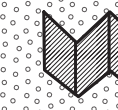


Wandering Mind

Helping teenagers manage stress and anxiety through interactive mindfulness-meditation.



Wandering Mind Vision

Wandering Mind is a service that aims to help teenagers (age 16+) develop coping strategies for stress and anxiety through a self regulation program and interactive mindfulness-meditation.

The aim of the program is to make the process of managing stressful and anxious situations more manageable, with the main focus of facilitating the journey towards self acceptance. The program utilizes cognitive behavioural therapy principles to provide teenagers the information to understand their own thoughts, feelings and body reactions, monitor and build awareness of their own state and regulate their emotions when experiencing some distress.

Wandering mind aims to be an additional service to the therapy treatment at Nic Waals Instituut, with the possibility to scale to other contexts (e.g. the school system) as a primary low-threshold service.



Wandering Mind For teenagers

Wandering Mind is a health-management service with a mission to provide teenagers the knowledge and tools to manage their own mental health. Its main offering, Miin, is a personal companion that helps them wherever and whenever.

Miin is a close friend that is always there to listen and support teenagers without judgement. It is a friend they can trust and reach out to when feeling stressed or anxious and need to calm down.

Miin provides a soothing visual experience to help teenagers reconnect with their bodies instead of getting caught up in negative thoughts. It reminds them about regulating their breathing and guides them to eventually regain control of their minds.

Miin can be very helpful but Miin knows that in order to truly have an effect, it has to be combined with the knowledge obtained in therapy and regular practice exercises.

