



mindbreaks

WELLNESS ASSISTANT



(Gurova, n.d.)

Process

Secondary Research
Qualitative Research
Affinity Diagram
Finding a solution
First Prototype

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New knowledge
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best practices



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thoughts**

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Background

Secondary Research

Qualitative Research

Affinity Diagram

Finding a solution

First Prototype



(Gurova, n.d.)

(Gurova, n.d.)

Background

COVID-19 + Working from home

Since the end of 2019, the world has been dealing with COVID-19, a pandemic that has infected millions of people. Consequently, people were advised to stay at home as much as possible to avoid the virus spread. Therefore, working from home turned out to be the best option for those times. The pandemic made many organisations find out how to adapt to remote work in a short period.

This massive shift became a perfect moment to analyse the effects of working from home. Undoubtedly, this topic has a lot of room for innovation in the working culture.

Secondary Research

The development of this project started in Research and Innovation and Capstone subjects, when secondary research was the essential base for the decisions and outcomes. When reading about the topic, it was noticeable how the amount of research made after the pandemic was more significant than years before. Therefore, most of the studies analysed are from the past two years.

The studies show the benefits of working from home are no commuting, flexible schedule and work location, more time with family, and others. On the other hand, there are also new challenges. Workers have more difficulty unplugging from devices, struggles with collaboration, loneliness, burnout and others (Buffer, 2021). The lines between work and personal life have been blurring since the shift.

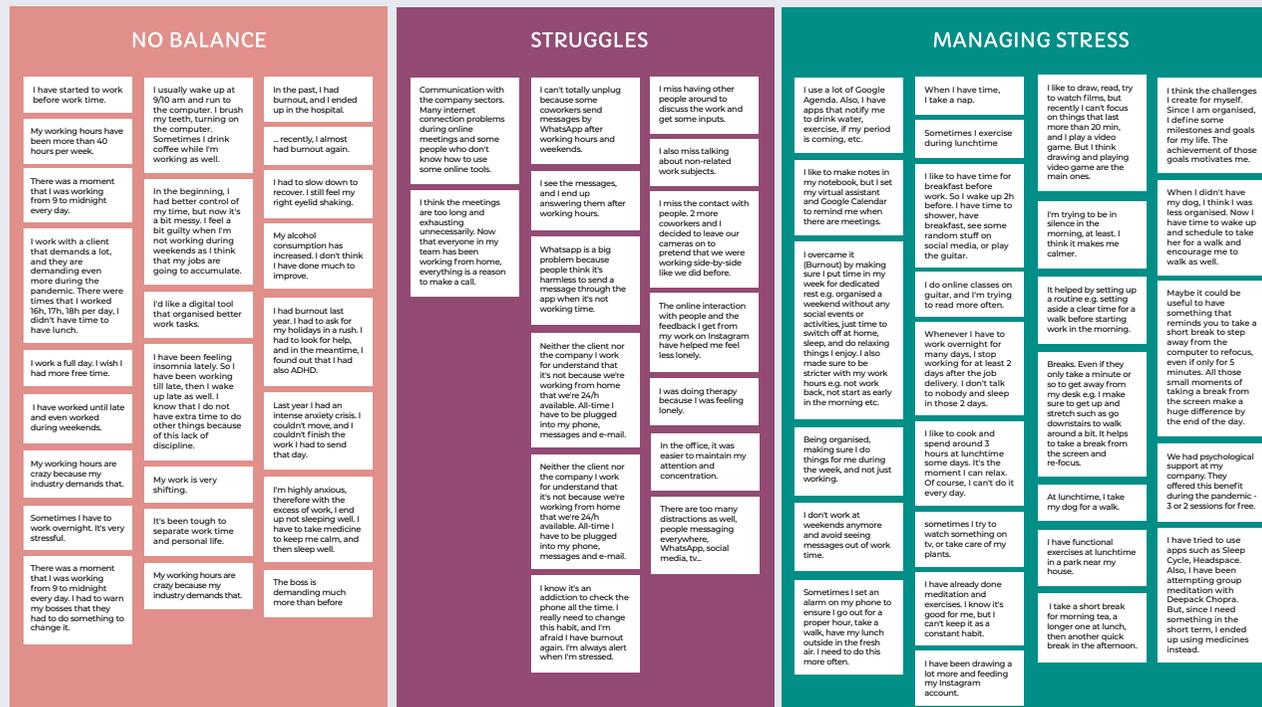
Qualitative Research

Many relevant studies were analysed about the remote working state during Research and Innovation and the start of Capstone. In addition, in order to get insights directly from the workers, qualitative research was undertaken in Capstone. The interviews and answers led to an affinity diagram, and the primary remote workers' struggles were identified.



(Gurova, n.d.)

Background



Follow some of the main pain points found:

- They work longer than the business hours. Sometimes during weekends as well.
- They don't know how to organise time.
- They spend long hours in front of the computer and phone screen.
- They are feeling burnout signs or have already had a burnout.
- They miss talking about non-related work subjects with coworkers.
- They have too many meetings throughout the weeks.

Affinity Diagram - Capstone Project

Background

Finding a solution

More research was done to find ways to improve mental health during working days. Surprisingly, breaks have been overlooked, and workers and managers do not realise how important they are for their mental health and productivity. Studies have found that breaks can lower or limit stress, help maintain performance during the day and diminish the need for a long restoration at the end of the day (Coffeng, van Sluijs, Hendriksen, van Mechelen, & Boot, 2015). A study by Korpela, Kinnunen, Geurts, de Bloom and Sianoja (2016) found that disconnecting from work boosts energy levels and minimises exhaustion at work.

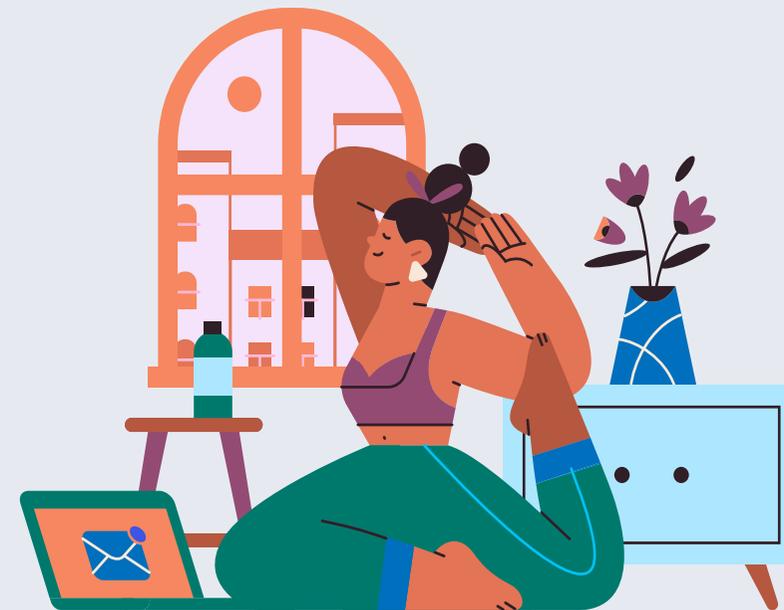
Breaks period

Some studies indicate different numbers and duration for the breaks. They will depend on variations of work type, workload and others (Pozen, 2012). A senior lecturer at the MIT Sloan School of Management, Robert Pozen proposes taking a break every 75 and 90 minutes. He states that is the best period to concentrate and have a significant amount of work done. Also, he says that taking a break of 15 minutes is advantageous for the brain because it helps maintain the information got while working.

Another experiment made by DeskTime, a software startup from the Draugiem Group, found that their employees became more efficient with breaks every 52 minutes and 17-minute breaks (Voza, 2017). Moreover, another option is the Pomodoro Technique, which consists of 25 minutes working and 5 minutes break. Francesco Cirillo created this technique, and he envisioned that it works better when it is a single task that requires total focus (Bellis, 2015).

Types of Breaks

Many activities could fit people's workday and help them to relax. Mindfulness is an example of an activity that was looked into since it has been correlated with psychological wellbeing. Research proves that it is effective against rumination, anxiety, worry, fear, anger, and other types of psychological distress (Powell, 2018). Mindful activity is an attractive choice due to the feasibility of being short as the person wants. All the activities can be straightforward, such as walking, breathing or eating.



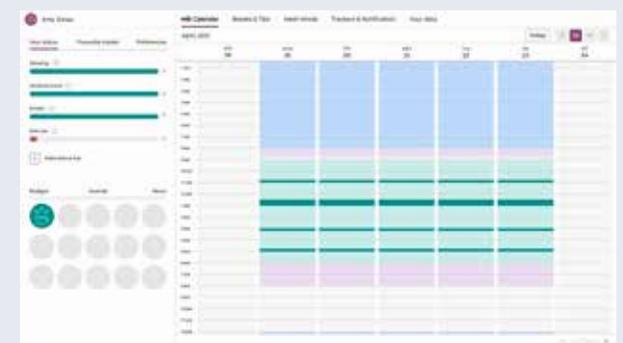
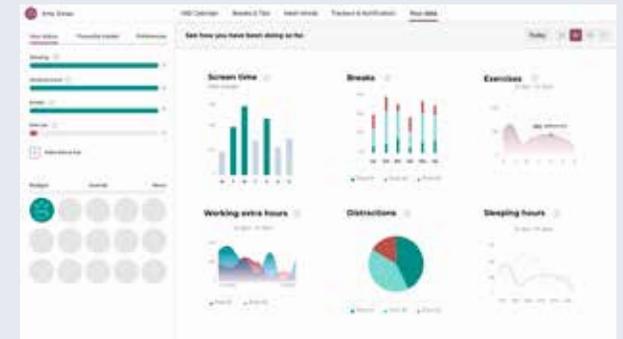
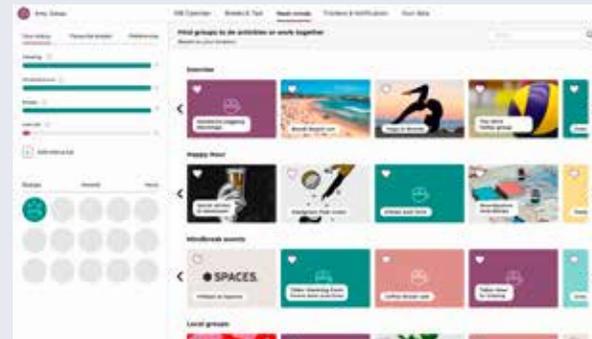
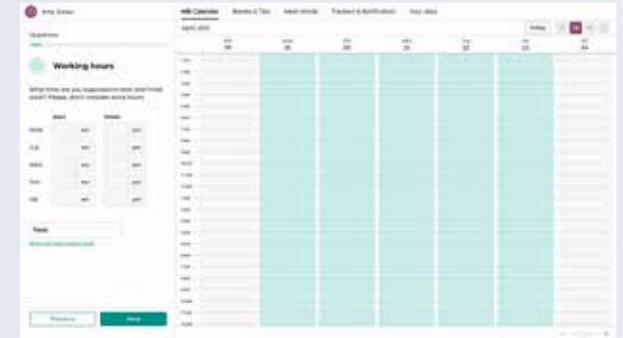
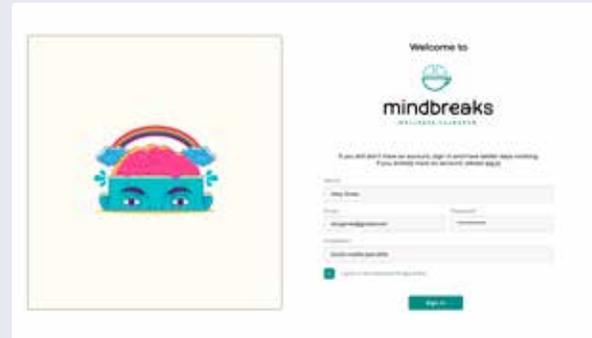
(Gurova, n.d.)

Background

The first prototype

After all the data and learnings gathered, the direction became more apparent. Since those people work all day sitting in front of the computer, creating a wellness assistant for computers and cellphone is a good decision. The aim is to trace and organise people's work time, integrating breaks and activities to diminish stress and separate their personal life and work. This idea turned out to be the Mindbreaks app concept.

In Capstone, the Mindbreaks low-fidelity prototype was developed and aimed to explain the main idea. Nevertheless, there was still a long path for advancement. For this reason, in the Major, the focus was on better developing the app to have an efficient user experience. For that to occur, the prototype needed to be reviewed and tested.



Some screens from the prototype developed for Capstone.

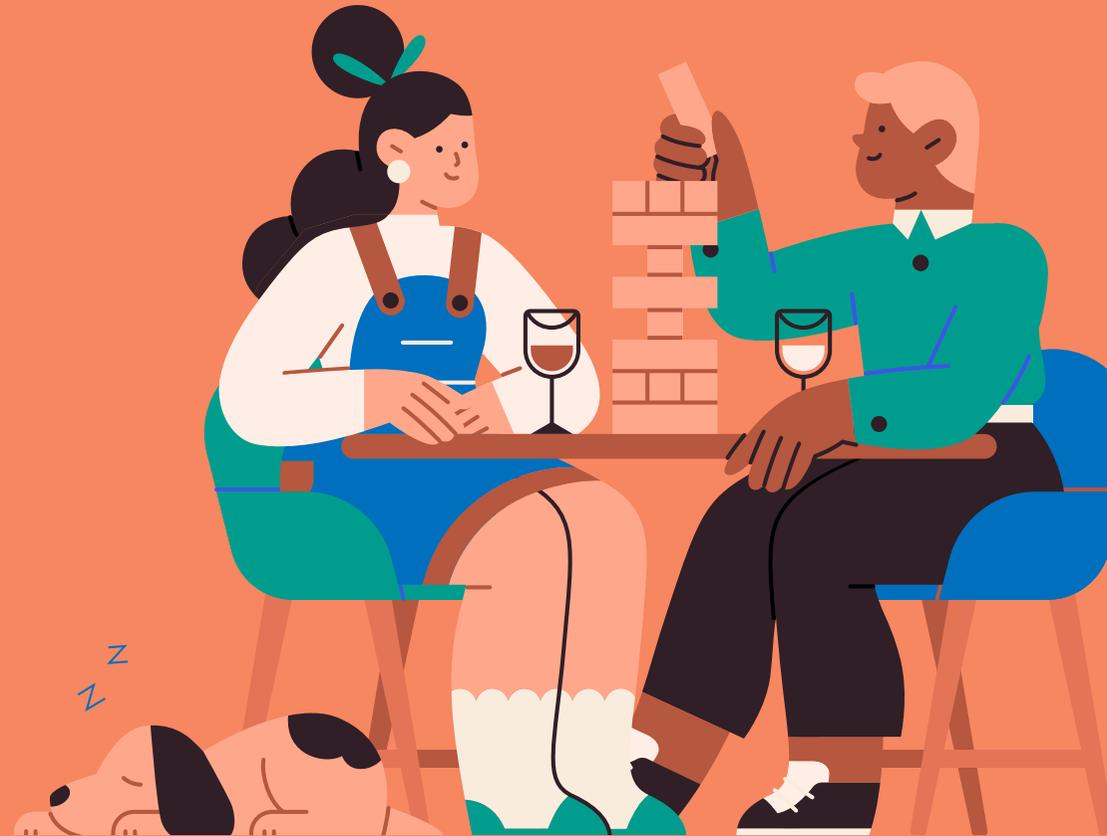
2

Path for improvements

Research question

Mentors

Usability test and results



(Gurova, n.d.)

