**HAPPY MIND**

**THESIS:** We believe that mental health has a profound effect on the way we think, act, and feel. A healthy mind leads to a healthy life. We believe in improving mental health to enhance quality of life.

**SOLUTION:** Considering that 44% commute by walking, our solution is to create an app that tracks your commute and automatically gives you mindfulness activities, incentives & social events.

- Average age is 25 - 35
  - Highly Educated, Higher Income
  - One to Two Person Households

All leads to Unhealthy Mentalities
- Increase in mood disorders by up to 39%
- Increase in anxiety disorders by up to 21%

![Map of Philadelphia](image1.png)

Close to 44% of Philadelphians in Center City walk to work while the rest of the 56% commute by public transport, car and bike.

**Start**>>> general profile on likes/preferences.
**Map**>>> Route to work. Incentive based. If you use the app, you’re eligible to get coupons on your route to work (IE: $1 off Starbucks for partaking in meditation).
You’ll have choices for meditation sessions based on your interests: meditation/motivational speech/uplifting stories
**Nudges**>>> Stress relief “nudges” to remind you to take a break/deep breath/stretch/moment for yourself. If the person responds to the nudge, have options:

1. (1) 3 minute meditation
2. (2) 2 minute Guided Visualization practice
3. (3) 60-second stretch routine
4. (4) 5 deep breaths.

**Keeping Track**>>> For mindfulness activities that have been completed, generate points for completing activities (If you reach X points you will receive X.)
Set up working preferences: (IE Would you like us to tell you when you have been at work for 8 hours today?)

**Social Settings**>>> Get information sent to you about meetups based on your interests.
**Calendar**>>> Sync your calendar to the app. The app will let you know if a meetup is during your free time.
**Nudge**>>> “Hey! We noticed you like Rock Climbing. There’s a meetup 5 minutes from you at 7pm tonight! Currently, there are 7 people who have confirmed they are going to this event!”

**Popups**>>> IE: For the next two hours, get 25% off at x place. Meet other people using the app and take some time for yourself!

**DEPRESSION:** Between 15-20% diagnosed depression. With depression still considered a taboo subject, there are likely many undiagnosed cases as well.

**HIGH BLOOD PRESSURE:** Many areas where more than 67% of residents are taking blood pressure medication.

**OBESITY:** Most areas have between 26% and 30% of individuals reporting they are obese (BMI>30). Avg age being 31, what consequences will this have in 10-15 years?

**NEXUS MAXIMUS 2018 - JEFFERSON UNIVERSITY (PHILAU + TJU)**
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