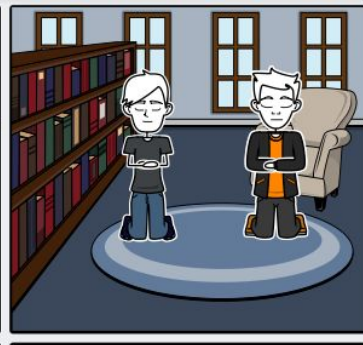
The video: <https://www.youtube.com/watch?v=XEg9OTP0Fd0>



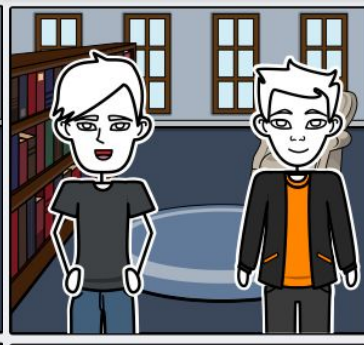
Boy 1 is shown working. He is extremely stressed and feels like he has no time to relax. He drinks out of frustration.



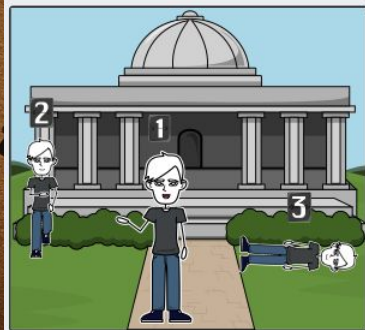
Boy 2 takes bottle away from Boy 1. Boy 2 says that there is an easy way to relieve stress that only takes 5 minutes.



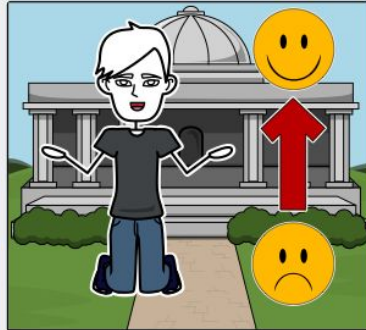
Boy 1 wants to try it and uses the app. Boy 1 and Boy 2 do a meditation exercise together.



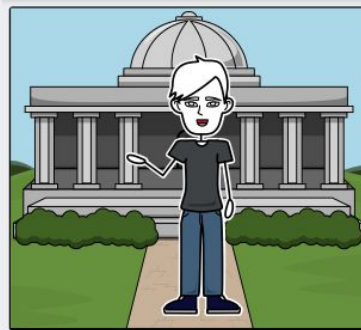
Boy 1 says he's surprised how much better he feels after a short amount of time. Boy 2 tells him that he can track his progress so he can see how much better he's feeling over time.



Boy 1 uses the app and does various different exercises in a montage-like scene.



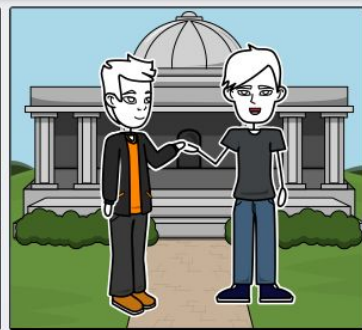
As Boy 1 exercises, his stress meter decreases and his happiness meter increases.



Boy 1 feels much more relaxed and wants to share the exercises with his friends.



Boy 2 appears and says that he can share his favorite exercises on social media.



Boy 1 and Boy 2 high five.