Path for improvements

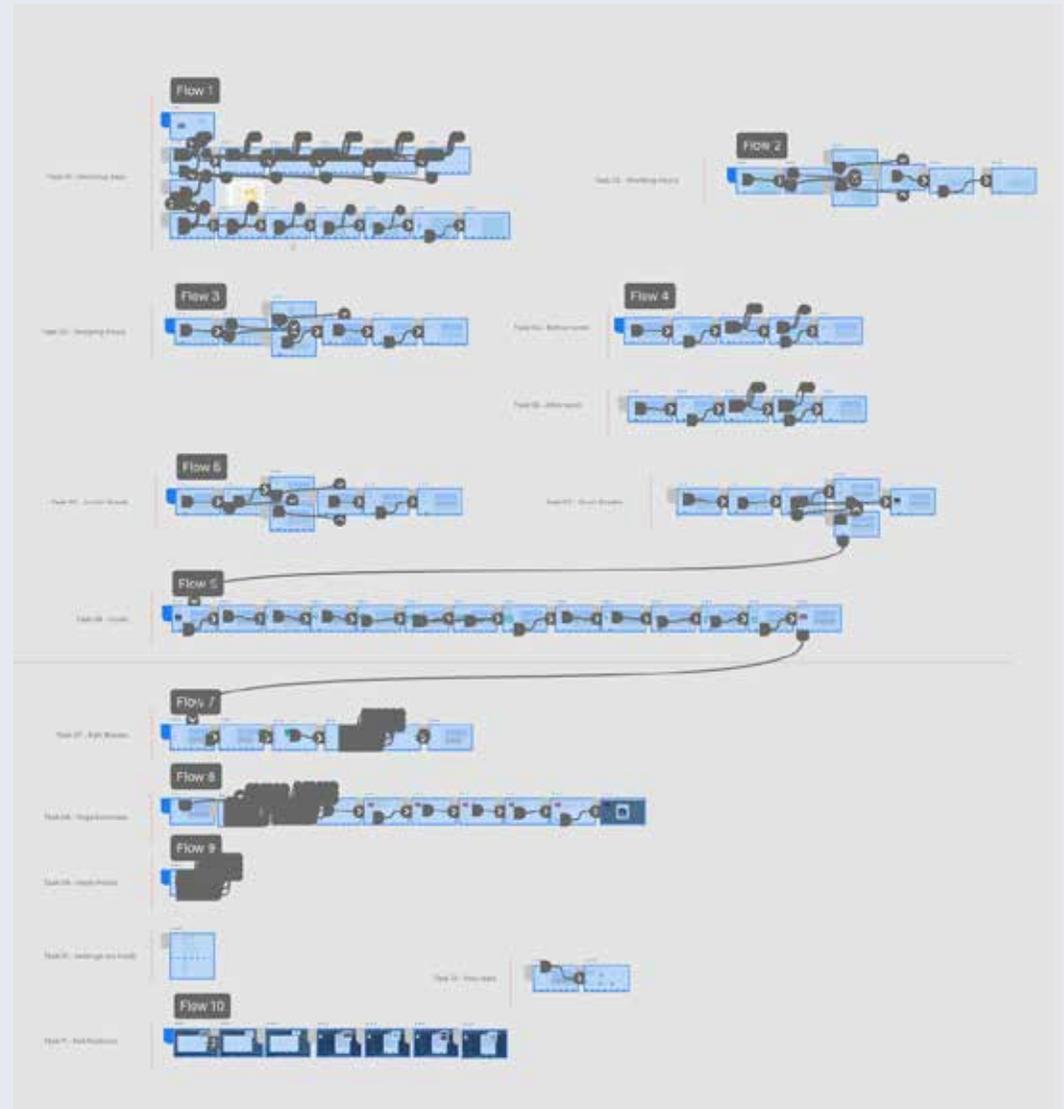
The research question

Can Mindbreaks be an essential app for knowledge workers and endorsed by organisations?

The research question was essential to guide the whole project. However, this question will not be answered in this presentation, mainly because the app would need to be released to get feedback. Nevertheless, every detail designed was focused on improving the product to become a feasible app and presentable to potential stakeholders.

Prototype review

In order to better improve the app, a user test needs to be done. Before shaping how the testing would be conducted, it was crucial to review the prototype functionalities, buttons interactions and flow. The app had to be working accurately in order to have an authentic test result.



Adobe XD screen shot

Path for improvements

Mentors

The mentors were selected according to their knowledge and availability to help in the process. Gabriel Carvalho and Mariana Alves are experienced UX designers from Brazil. Both were very helpful in guiding the project before and during the usability test. They also gave important feedback about the app in general.



Gabriel Carvalho

Lead Product Designer at VTEX

<https://www.linkedin.com/in/gabrielgalc/>

Gabriel is the lead product designer at VTEX, which is a global e-commerce solution. He is responsible for innovative and straightforward design solutions.



Mariana Alves

Product Designer at Globo

<https://www.linkedin.com/in/marianaalvessilva/>

Mariana is an experienced Product designer working at Globo, which is the leading Brazilian TV network. She has around seven years of experience in UX design.

Path for improvements

Test Plan

As soon as the prototype was refined and set to be tested, a scope containing tasks, schedules and participants was created.

12 **06**

Missions **Questions**

The participants received 12 missions to complete. The tasks structure consisted of a headline and purpose. Also, some questions were added to provide other types of feedback.

19

Respondents

Since sending the test online and not necessarily making a call and matching agendas was easier, the number of respondents was high.

The testers were in the range of 25 to 45 years old, currently working or have worked from home. Also, They were from distinct nationalities (Brazilians, Australians, Italians, English, and others) and diverse professions (graphic designers, planners, advertising specialists, copywriters, marketing, architects). In addition, they all needed to be knowledge workers due to the feasibility of remote working.

2
weeks test

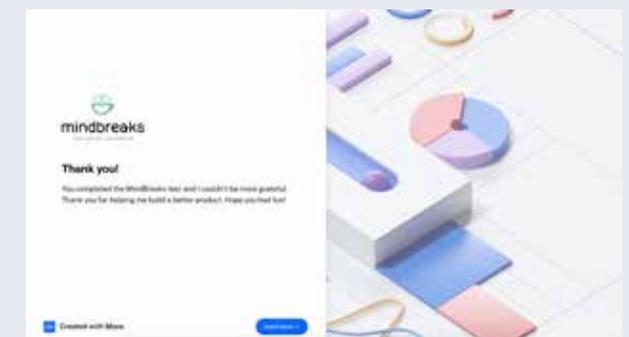
The test

The test was uniquely online and built with Maze (app.maze.co). This tool was in charge of addressing the instructions, questions, recorded sessions and metrics.

Before sending the Maze test, the participants' expectations had to be set. Therefore, MindBreaks core idea and what the system can or cannot do was described through text or voice message.

In the subsequent pages, the most critical missions and question results of the test will be analysed. The complete report made by Maze can be seen in the link:

<https://app.maze.co/report/20ws944kqllkfnm9>



(Maze, n.d.)

Path for improvements

First use setup

The first tasks were associated with the first setup process. When the user first signs in to the app, it will ask questions about their routine during the working days. This opening stage is essential for Mindbreaks, which is a machine learning app. It needs to collect data to give suitable recommendations, tips and plans to each user.

There were questions about user's working days, working hours, sleeping hours, what they do before and after work, Lunch breaks and Goals. Also, in this step, the user learns how to add short breaks throughout the week.

After the testers completed the missions, the app generated many different results to be analysed, such as percentage rates and heatmaps. The rates were misclick rates (the clicks outside the hotspots), average bounce (average percentage of testers who left or gave up the mission), and average success (the average percentage of missions completed by the expected path). The heatmaps were essential to understand what were the main issues that the testers found on the screens.

- ✓ 1. Working days
- ✓ 2. Working hours
- ✓ 3. Sleeping Hours
- ✓ 4. Before Work
- ✓ 5. After work
- ✓ 6. Lunch Breaks
- ✓ 7. Short Breaks
- ✓ 8. Goals

Prototype tested

<https://xd.adobe.com/view/2bb84ae7-73b7-4780-90b4-6b81594a067d-7eeb/>

Full report

<https://app.maze.co/report/20ws944kqlkfnm9>

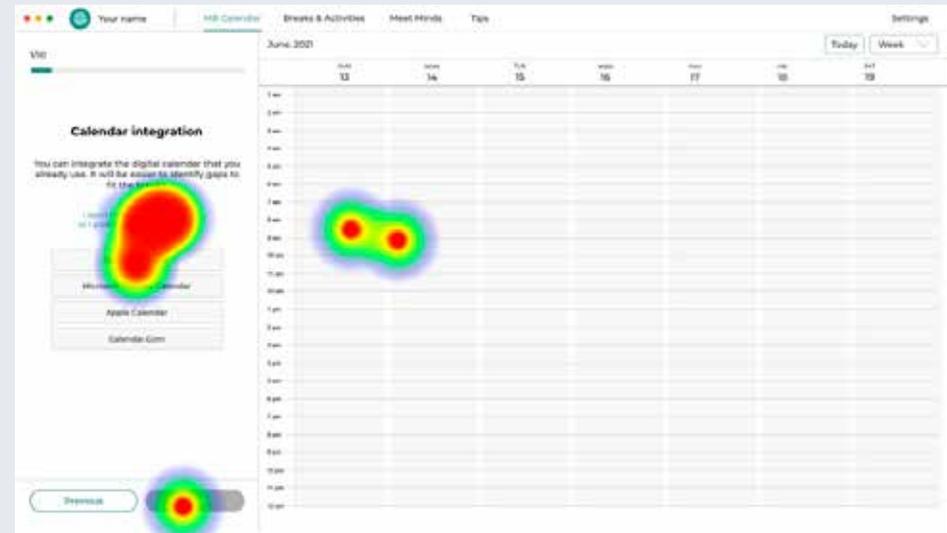
Path for improvements

1. Working days

Mission's path

MindBreaks app needs to know your routine in order to help you to add breaks and activities throughout the day. Therefore, in the following 6 tasks, you will complete the setup.

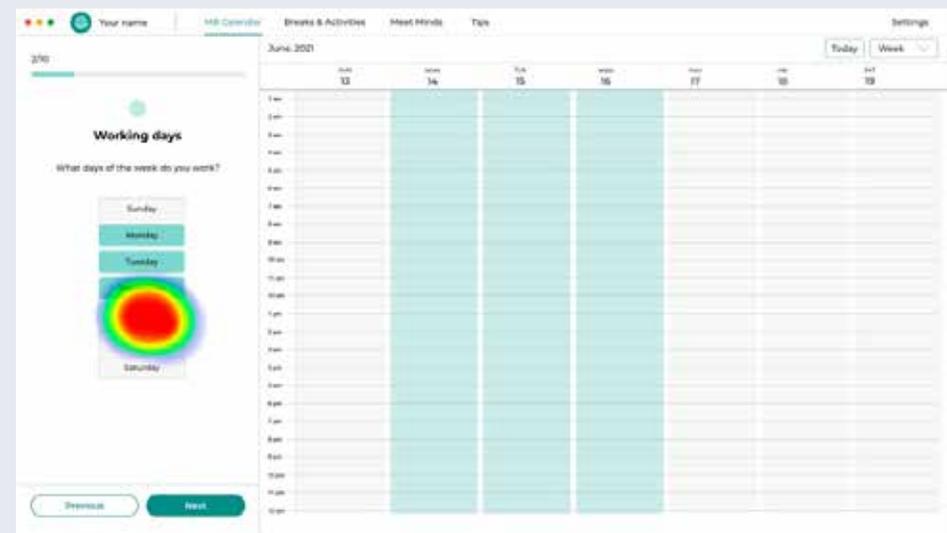
In this first task, you need to set up which days of the week you usually work. Please, set up that you work from Monday to Friday. However, before it, skip the possibility to integrate another digital calendar to MindBreaks because you want to do it later.



Results

misclick rate	avg. success	avg. bounce
20.4%	62.5%	18.8%

Users did not have significant issues here, but some things need to be changed, such as the calendar at this stage.



Path for improvements

1. Working days - issues

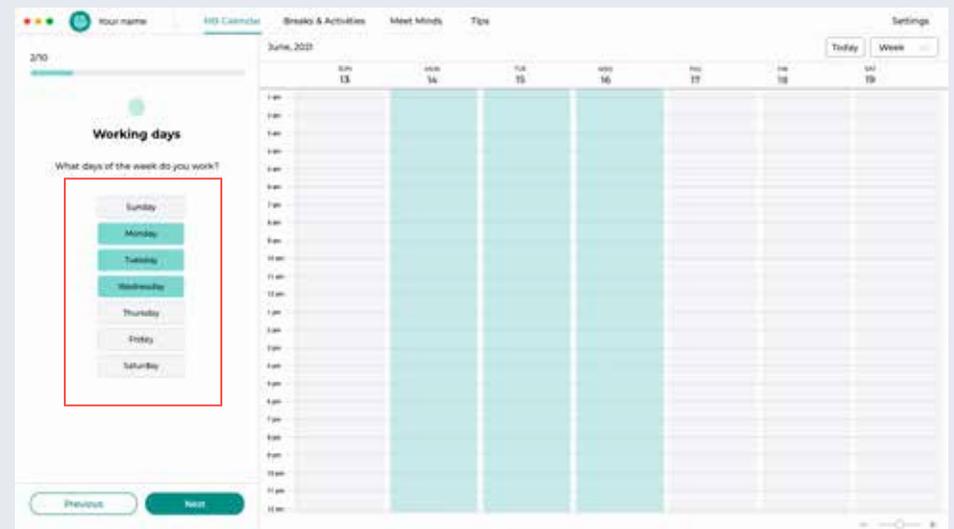
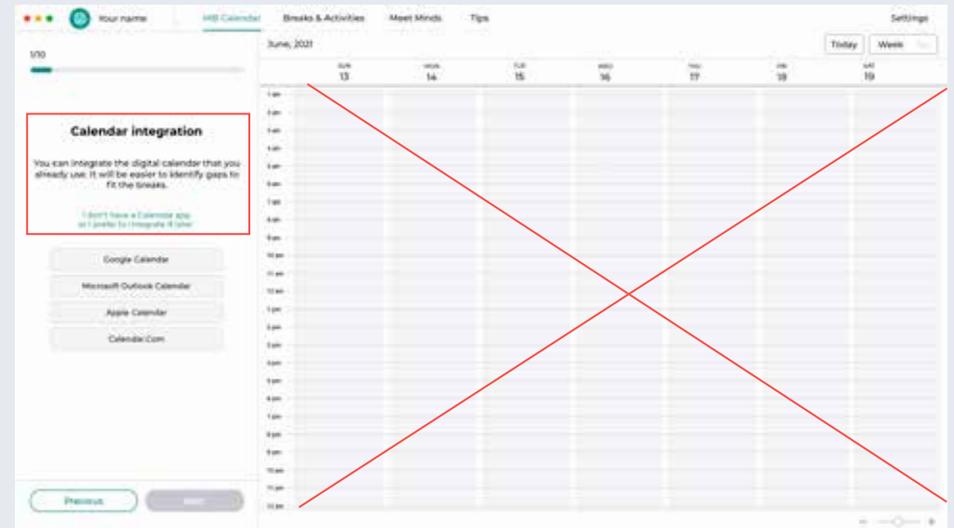
Calendar Integration

The calendar should not show up at this stage. It was not very clear to the testers; that is why they tried to click on it.

Talking with the mentor Mariana Alves, she said that it might have too much information. It should be more straightforward. People do not like to read too much text. According to a Nielsen Norman Group's research, only a few people read word-by-word on websites (Nielsen Norman Group, 2019).

Adding dates

The testers did not have significant issues either. However, the calendar and the buttons are making the setup confusing.



