

Moody

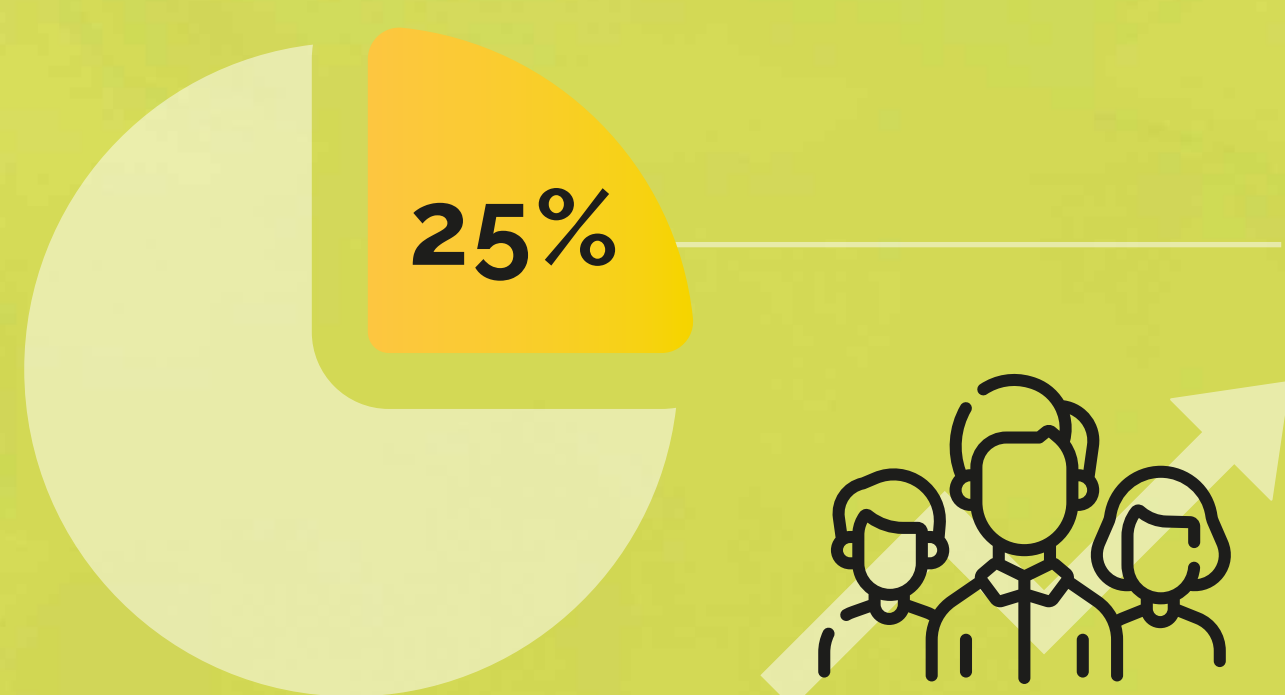
An emotion tracking app, combined with a lemon stress ball.
To help youngsters better understand their emotional state and self-regulation.



MOODY LEMON
You have squeezed lemon three times today

MOODY LEMON now
Start recording emotions !

Motivations



Moderate to high levels of mental distress
Increased significantly in young adults

Nowadays, people are under greater pressure than ever. Almost everyone more or less suffers from some mental health problems caused by intensive work, stress, etc.

Problems: Unaware of their emotions, lacking of emotion tracking habits and trouble regulating moods.

Research Process



32 participants, 4 groups
(Test with app v.s. stress ball + app, with v.s. without emotion tracking habits)

Findings:

+28% recorded data
The group who tested with lemon stress ball react better than those who don't.

Gamified experience attract user in the first stage but still need to improve how to keep motivate tracking habits.

Design Concept

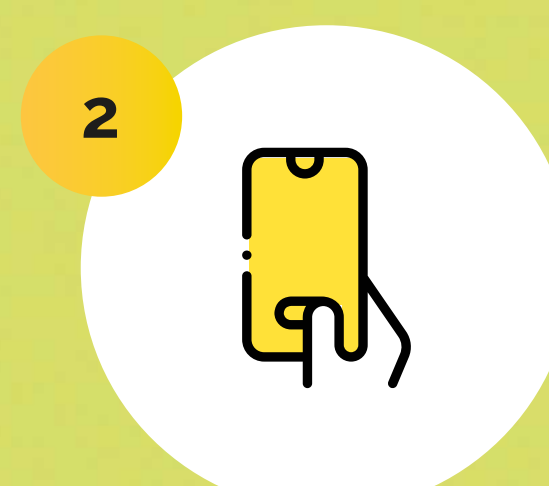


“ The ideas come from the famous proverbial phrases:
When life gives you lemons, make lemonade! ”



1 Squeeze it when you have emotions

The squeeze data will be automatically recorded in the APP



2 Record and write somethings



3 Squeeze the lemon to make lemonade

Squeezing is backed by science! It allows your brain to relax and stop being focused on what's stressing you.



4 Create possibilities by reflecting thoughts

Reflect on the causes of negative emotions by using Cognitive Behavioral Therapy (CBT)