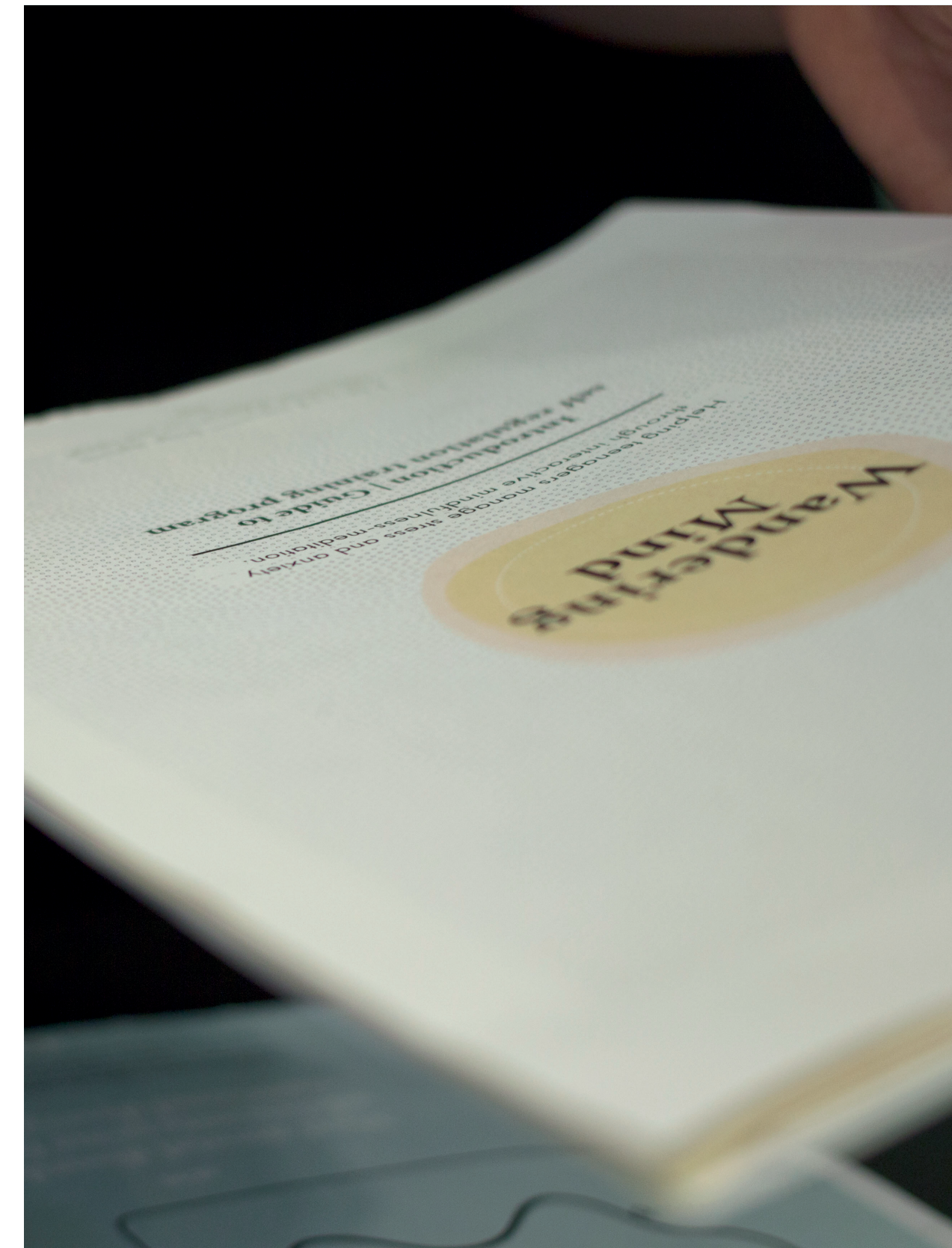


Wandering Mind For therapists

Wandering Mind is an addition to current therapy treatments; it aims to provide therapists at BUP with resources to build trust, facilitate dialogue and enhance their relationship with their patients.

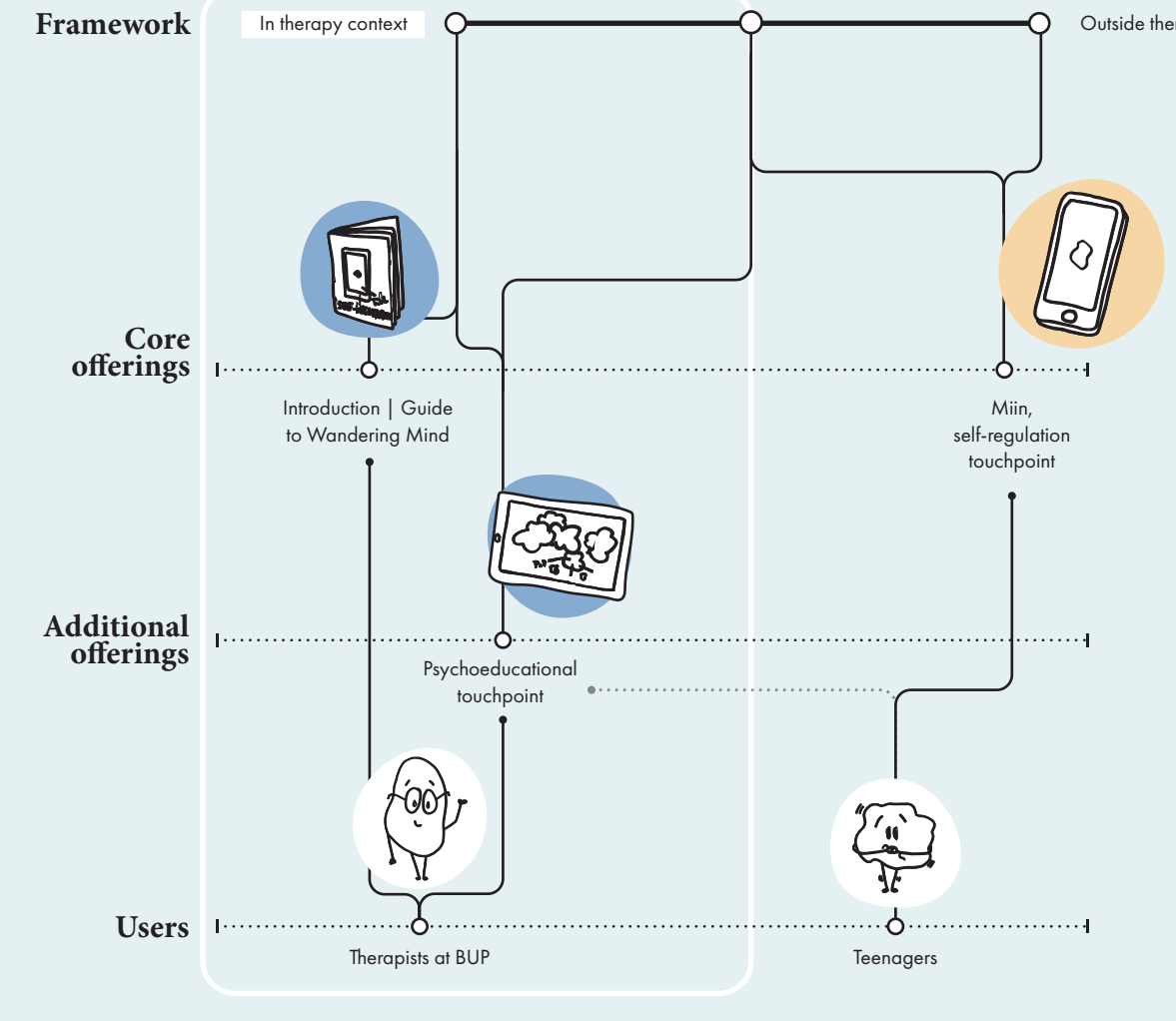
Wandering Mind aims to reframe how the existing service at BUP is offered by providing guidelines and principles to help therapists deliver an optimal experience throughout the process.