Path for improvements

2. Working hours

Missions' path

Set up your working hours from 9 am to 6 pm from Monday to Friday. Since your starting and finishing times are always the same, you want to save time and repeat the same hours across the days.

misclick rate	avg. success	avg. bounce
32.2%	93.8%	6.3%

3. Sleeping hours

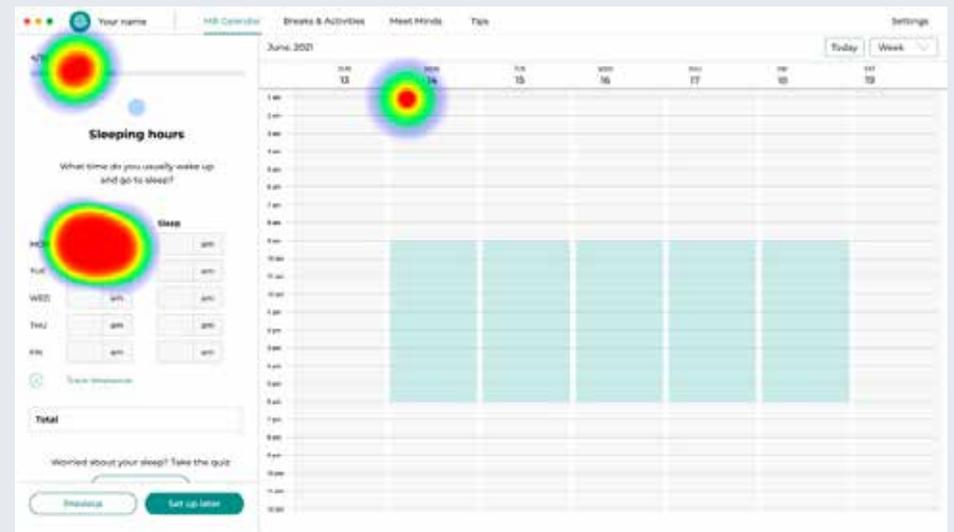
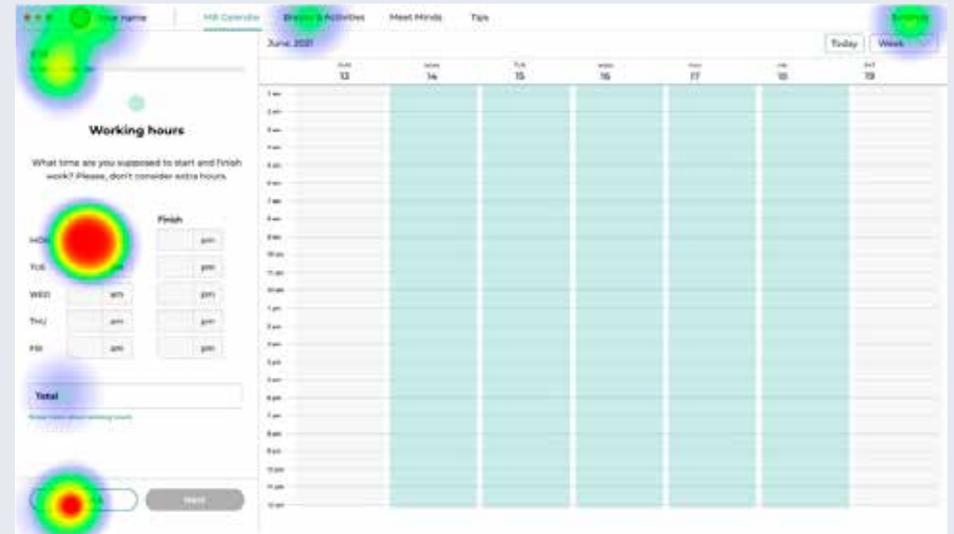
Missions' path

Set that you wake up at 8 am and sleep at 12 am from Monday to Friday. Since your waking and sleeping times intend to be the same, you want to save time and repeat the same hours across the days.

misclick rate	avg. success	avg. bounce
23.4%	100%	0%

Results

Although it is normal that people try to test other buttons that were not related to the task, the misclicks highlighted problems on those elements.



Path for improvements

2/3. Working and sleeping hours - issues

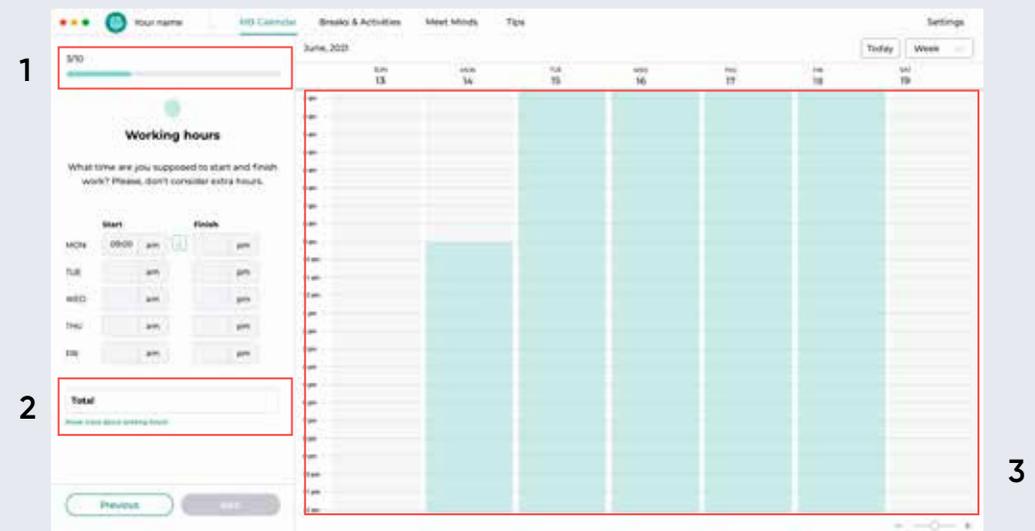
The results of those two setups are together because they have very similar screens and missions. However, it was essential to test them separately because the users have to give their opinion about the whole setup process in the end.

By the percentages, it is possible to see that the users learned what to do on the following missions. That is the reason why the numbers increase on average success and decrease in average bounce.

1. Progress bar - Make the progress bar clickable to go to the previous questions. Also, this element has to be more evident that it is a progress bar.

2. Total bar - The total bar is unnecessary at this moment. It is just causing confusion because it looks like an element to fill something in.

3. Calendar - The calendar is misleading at this point.



3

Path for improvements

4. Before work

Missions' path

Set up your working hours from 9 am to 6 pm from Monday to Friday. Since your starting and finishing times are always the same, you want to save time and repeat the same hours across the days.

misclick rate	avg. success	avg. bounce
32.5%	87.5%	12.5%

5. After work

Missions' path

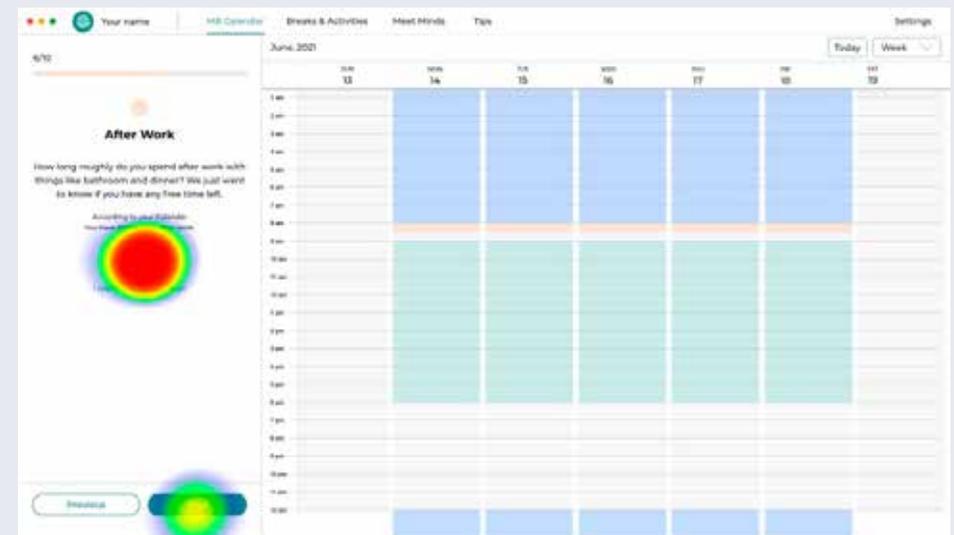
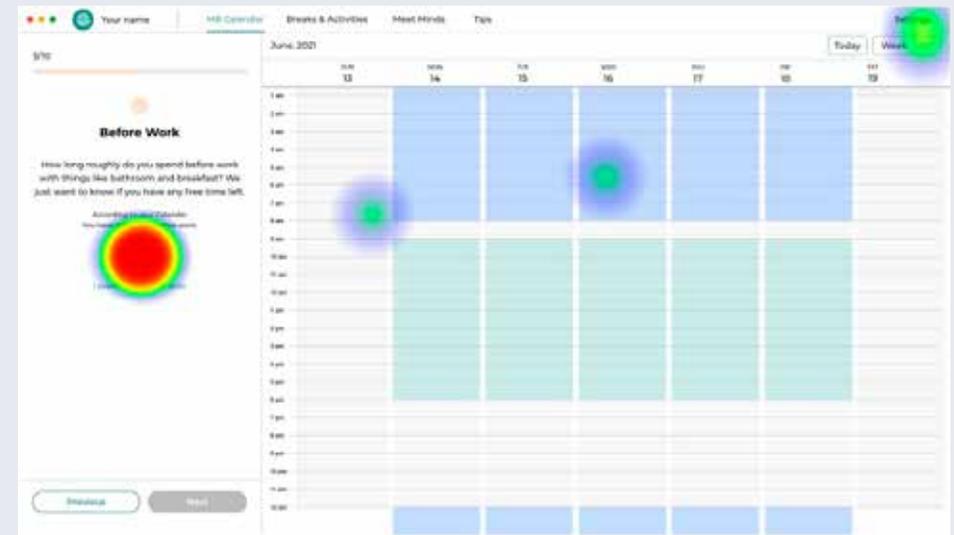
Set that you wake up at 8 am and sleep at 12 am from Monday to Friday. Since your waking and sleeping times intend to be the same, you want to save time and repeat the same hours across the days.

misclick rate	avg. success	avg. bounce
18.5%	100%	0%

Likewise, in the working and sleeping hours results, the rates improved from one mission to another since the pages are very similar.

Results

There were not many significant issues here. However, this mission brought up the question of whether those questions are necessary.



Path for improvements

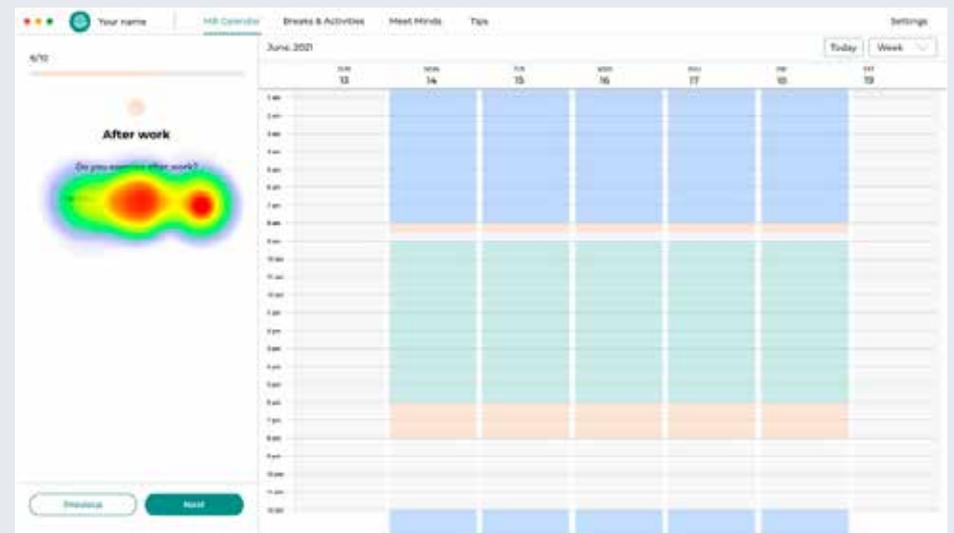
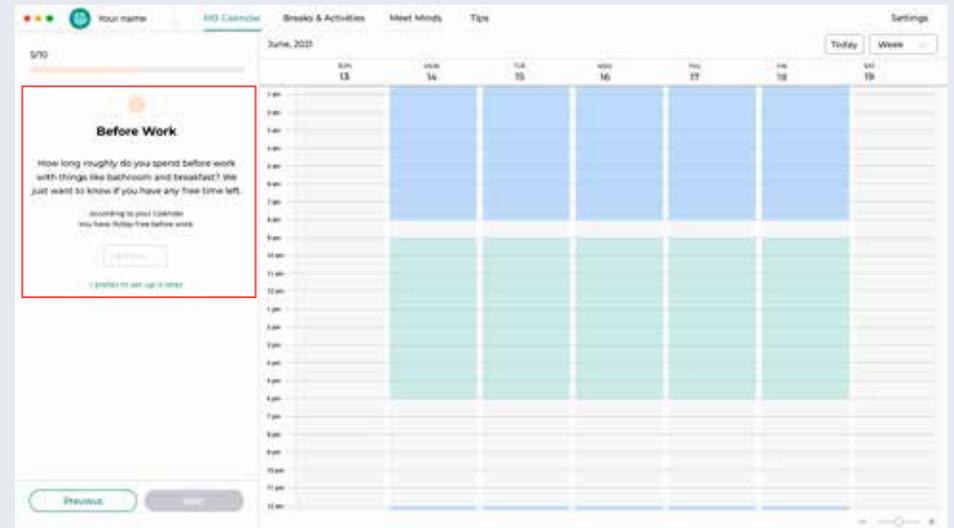
Missions - First use

4/5. Before and after work - Issues

The questions are related to what the users do before and after work to block those hours and do not allow the app to recommend something at this period. However, analysing them and talking with the mentors, it would be more helpful to keep only the exercise question. Knowing about how long someone spends with dinner, breakfast and bathroom seem to be irrelevant.

Exercise question

In the exercise task, the tester got confused with the purpose of the buttons. This part must be reviewed in order to be clear about the difference among buttons.



Path for improvements

6. Lunch breaks Missions' path

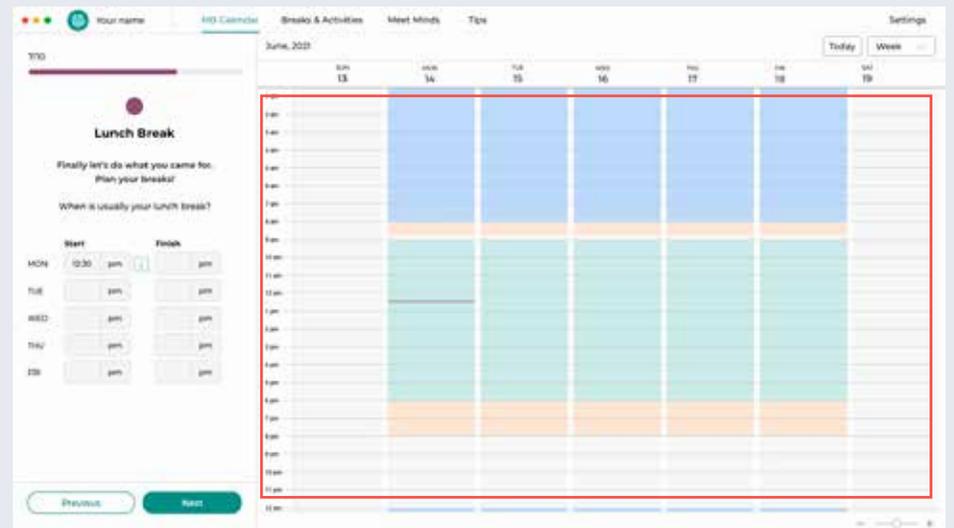
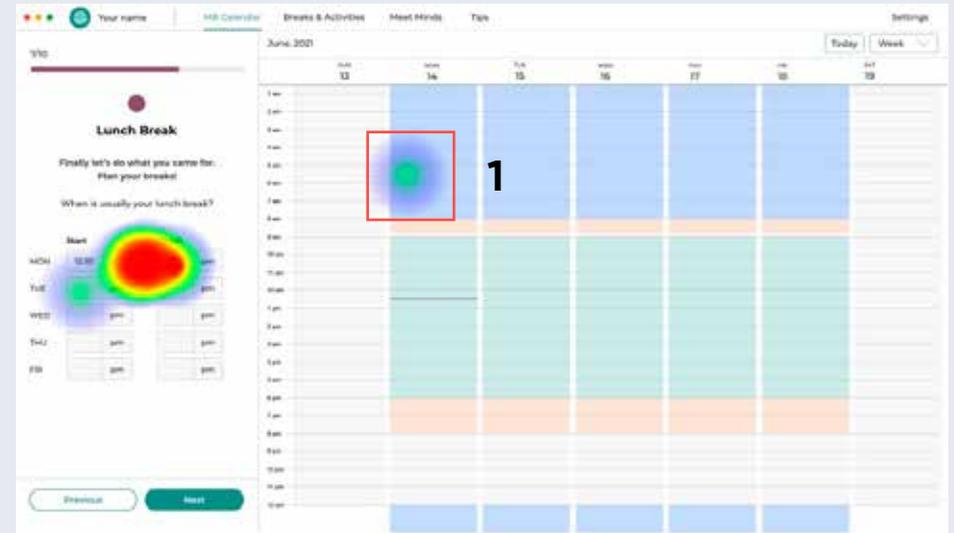
First of all, set up your Lunch breaks from 12:30 pm to 1 pm. Likewise, the tasks before, repeat the same hours every day.

