POV, HMW, Experience Prototypes
Team Stress Busters

Benjamin Au
Nick Bagamian
Kush Nijhawan
Crystal Tjoa

Initial POV: From Daily Stress to...

Needfinding Strategy: Stress From...
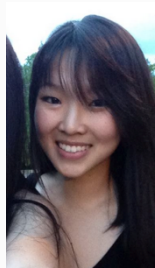

Academics

Work

Physical

Mental

Needfinding Discoveries:

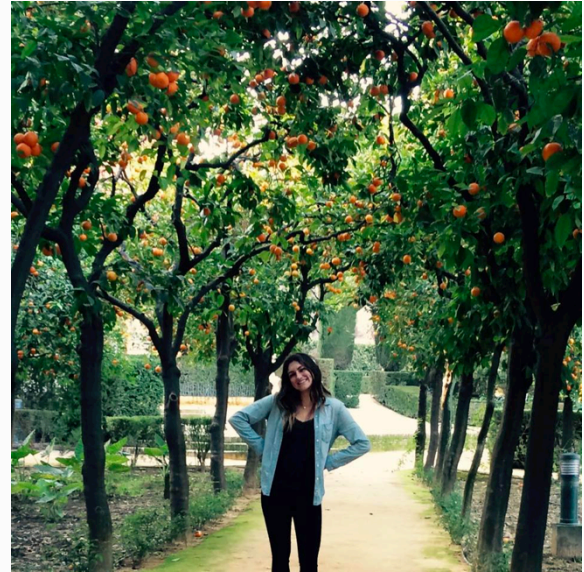Sedentary Lifestyle

Busy/No Time

Anxiety

Revised POV's: Ari

Busy College Student

Stressed with School

Trouble Finding Time

ITBGCI… We could help
her fit small openings in
her schedule for quick

Revised POV's: Rose

Sedentary Desk Job

Self-admitted unhealthy

Back pain, lack of flexibility

ITBGCI… We could motivate her to change her lifestyle to be more healthy

Revised POV's: Ashley

Busy College Student

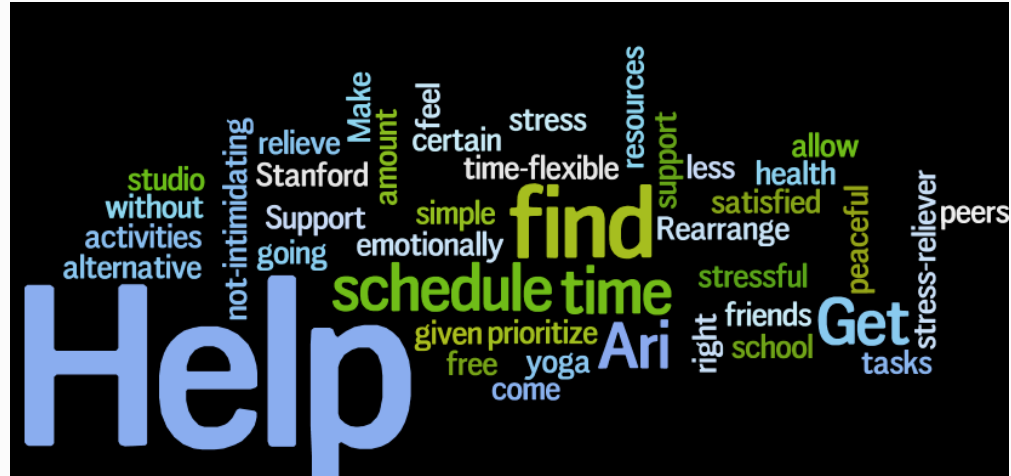Suffers from Anxiety
  (Academic, Relational)

Spiritual, reluctant to pursue
  traditional medicine

IWBGCI..help her deal with
  her anxiety on her own

How Might We.. (Ari)

How might we help people fit in activities that could relieve their stress despite their busy schedule?

How Might We.. (Rose)

How might we inspire them to live healthier lives, despite their sedentary, unhealthy lifestyle?

