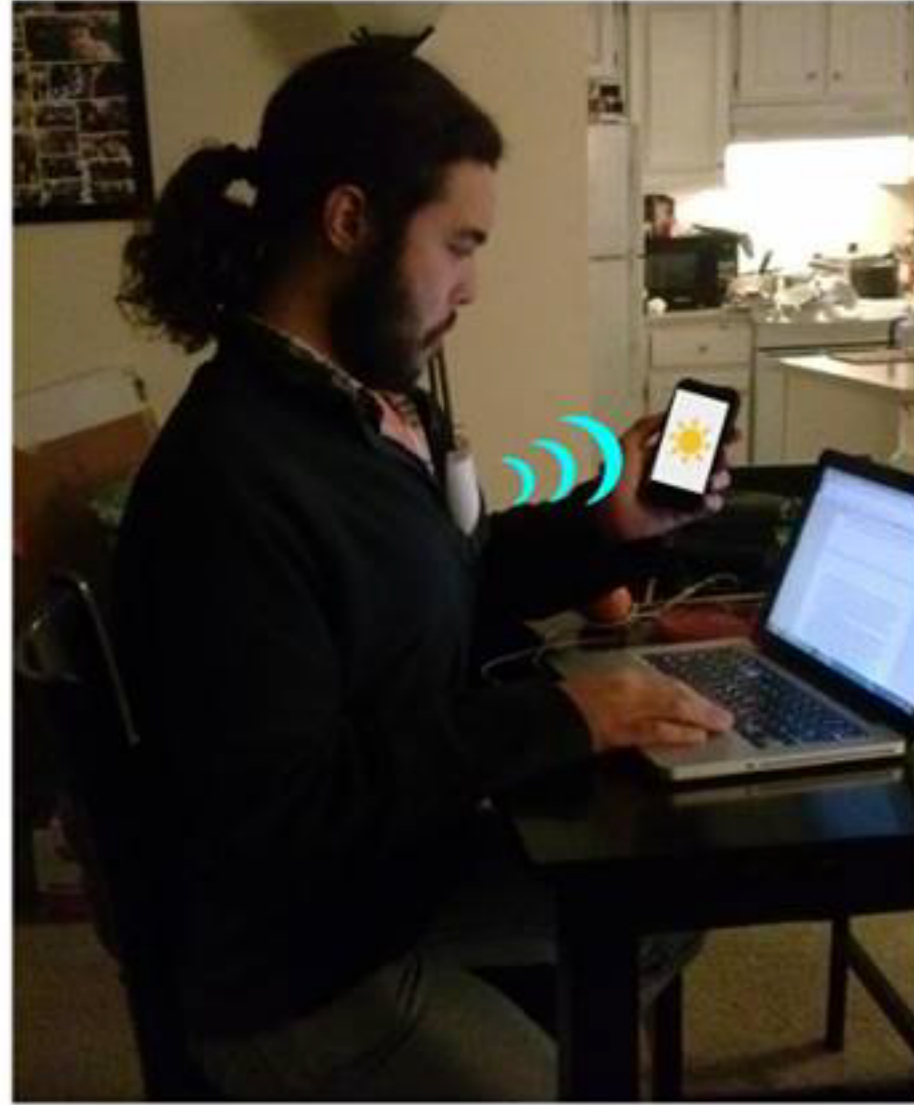
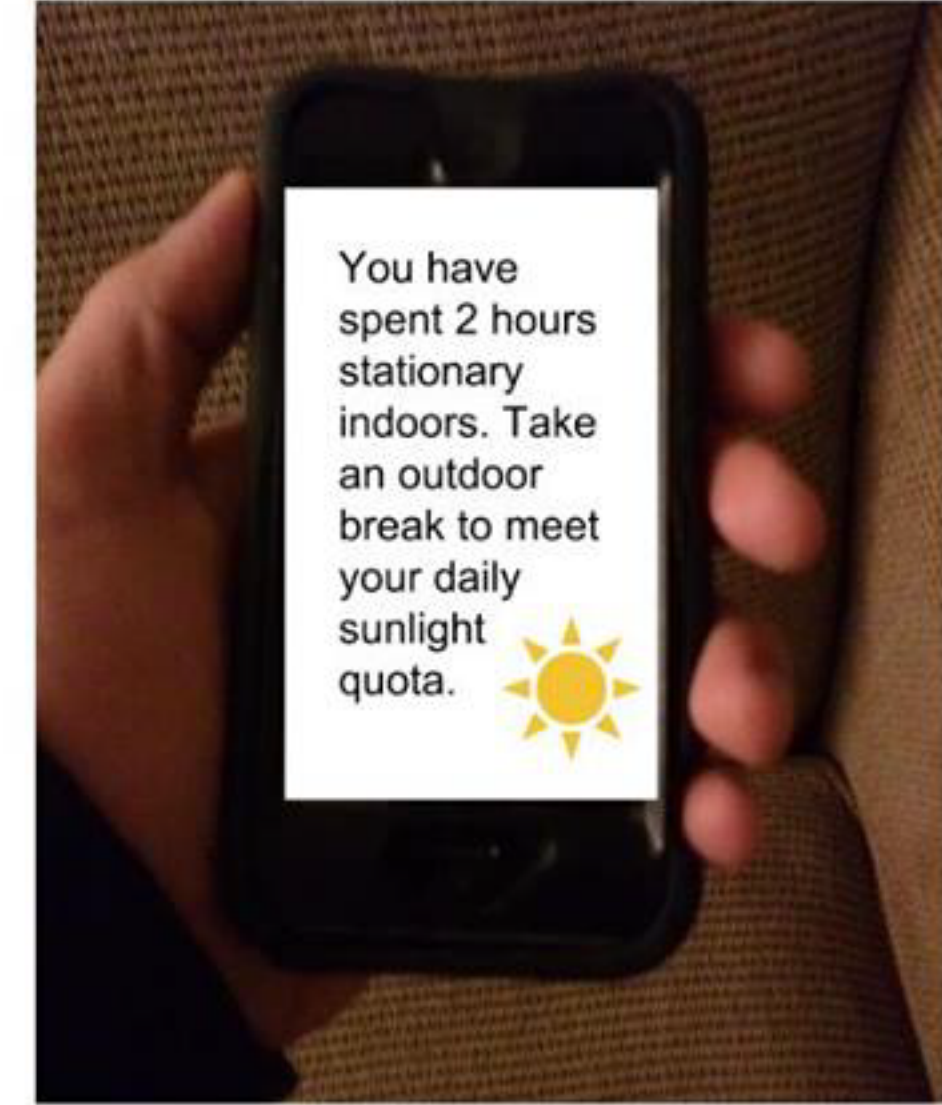