Results

misclick rate	avg. success	avg. bounce
10.9%	100%	0%

The result is excellent since the steps of this page are similar to previous screens (Working and sleeping hours). However, it makes more sense if the lunch break setup is next to the working hours stage.

- 1. **Misclicks** - Testers were trying to click on the calendar.
- 2. **Calendar** - The calendar is misleading at this point.



Path for improvements

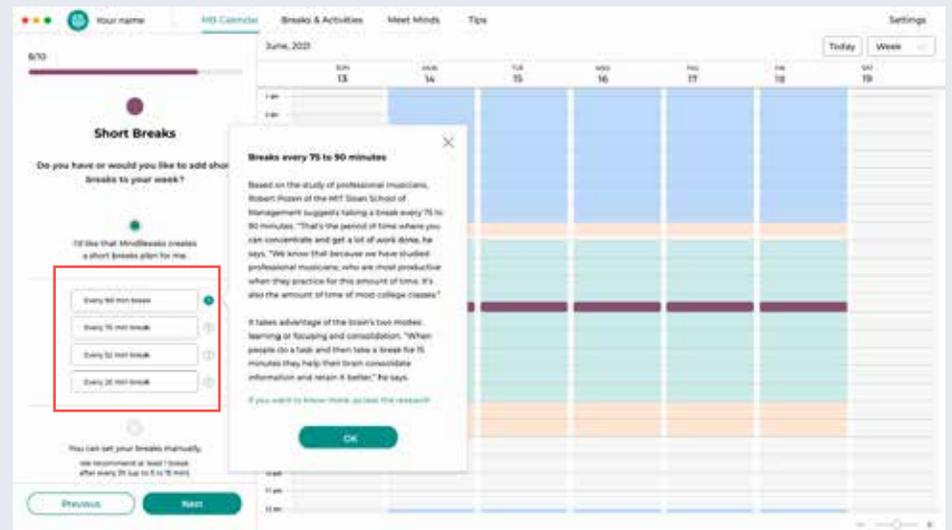
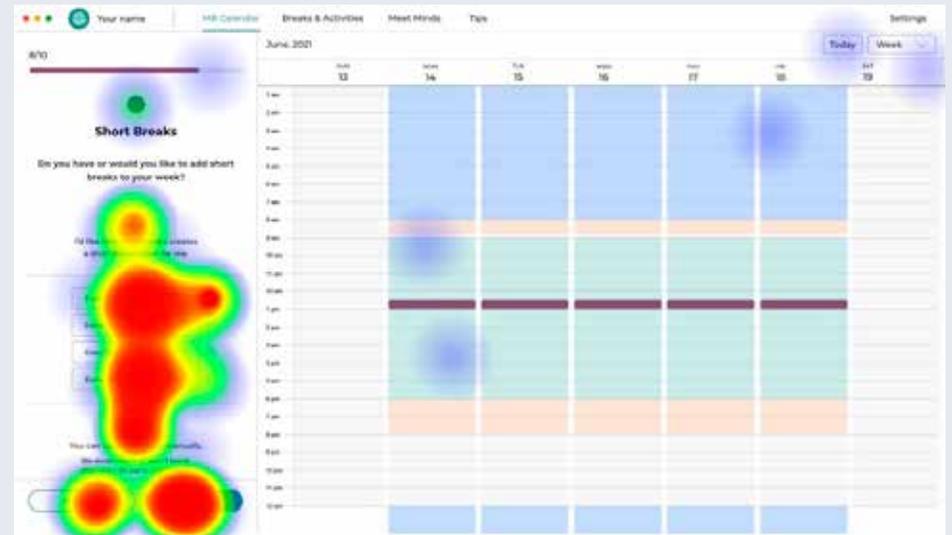
7.Short breaks - Missions' path

You want that MindBreaks app to plan the short breaks for you. When you see the 4 options available, you are confused by which one to choose. You are inclined to choose "Every 90 minutes break", but before you want to read about it to understand. So, before selecting this option, find where the brief explanation is, then select "Every 90 minutes break".

misclick rate	avg. success	avg. bounce
28.9%	62.5%	37.5%

Issues

Talking with the mentors, they suggested reducing the texts' length and turning the buttons into cards. Instead, the cards could briefly explain each break but still allow the user to read the entire research. The mentors also recommended that when the breaks are added, it is best to add a sort of a loading page before. It will show the user that the system is adding the breaks to the calendar.



Path for improvements

8. Goals Missions' path

In this task, you will choose the goals you want to achieve and also how and where you would like that the breaks happen. Please, select all the given possibilities.

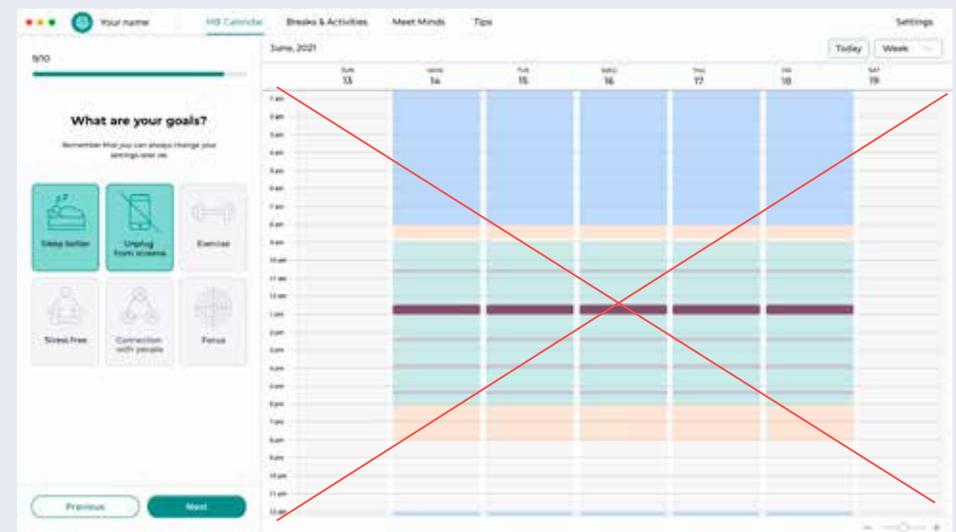
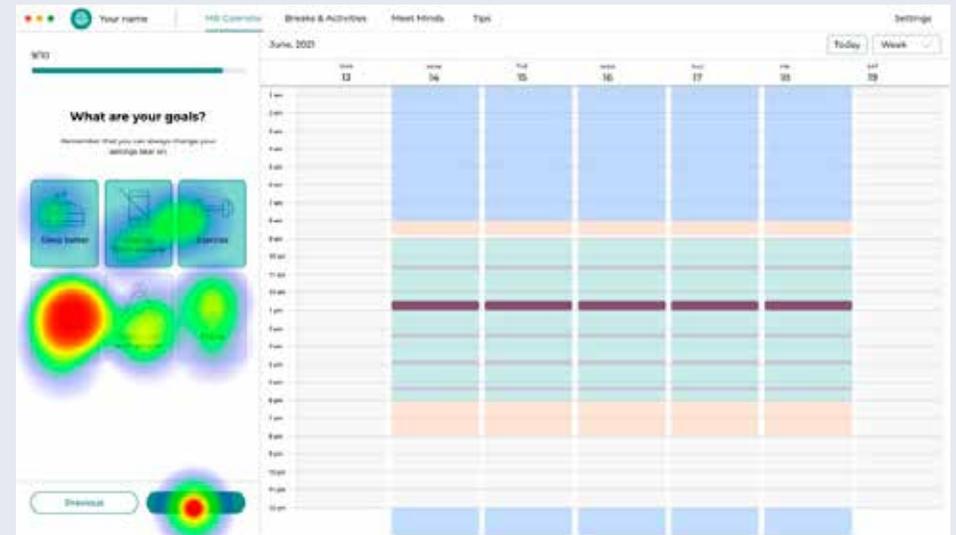
Results

misclick rate	avg. success	avg. bounce
13.8%	75%	16.7%

The result is excellent since the steps of this page are similar to previous screens (Working and sleeping hours). However, it makes more sense if the lunch break setup is next to the working hours stage.

In general, the mission was completed successfully.

However, after discussing with the mentors, it was clear that those questions should be done first in the setup process. In addition, the calendar does not need to be displayed at this stage.



Path for improvements

After the 8 missions, the testers were asked about the length of the process. Although the result was satisfying, some of the questions and descriptions need to become more straightforward. The process still needs to be polished to reduce the chances of confusion identified through the test.

Did you think the setup process was too long?

25%

YES

75%

NO

Path for improvements

Missions - Using the app

The missions ahead are related to when the users are using the Mindbreaks app. The main features were developed to show the user the app possibilities and understand their difficulties. The users completed missions on how they can edit and add breaks or other activities to their calendars. Also, they tried to find their data collected by the app and answered questions about notifications and the possibility of meeting others to do activities.



1. Edit Breaks and activities



2. Add Breaks and activities



3. Meet minds



4. User's data



5. Notifications



6. Overall opinion

Prototype tested

<https://xd.adobe.com/view/2bb84ae7-73b7-4780-90b4-6b81594a067d-7eeb/>

Full report

<https://app.maze.co/report/20ws944kqkfnm9>

Path for improvements

1. Edit Breaks - Missions' path

After you set up your MindBreaks, now check which break you have on Thursday at 2:15 pm. Then, edit the current short break to "Quick Meditation".

misclick rate	avg. success	avg. bounce
47.4%	70%	30%

2. Add activities - Missions' path

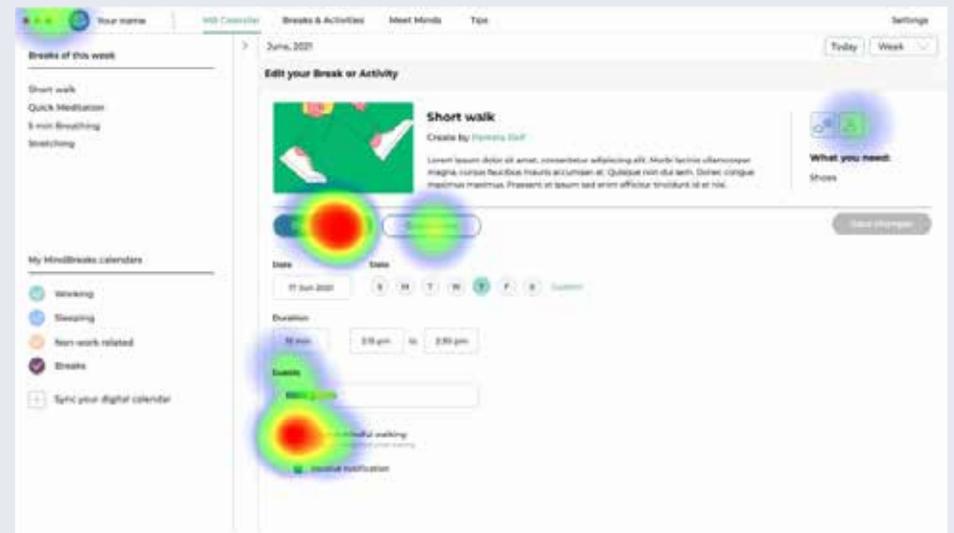
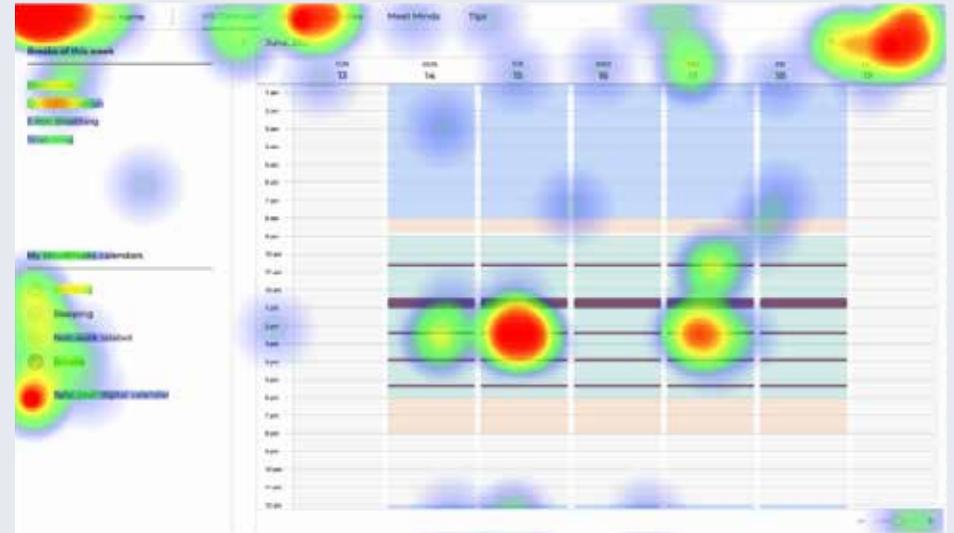
You want to include yoga exercises after work. You want to do Yoga for back pain, starting on the 22nd of June, every Tuesdays and Thursdays at 8 pm.

misclick rate	avg. success	avg. bounce
30.2%	88.9%	11.1%

Results

The testers were entirely lost on this mission and tried to click on every button displayed. However, when they understood where to edit and add the break and activity, they did well on the rest of the mission.

The breaks need to be more clear on the calendar. One solution is adding a virtual tour that will explain the main features to the user. Also, the app needs more ways to edit and add breaks. The majority of the users tried to use the calendar first to add and edit them.

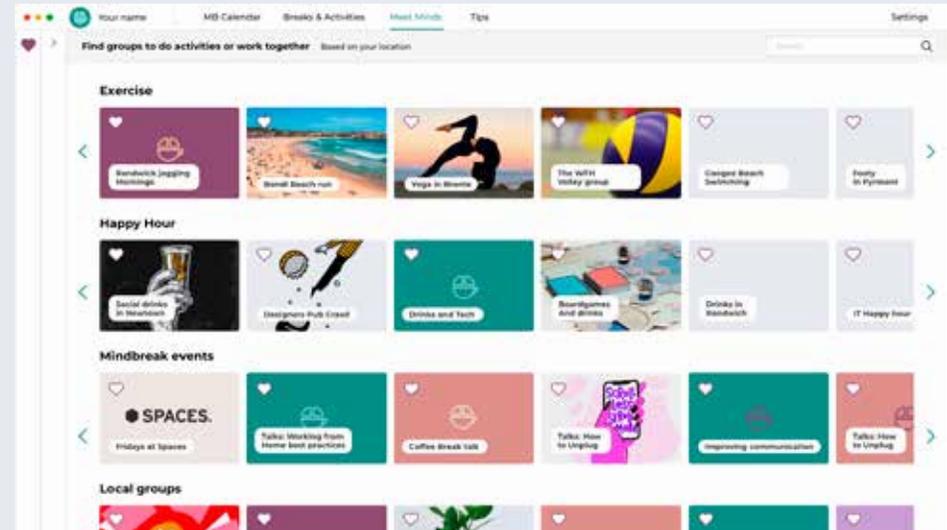


Path for improvements

3. Meet Minds - Question

The testers were asked if they would enjoy a feature that allows them to meet other people to do activities together. This question is intended to understand how relevant this possibility will be for the users. The result shows that people want to interact with others, and the development of this feature is crucial for the app.

Would you like to have the possibility to meet up other people to do activities in group?



