

Joy Jean
HCDE 318

S3: Storyboard

Team: Team Sadness

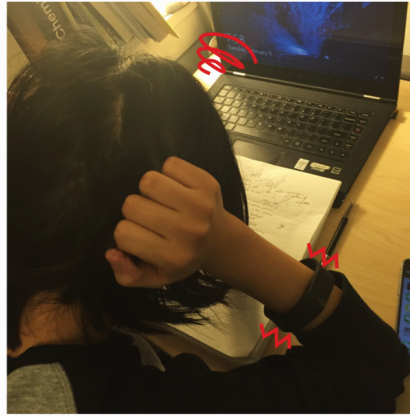
Project Description

The goal of the project is to create a device to help those with sadness or other low states of mood. Currently, the project is specifically geared in reference to the idea that outdoor activity and exposure to sun are beneficial to improving mood. The end product is to be a wearable device called “Joy”, that tracks a user’s heart rate, breathing rate, sleep conditions, step count, exercise, and sun exposure in addition to time and weather conditions. An app will be available to download to the user’s mobile device to visualize the data it collects. The app responds to the device throughout the day; the device notifies the user to get sunlight, get sleep, take a deep breath, or other instructions to help improve their mood or outdoor activity.

Study Break



Emily has an exam tomorrow and has been studying for a long time.



Emily is very tired and annoyed. The device vibrates gently, sending her a notice.



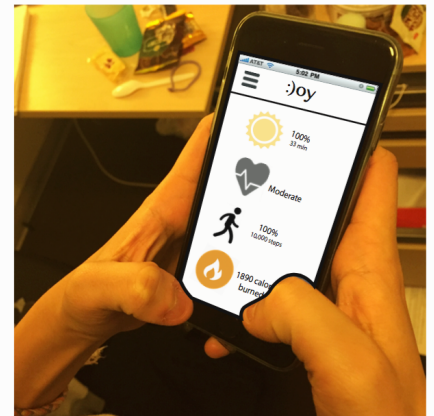
The device suggests her to move around because she has been inactive for three hours, and her stress levels have been high. Device also indicates the sun is out.



Emily decides to leave the room and get some exercise and sunshine.



She goes for a walk around where she lives, getting some sun exposure and exercising. When she feels less stressed, she heads home.



Emily checks the app to see that she successfully reached her goals, making her happier. She decides to go out more often and keep a healthy and less stressful lifestyle.

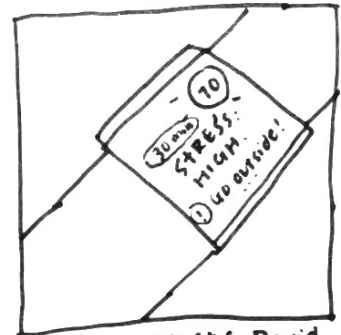
Moving Stress



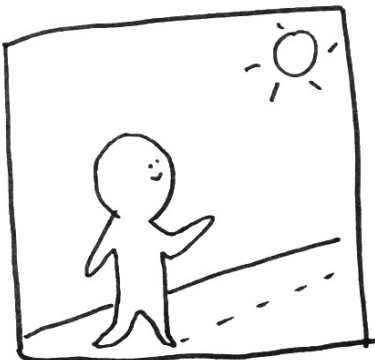
David is moving to San Francisco from Seattle. He is packing, (for 3 days already)



Device buzzes, so David checks the device.



Device suggests David should go out or rest because he has been stressed for a long time.



David goes outside for a walk, taking deep breaths and relaxes. Meets exercise and sun goals.



He feels much more energetic and relaxed after taking a break, ready to pack again.