How Might We.. (Ashley)

How might we help them cope with their mental and emotional stress, given that they are suspicious of traditional western mental health medical approaches?
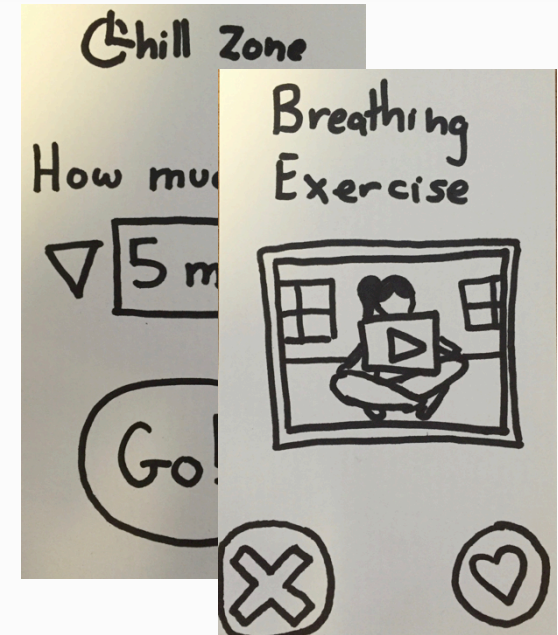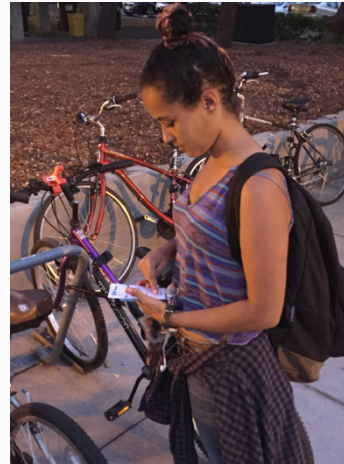
Experience Prototype: Chill Zone

Desc: Simulate the 5-10 minutes between class.   Choose your exercise.

Assumptions: Do exercise given

Learning: Wants choices of workouts

Learning: Doesn't want reminders.

Chill Zone

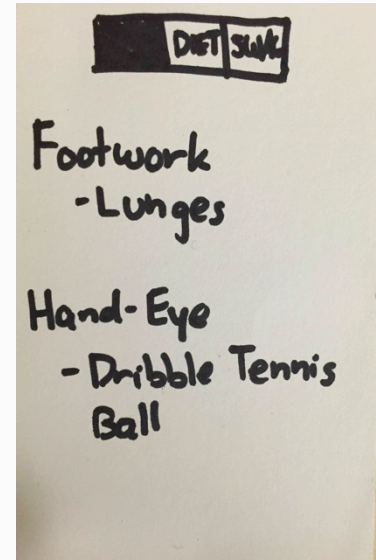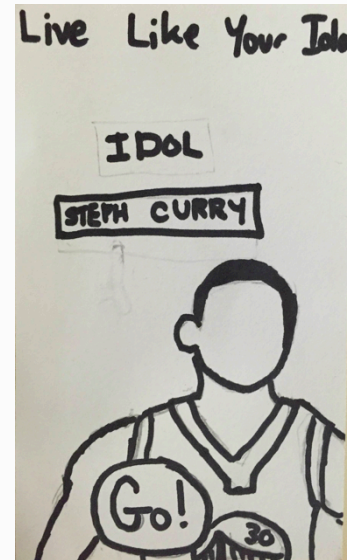How much time?

▽ | 5 min | △

(Go!)

Experience Prototype: Live Like Your Idol

See what workouts your idols are doing each day. Emulate their workout routine.

Assume: People would emulate their idols workout

Learn: Not necessarily wants to emulate their workout
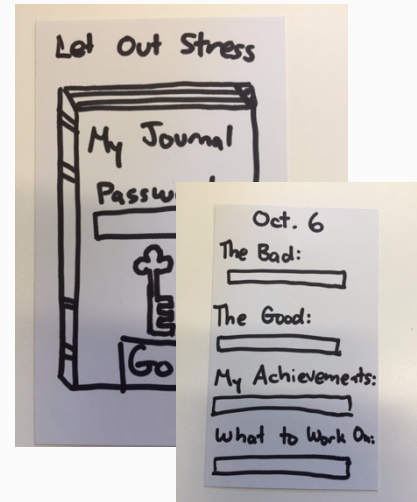
Learn: People want to maintain

Experience Prototype: Pensieve

Desc: Jot down reflections on what made you happy or sad each day. Simulate end-of-day-routine.

Assume: People won't want to share private info.

Learn: People want to share with those few closest to them to be connected

Learn: Writing is just the surface, people want a pick me up

Thanks! :)