Additionally, the service also suggests an interactive psychoeducational tool to help therapist visualise and explain how the invisible world of our minds work.



Wandering Mind Offerings

- Self-understandig**
Bringing the mind back to the body
- Self-awareness**
Listening to the body
- Self-regulation**
Balancing mind and body



MiIN

A supportive, digital touchpoint for teenagers to use with their personal mobile phones

Miin Self regulation touchpoint

The core offering of Wandering Mind aims to help teenagers calm down and self-regulate when experiencing a stressful situation.

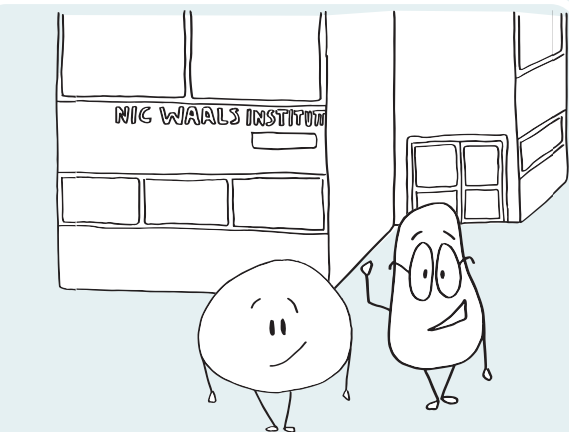
The identity is based on a metaphor that when you are stressed, things get unclear and you cannot think rationally; but if you take a moment and focus on your breath, it will help you calm down, things will get clearer and it is easier to think rationally.

The name comes from the creation of a character in the application: an abstract "blubb" that is meant to visualize the teenager's own breath. This way, we played with the words "pusten min" (norwegian of "my breath"), in order to create a stronger association with the breath.

We named it Miin: a companion that provides teenagers support outside therapy when they need to calm down.

The proposal consist of two modes: Calm down, for when the teen needs to calm down; and Training, for practicing self-regulation on their own, at home, in therapy, or any other place.

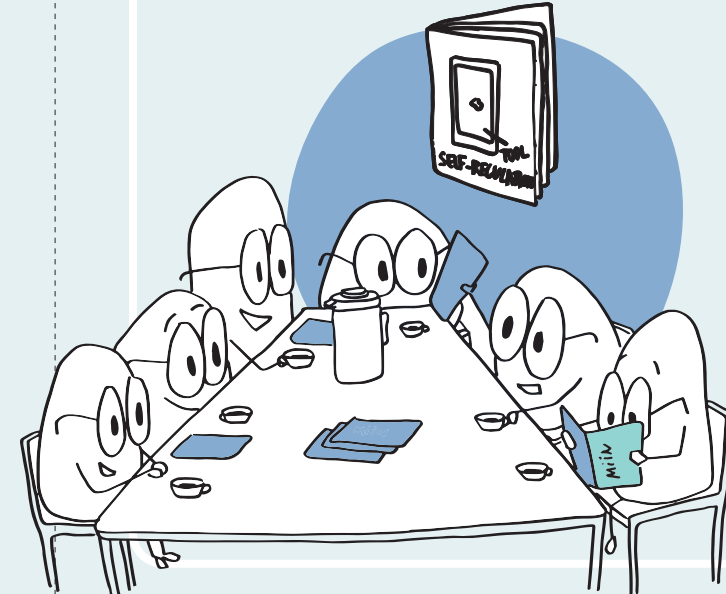
Service moments of key interactions



This is Tom! He is a typical teenager in high school. Sometimes, he finds it difficult to handle different situations in daily life. He is often stressed and nervous, and struggles with anxiety.