90%

YES

10%

NO

Path for improvements

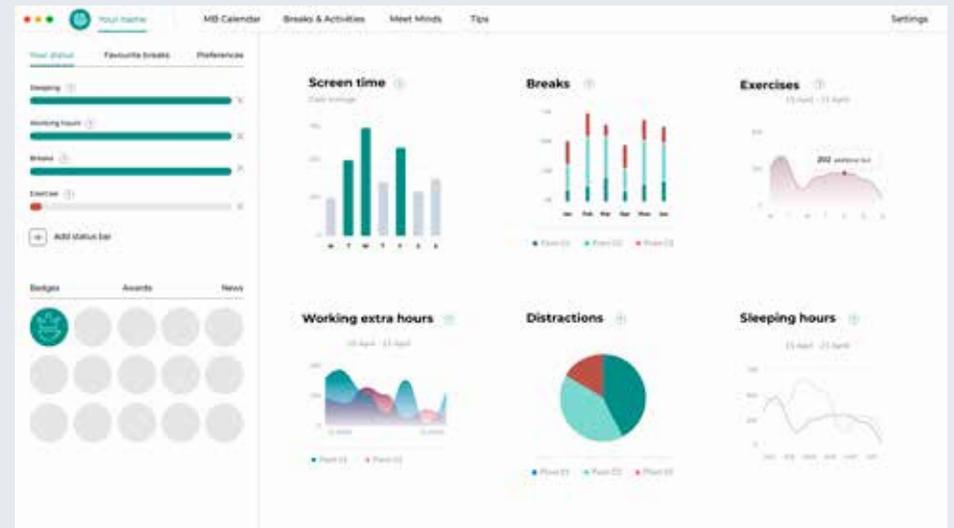
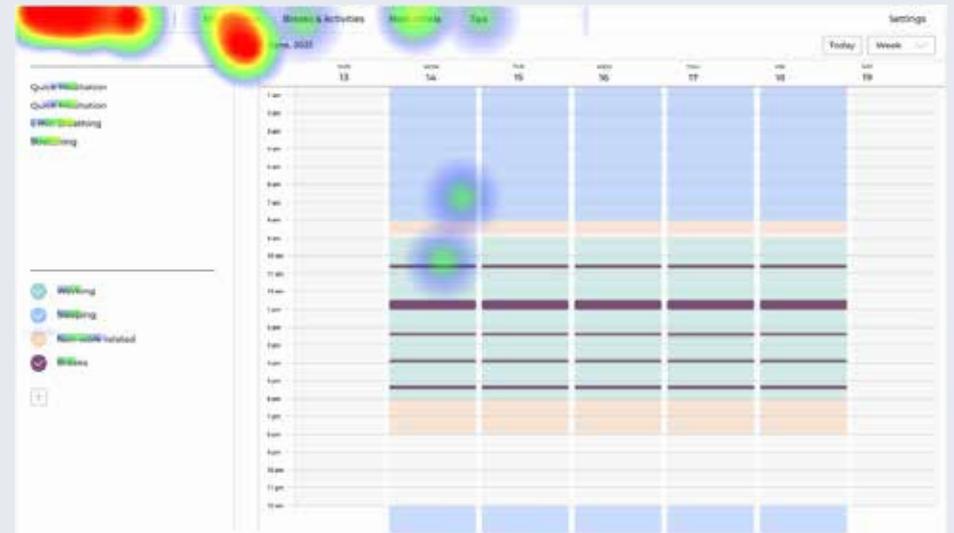
4. Your data - Mission's path

Considering that you have used the app for a while. How do you check the data collected about yourself?

misclick rate **avg. success** **avg. bounce**
56% **88.9%** **11.1%**

Issues

The testers had some difficulty finding where the page was. Maybe, the link should be more visible on the main navbar.



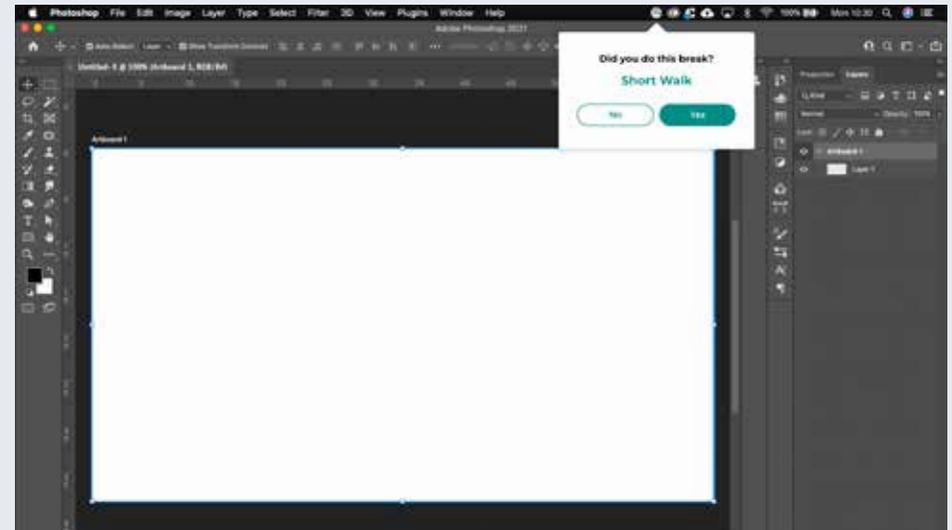
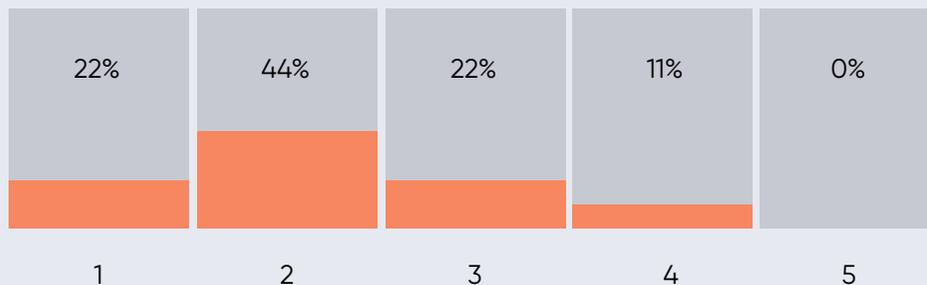
Path for improvements

5. Notification - Question

The testers were asked about their opinion about notifications. Notifications can be handy but, at the same time, bothersome. The general result of how the testers feel about receiving alerts throughout the working day was good. However, they need to be designed very carefully not to become a hassle to the users.

The app will notify you during your working time. Are you bothered by this type of notification?

1. It doesn't bother me / 5. It irritates me.



6. Overall opinion

The general opinion was that the app could be helpful and necessary for remote workers. The testers had minor questions about some buttons and screens.

What did you think about the app?

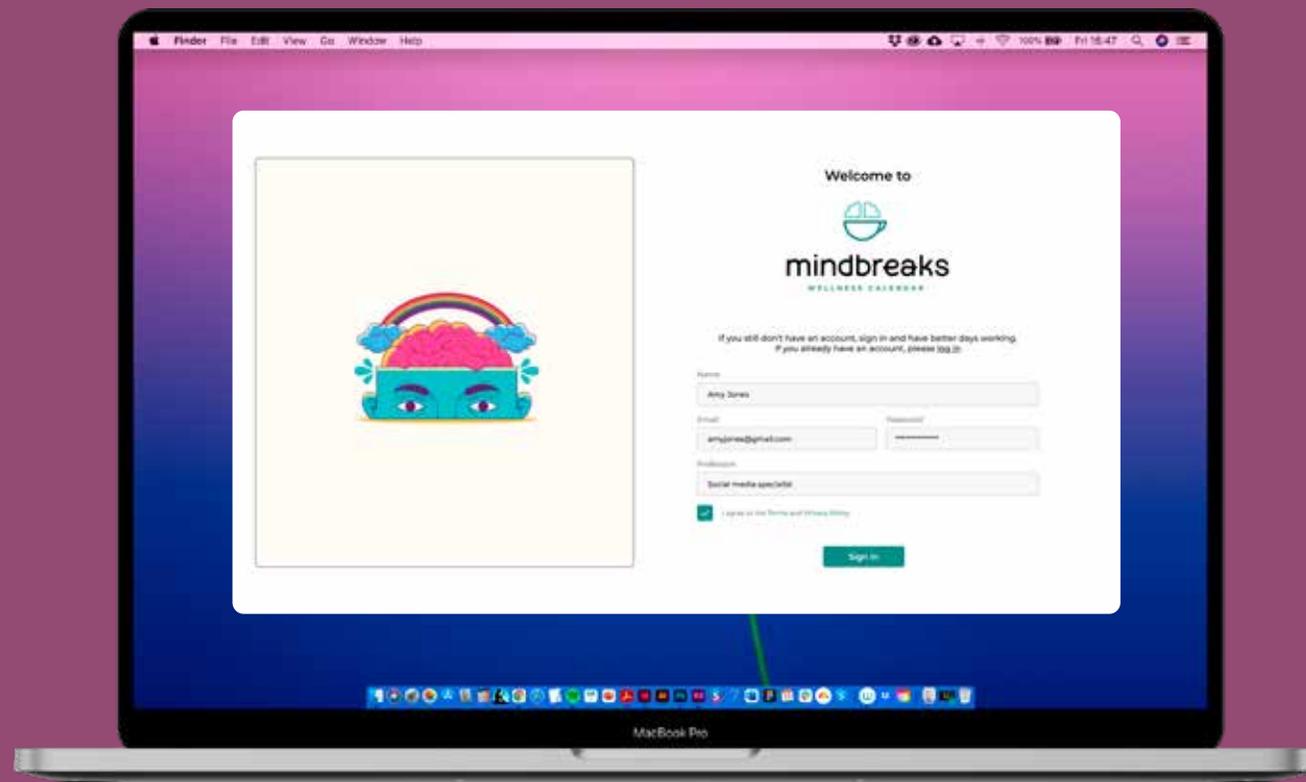
“Looks nice, could be really useful. There were some confusing bits, but once I knew how it was easier. Maybe some guided pointers to help.



(Gurova, n.d.)

3 Prototype redesign

New knowledge application



Prototype:

Initial setup process

<https://xd.adobe.com/view/b4acb4dc-dab3-4169-99b1-b9db6ea6ad84-e1ff/>

Add breaks or activities

<https://xd.adobe.com/view/1fcad543-ebd0-452e-b9c0-a163a1ac85ba-4a99/>

Edit breaks or activities + Meet Minds + Data

<https://xd.adobe.com/view/69534152-82d9-416a-8a8e-1e62ff474faf-3c00/>

Notifications

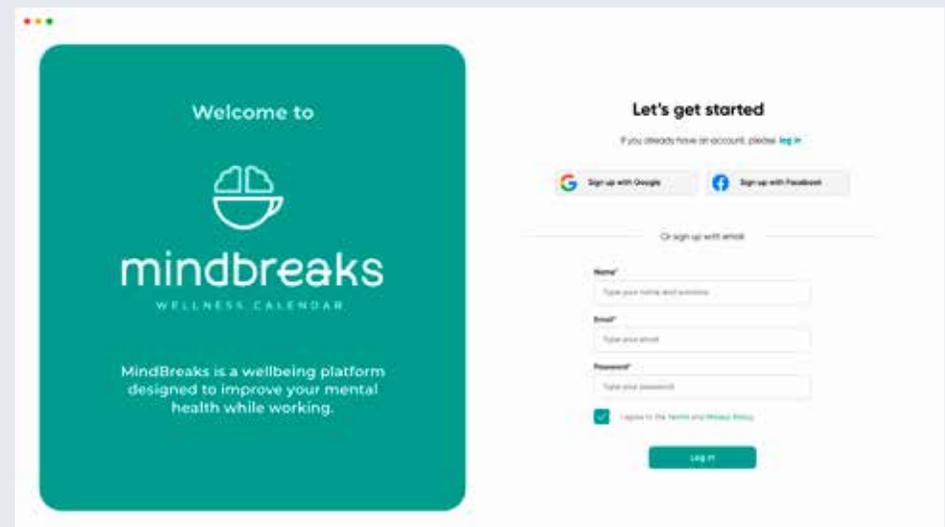
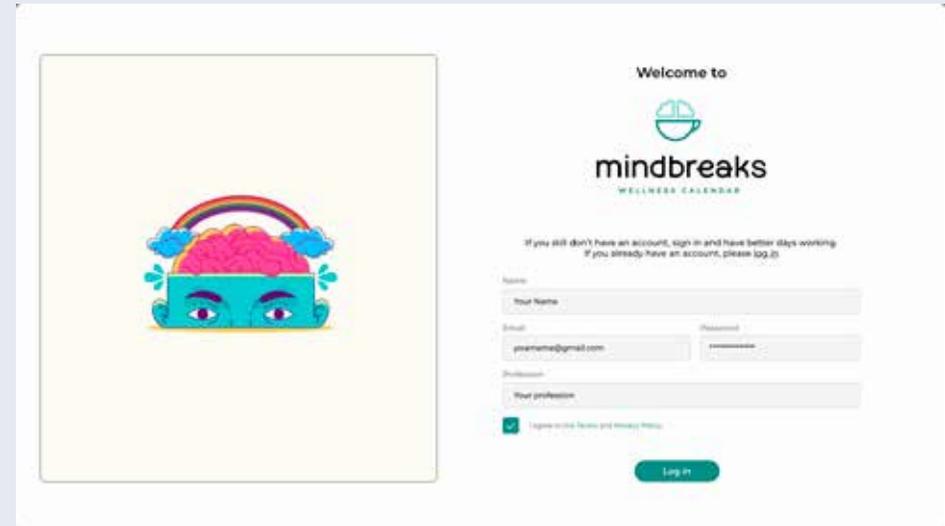
<https://xd.adobe.com/view/1d1a9a57-bb26-42cf-bab1-20e0a620bbde-4849/>

Prototype redesign

Sign in/Log in screen

Changes

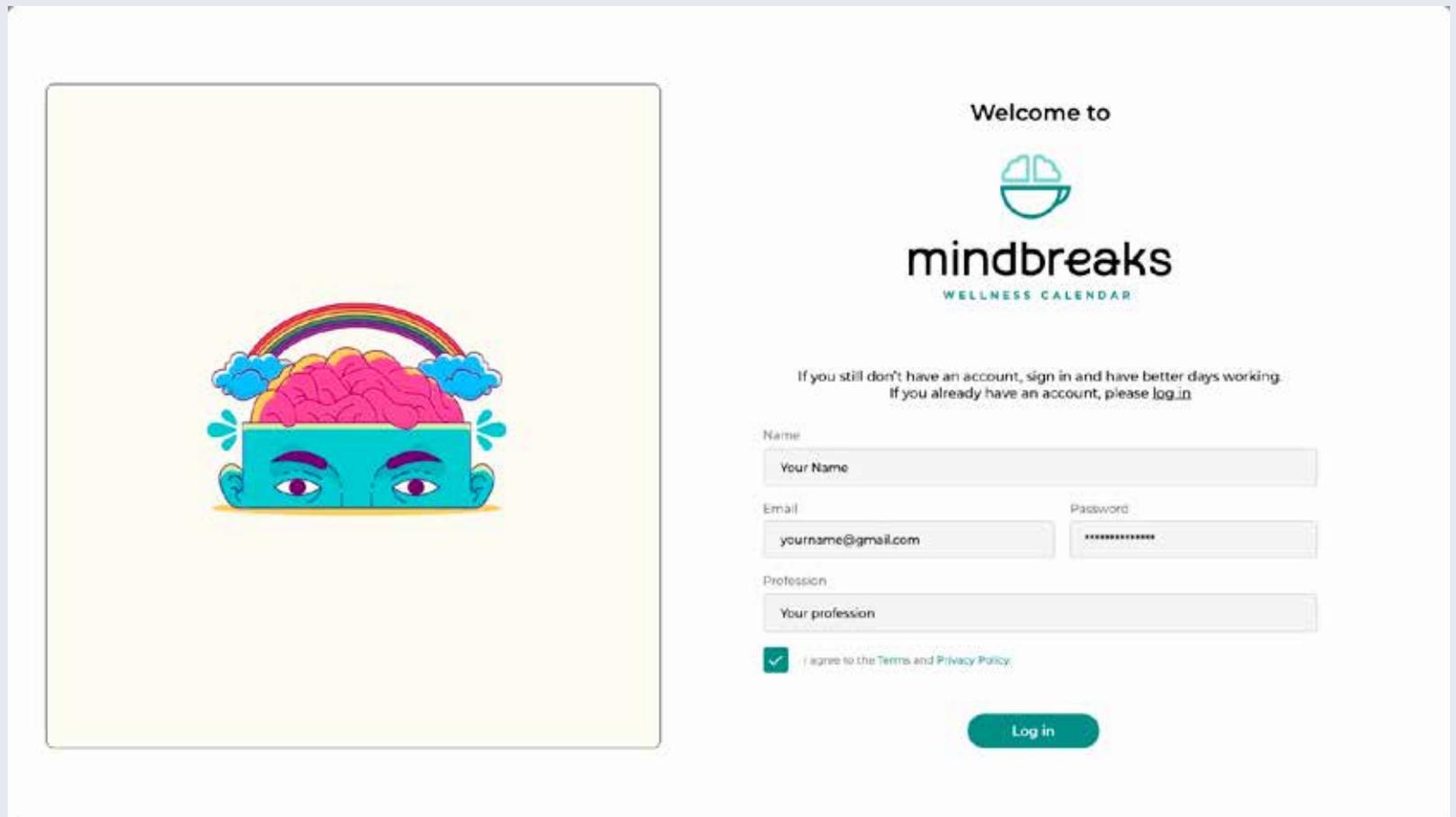
- The placeholder illustration was replaced by the logo and a brief app explanation. It highlights the brand identity.
- The possibility to sign in by Google and Facebook were added to give easier ways to sign in instead of completing the form.
- The form fields were reduced to match better the input related to the label. Also, they are in one column since it is more comfortable for the user to scan and avoid skipping some fields (Coyle, 2021).
- The profession form field changed to another screen.