Kenji has been trying to rest in his apartment after a long day of classes. He is switching between entertainment and schoolwork on his laptop. The Joy device attached to his shirt is currently monitoring his breathing, heart rate, movement, and sunlight exposure.



The Joy device notices continuous, stationary indoor activity from Kenji and sends a signal to his phone which activates the Joy's phone application. The phone vibrates and beeps to alert Kenji of a notification.



The application displays a friendly message informing Kenji about his stationary activity. Based local weather and sunset data, Joy recommends that Kenji spends time outdoors so he can get his required sunlight.



Thanks to Joy's helpful reminder, Kenji takes the necessary time to take a short walk outside. This overall helps him in general physical health, and also helps him become less stressed and more focused when he returns to his studies.





Linda is working her part-time barista job. A couple hours into her shift she has already dealt with many difficult customers.



The stress of the day has begun to get to Linda. The Joy ring which Linda wears around her neck is tracking her breathing and heart rate.



Joy notices that Linda is frustrated and angry. Joy silently vibrates, as Linda has it set to not be overt during her work hours. The vibration never catches Linda's attention.



Receiving Joy's instruction, Linda takes a deep breath to calm herself down.



This interaction occurs in the time it takes this customer to decide on an order.

Joy's reminders keep Linda distressed through her shift.