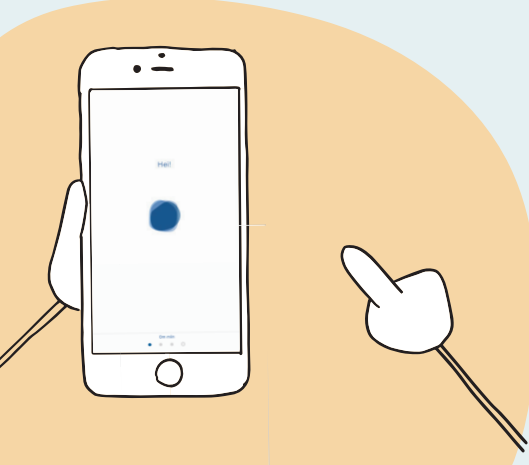
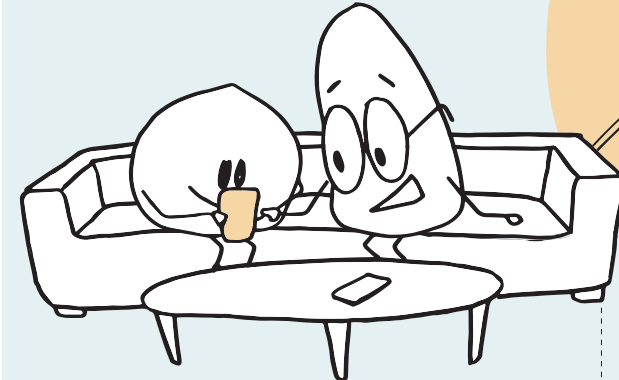
At Nic Waals institute (BUP- Barne- og ungdomspsykiatrisk poliklinikk), Tom goes to the therapist Trude. Trude is a psychiatrist and expert on stress and anxiety. She has been working in this area for many years and has many patients who have the same struggles as Tom.

1. Pre-service



Trude thinks this sounds very interesting. In 2018, the government will implement a standardized treatment program called "pakkeforblop", in order to reduce waiting time. Trude is concerned about standardizing treatment since her patients have unique needs. She likes that "Wandering Mind" can provide personalized support to her patients, and thinks it is perfect for Tom.

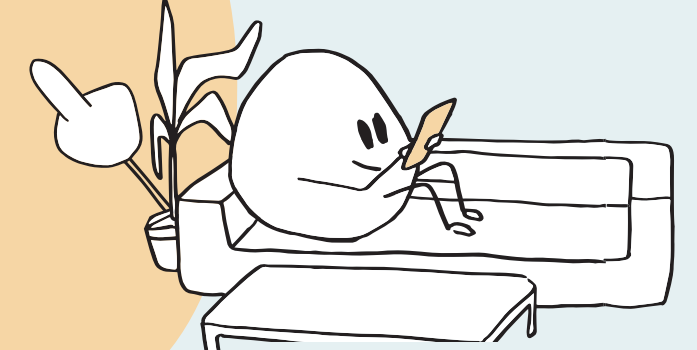
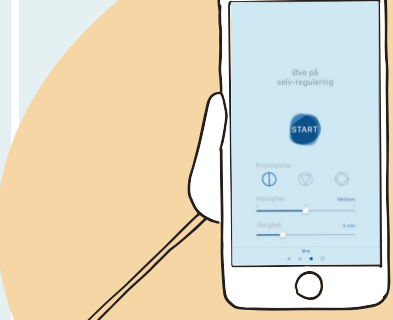
2. On boarding



When Trude and Tom meet in therapy, they have their usual therapy session, but she also shows him the application "Miin" and suggests that he test it out.