Prototype redesign

Sign in/Log in screen

Before



Prototype redesign

Sign in/Log in screen

After

Welcome to



mindbreaks
WELLNESS CALENDAR

MindBreaks is a wellbeing platform
designed to improve your mental
health while working.

Let's get started

If you already have an account, please [log in](#)

 Sign up with Google

 Sign up with Facebook

Or sign up with email

Name*
Type your name and surname

Email*
Type your email

Password*
Type your password

I agree to the [Terms and Privacy Policy](#)

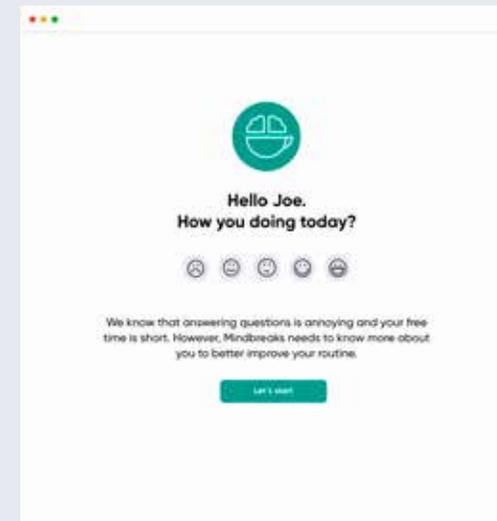
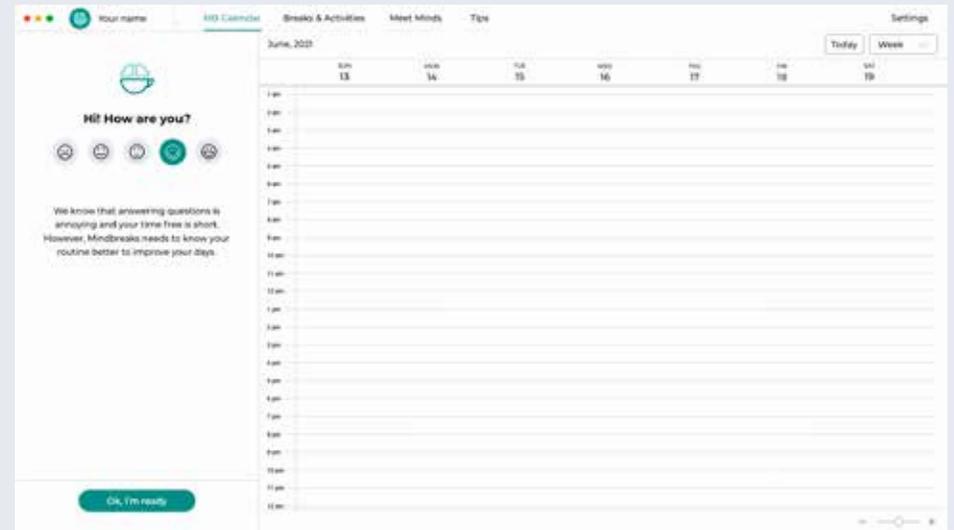
Log in

Prototype redesign

“How are you” screen

Changes

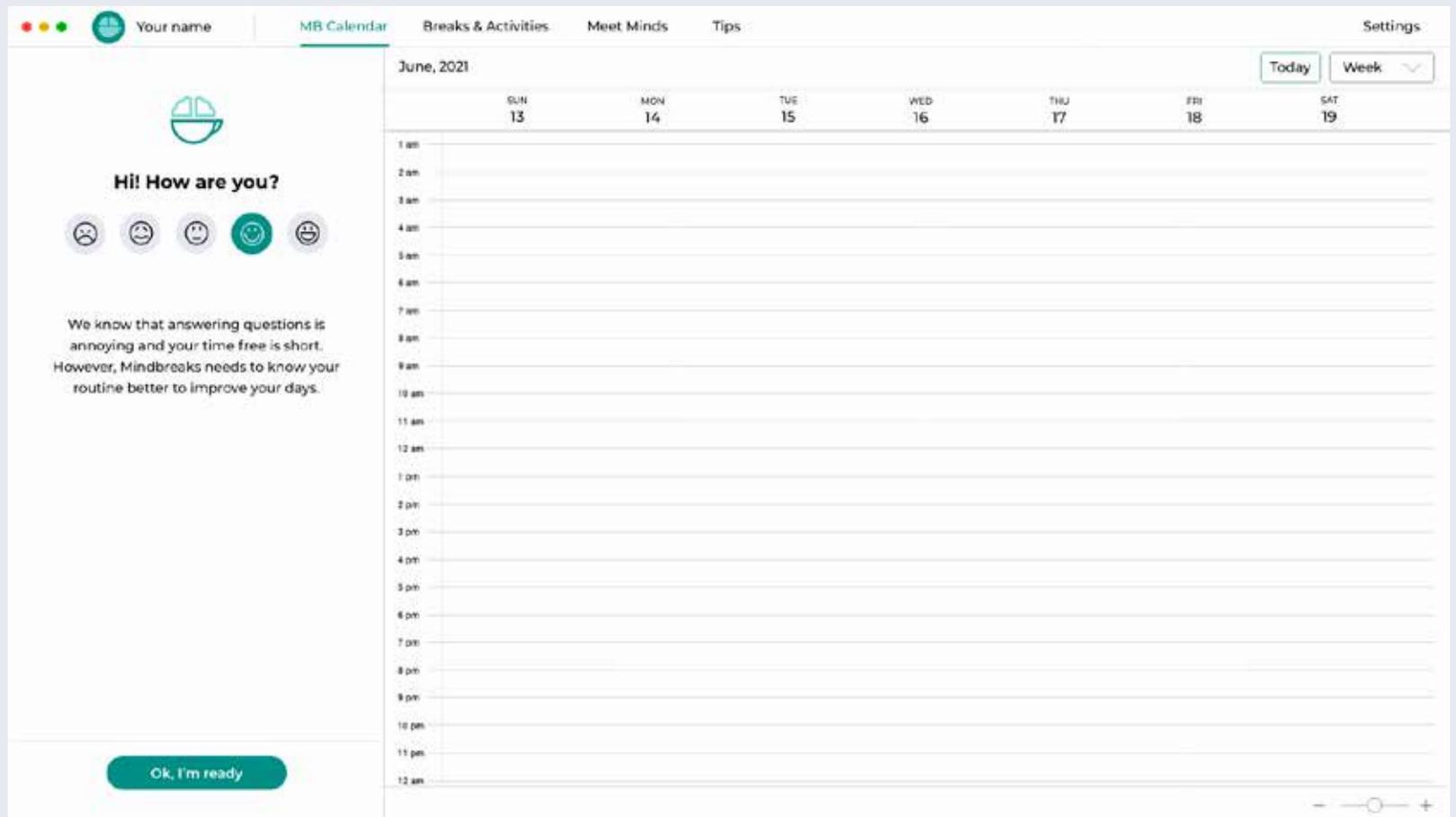
- This question is important to gather data about the user mood changes throughout the weeks. So, it was maintained.
- The calendar was removed because it was not relevant in this step. The focus must be on the question only.
- The description was adjusted.



Prototype redesign

"How are you" screen

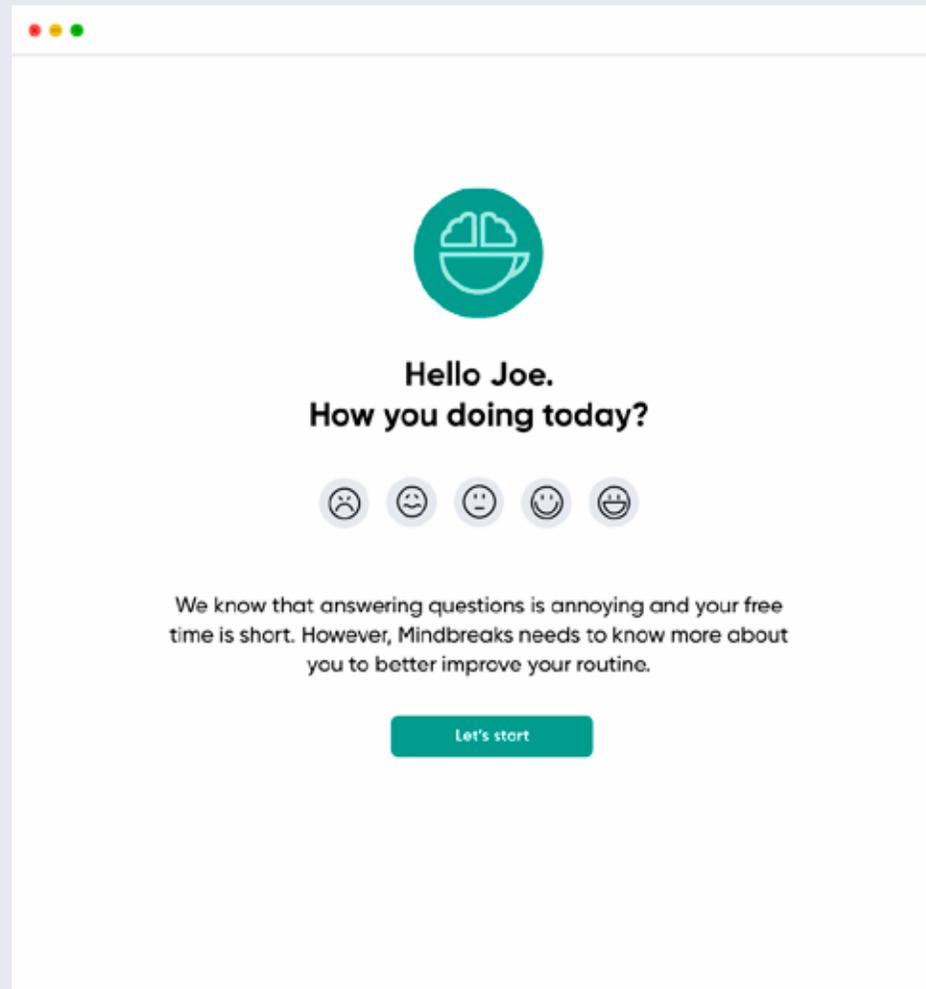
Before



Prototype redesign

"How are you" screen

After

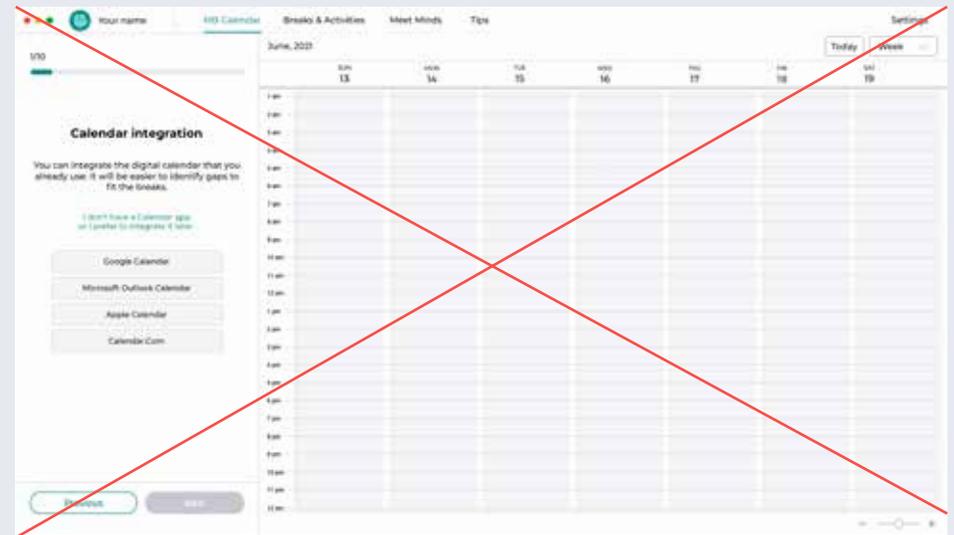


Prototype redesign

1. "Profession Question" step

Changes

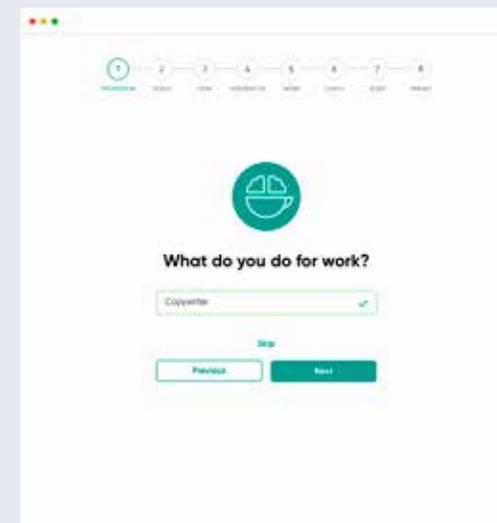
- For the first question of the initial setup, the "Calendar Integration" was replaced by the "profession question". When the user answers their profession, it can generate data related to what type of work they do normally. Then, the app can recommend better breaks and tips.
- The progress bar was improved. According to the user test, the progress bar was not very clear. Therefore, labels and the possibility of clicking on the button to go to previous steps were added to improve the usability. Also, the actions are differentiated by colour to show when the step is active, complete and next (CanvasFlip, 2017).



Progress bar - before



Progress bar - after



Prototype redesign

1. "Profession Question" step

After

1 2 3 4 5 6 7 8
PROFESSION GOALS HOW INTEGRATION WORK LUNCH SLEEP BREAKS

What do you do for work?

Copywriter ✓

Skip

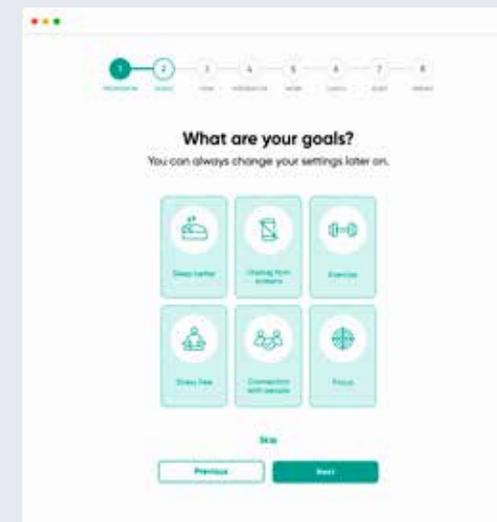
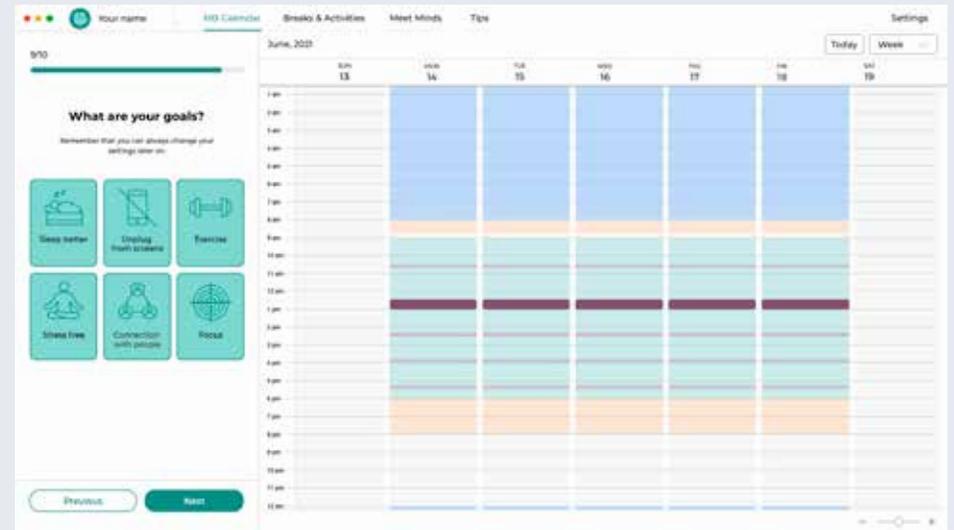
Previous Next

Prototype redesign

2/3. "Goals, where and how" step

Changes

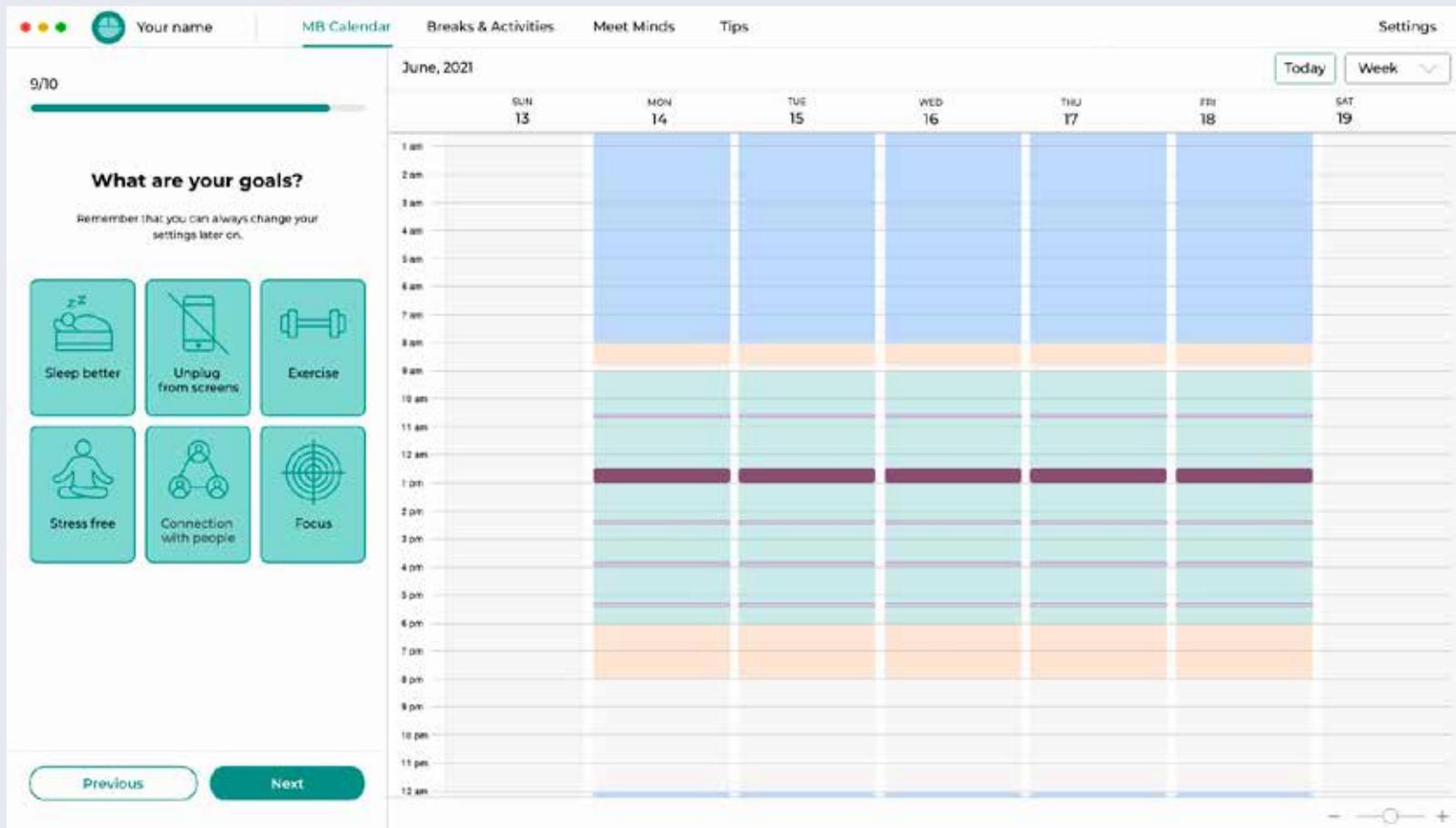
- The questions in this step are important to know what the users want to achieve using the app and consequently recommend the most suitable breaks, activities and tips. Therefore, it used to be at the end of the initial process. However, after evaluating with the mentors and lecturers, those questions are better placed at the beginning.
- The calendar was removed from the whole initial process since it was causing confusion rather than helping the users.



Prototype redesign

2/3. "Goals, where and how" step

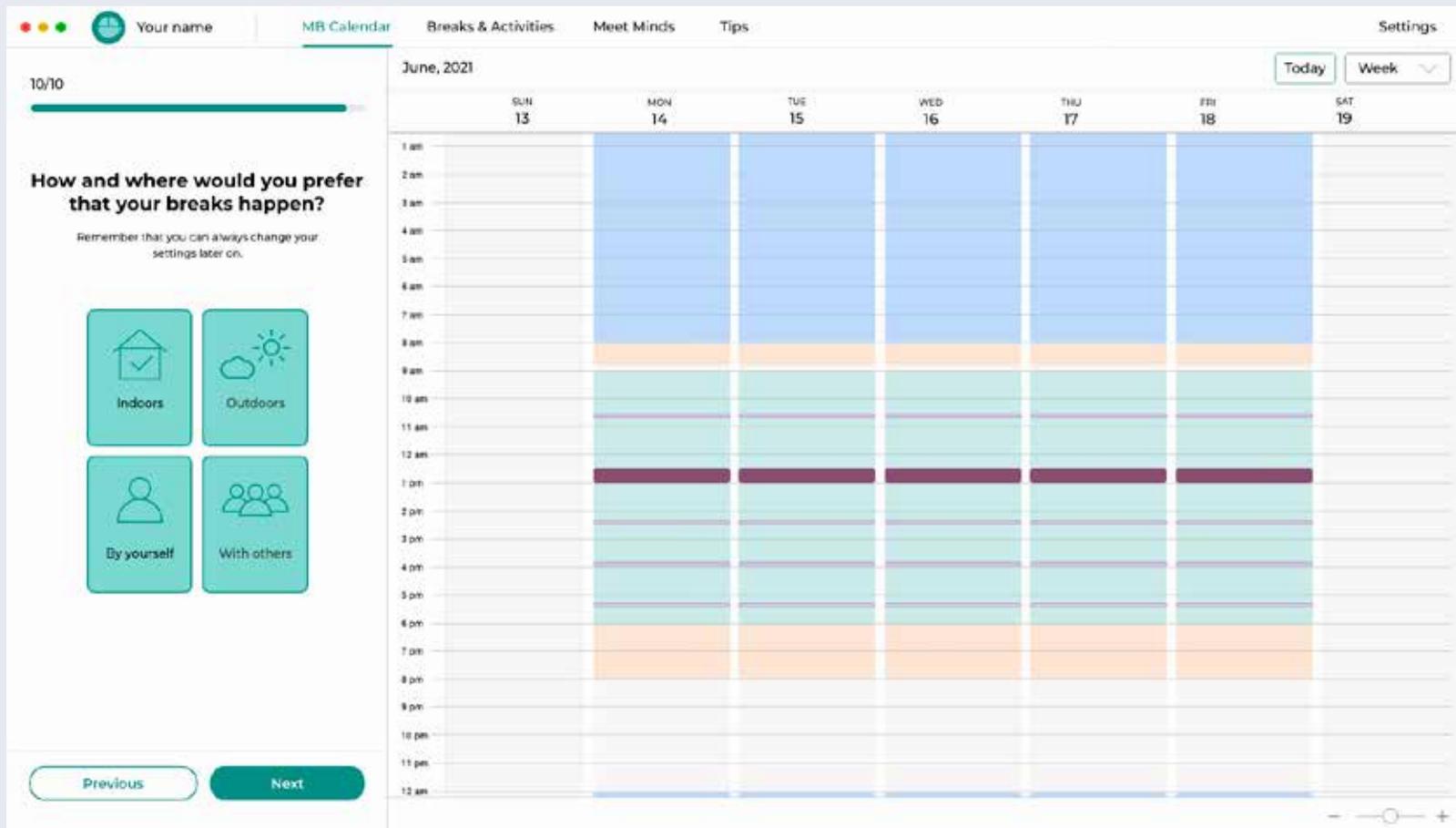
Before



Prototype redesign

2/3. "Goals, where and how" step

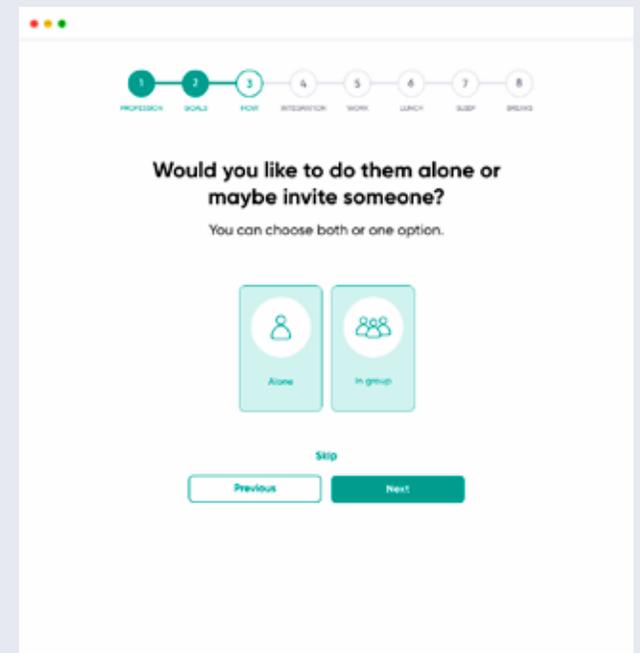
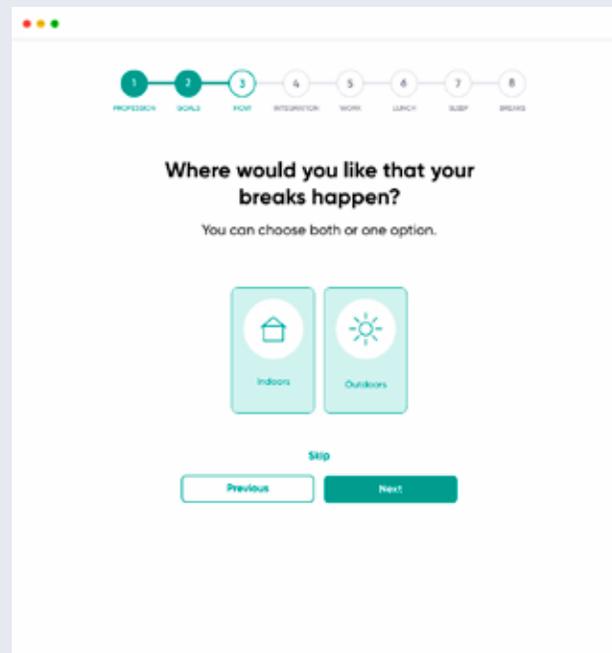
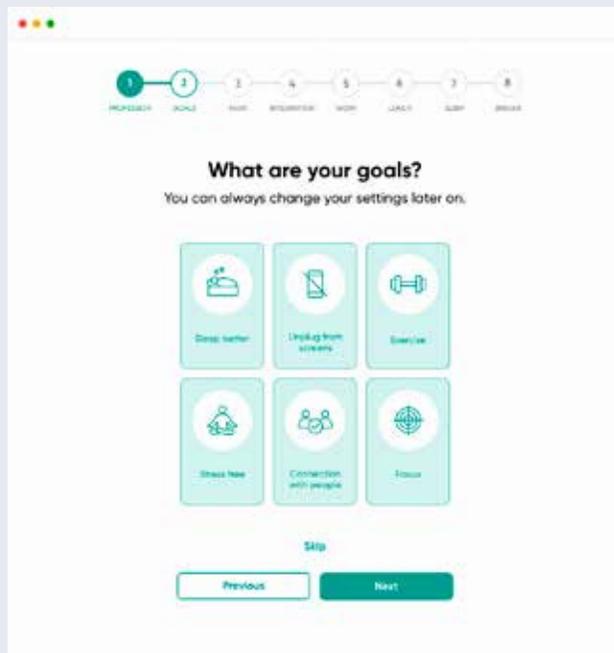
Before



Prototype redesign

2/3. "Goals, where and how" step

After

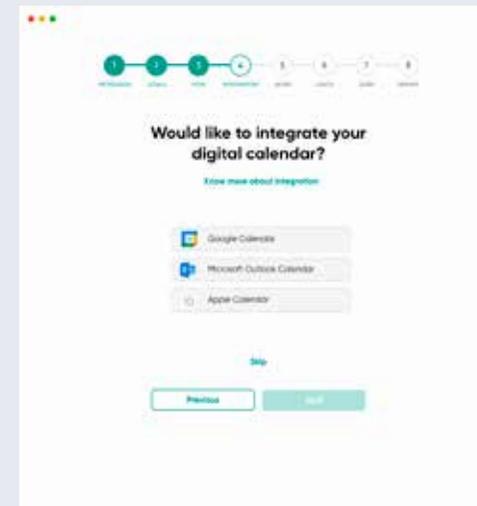
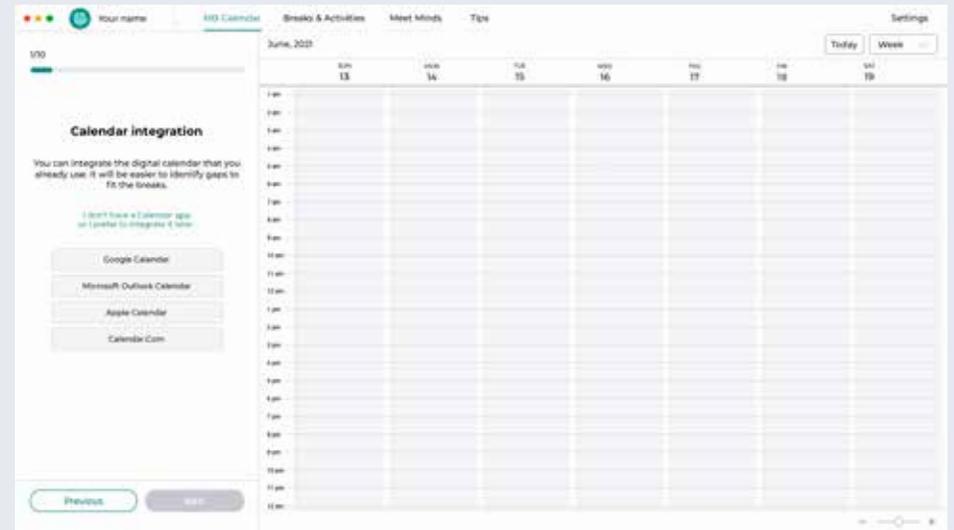