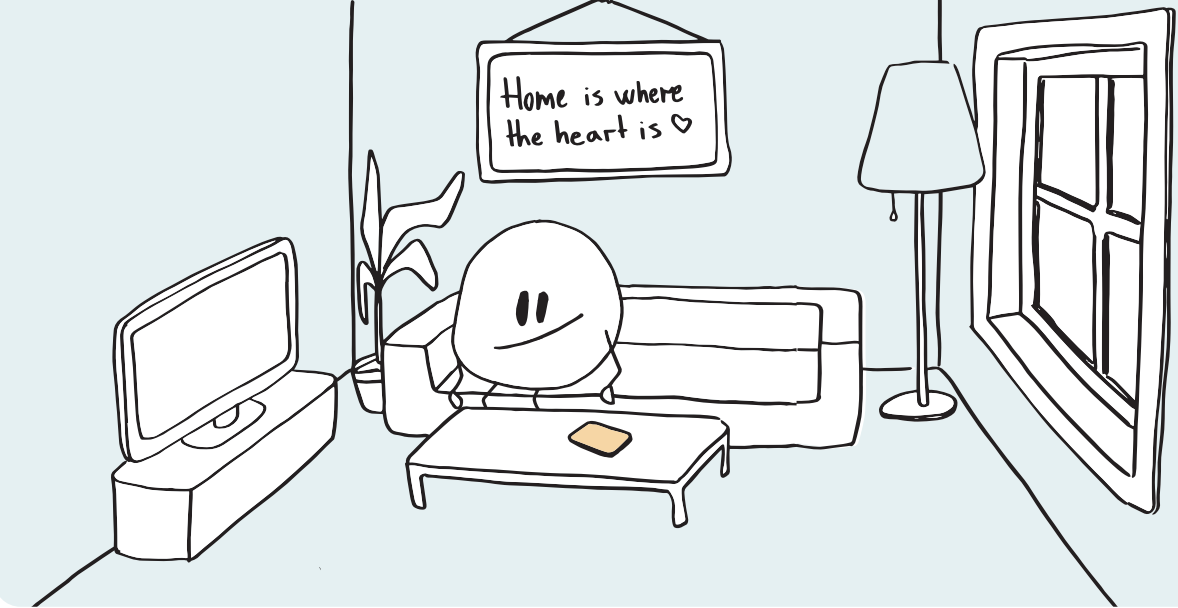
Tom really wants to cope with his stress and anxiety, since this is a big problem for him. He decides to give it a try because he wants to get better and trusts Trude. So Tom downloads "miin" and go through the different functions together with Trude.

3. Daily use: Training

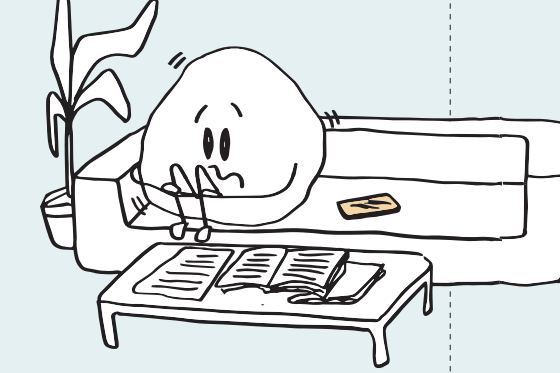


At home, Tom tries to train on self-regulation as he does every day. But today he has "miin" to help him. Trude and Tom set the settings for the training program in therapy so all Tom needs to do is sit comfortably and press start.

Tom thinks it is easier to train when he is guided by "miin". He thinks it is easier to focus on his breath when he imagines that the little "blubb" on the screen is his breath and guides him on what to do.

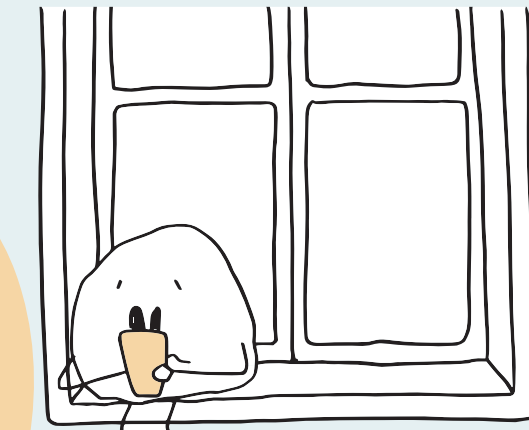


4. Daily use: Calm down



A few days later, Tom becomes stressed. He is going to have a presentation at school and he gets scared by the idea that he might have an anxiety attack in front of the whole class. Tom remembers what Trude has said about this and that he has "miin".

He finds a quiet place where he does not get disturbed, and tells the application that he feels stressed by moving the "blubb" quickly up and down on the screen, to stress it up to the level of stress he feels. After that, he focuses on following the "blubb" with his finger and concentrating on what it tells him to do.



When Tom is done, he feels much calmer and manages to think rationally about the presentation. He is still nervous but he feels that there is nothing to be afraid of - It's just a presentation.