Prototype redesign

4. "Integration" step

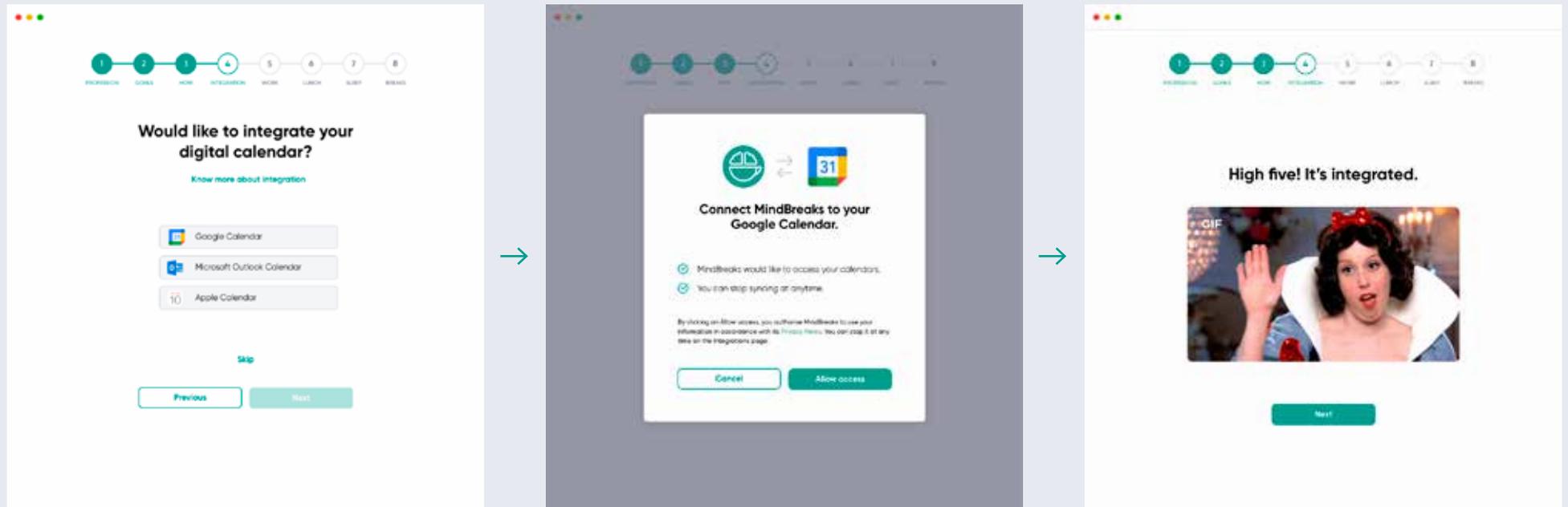
Changes

- This step is essential for those who have already a digital agenda to organise their days. They will be able to integrate MindBreaks into their agenda and see their breaks and activities through both apps. The integration is a time-saver.
- In the first prototype, this process was not fully developed. Since it is an important feature and many testers said that it would be very helpful, the second prototype shows more of how it would work.
- The new flow shows the three most popular digital agendas available (Patterson, 2019). Then, the app will show what Mindbreaks will access and then the integration will occur. All the users' calendars will be displayed. The users will only have to drag and organise their current calendars to the MindBreaks calendars that are divided by work, non-work related, Breaks or activities.



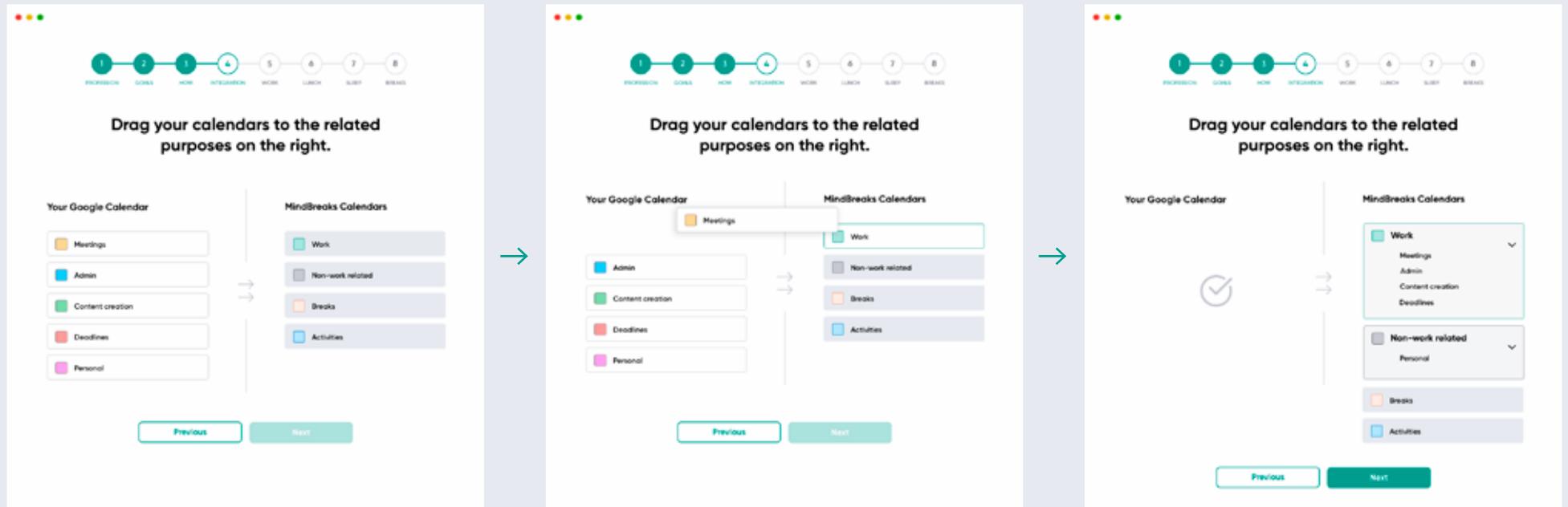
Prototype redesign

4. "Integration" step



Prototype redesign

4. "Integration" step

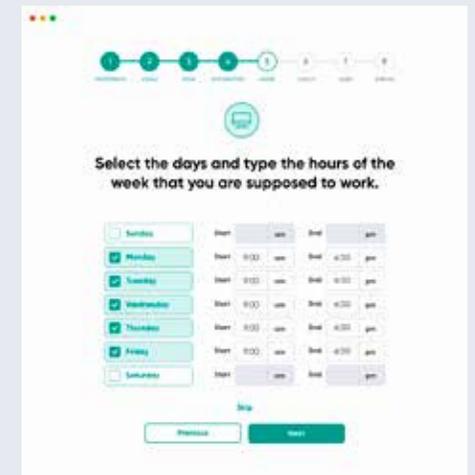
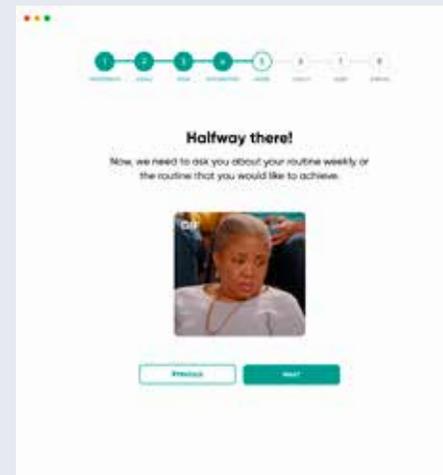
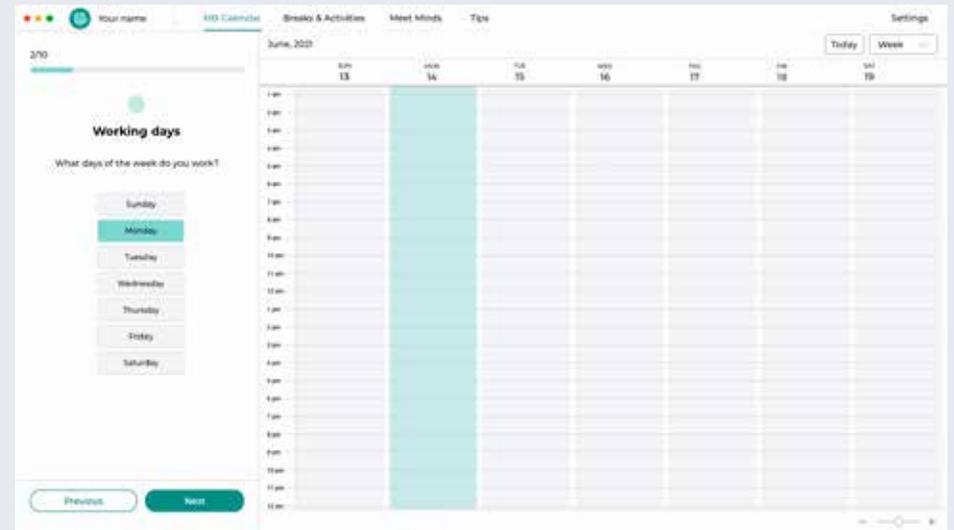


Prototype redesign

5/6/7. "Work", "Lunch", "Sleep" steps

Changes

- Some changes like the sequence and layout were done for those questions related to working, sleeping and lunch breaks days and hours. They still have a similar layout, only changing colours and an icon designed to represent each setup.
- Although the calendar on the right side makes more sense on those steps, it was removed. If the calendar only shows up at this stage, it can confuse the user who was already used to the square-like layout that they have been seen before in the previous steps.



Prototype redesign

5/6/7. "Work", "Lunch", "Sleep" steps

1 2 3 4 5 6 7 8
PROFESSIONAL WORK HOME TELECOMUNICATIONS HOME LUNCH ALARM TRACKING

Computer icon

Select the days and type the hours of the week that you are supposed to work.

Day	Start	am	pm	End	am	pm
<input type="checkbox"/> Sunday						
<input checked="" type="checkbox"/> Monday	Start	9:00	am	End	5:00	pm
<input checked="" type="checkbox"/> Tuesday	Start	9:00	am	End	5:00	pm
<input checked="" type="checkbox"/> Wednesday	Start	9:00	am	End	5:00	pm
<input checked="" type="checkbox"/> Thursday	Start	9:00	am	End	5:00	pm
<input checked="" type="checkbox"/> Friday	Start	9:00	am	End	5:00	pm
<input type="checkbox"/> Saturday	Start			End		

Skip

Previous Next

1 2 3 4 5 6 7 8
PROFESSIONAL WORK HOME TELECOMUNICATIONS HOME LUNCH ALARM TRACKING

Fork and knife icon

How long do you usually have a lunch break for?

Day	Start	am	pm	End	am	pm
<input checked="" type="checkbox"/> Monday	Start	12:00	pm	End	1:00	pm
<input checked="" type="checkbox"/> Tuesday	Start	12:00	pm	End	1:00	pm
<input checked="" type="checkbox"/> Wednesday	Start	12:00	pm	End	1:00	pm
<input checked="" type="checkbox"/> Thursday	Start	12:00	pm	End	1:00	pm
<input checked="" type="checkbox"/> Friday	Start	12:00	pm	End	1:00	pm

Skip

Previous Next

1 2 3 4 5 6 7 8
PROFESSIONAL WORK HOME TELECOMUNICATIONS HOME LUNCH ALARM TRACKING

Bed icon

What time would you like to sleep and wake up?

Select the days that you want that the app track your sleep.

Day	Wake up	am	pm	Sleep	am	pm
<input type="checkbox"/> Sunday						
<input checked="" type="checkbox"/> Monday	Wake up	7:00	am	Sleep	11:00	pm
<input checked="" type="checkbox"/> Tuesday	Wake up	7:00	am	Sleep	11:00	pm
<input checked="" type="checkbox"/> Wednesday	Wake up	7:00	am	Sleep	11:00	pm
<input checked="" type="checkbox"/> Thursday	Wake up	7:00	am	Sleep	11:00	pm
<input checked="" type="checkbox"/> Friday	Wake up	7:00	am	Sleep	11:00	pm
<input type="checkbox"/> Saturday	Wake up			Sleep		

Skip

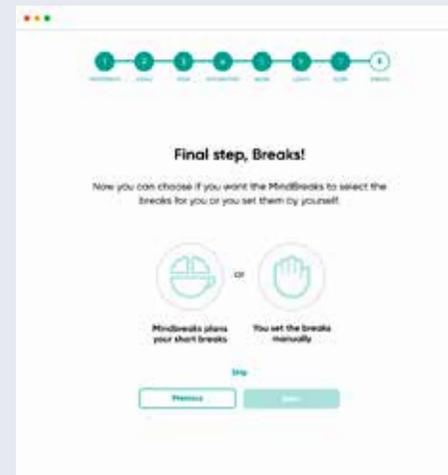
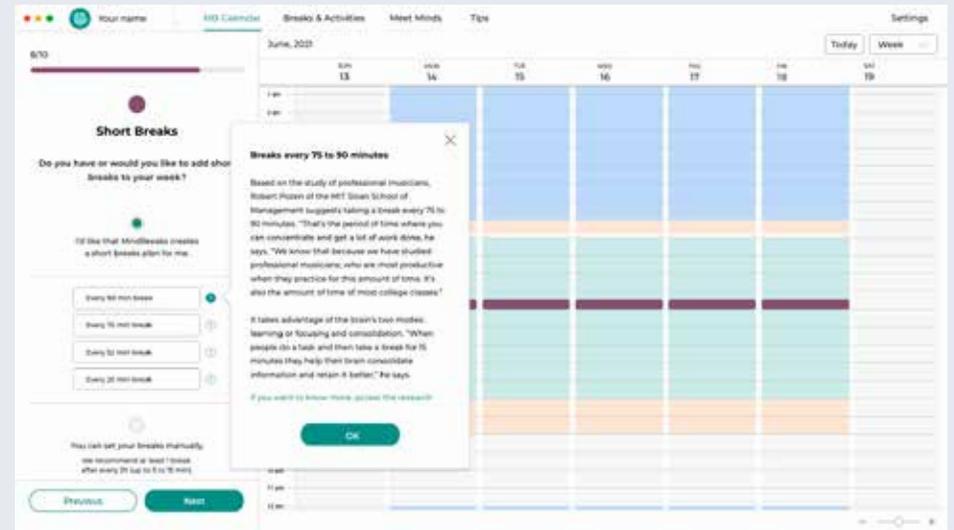
Previous Next

Prototype redesign

8. Breaks

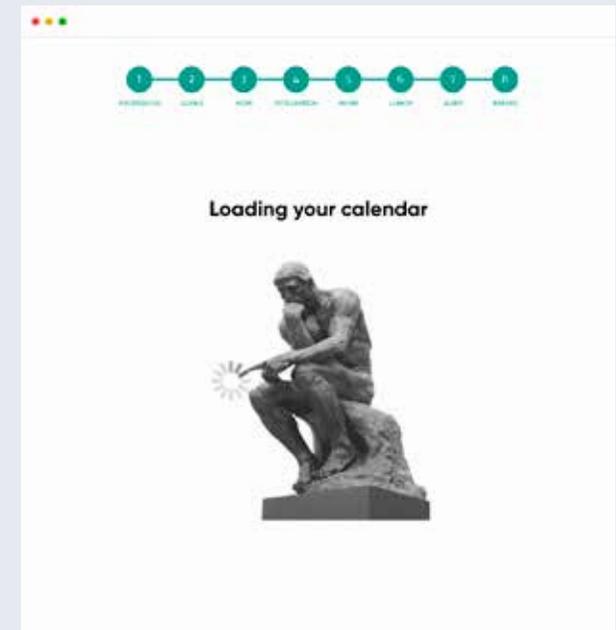
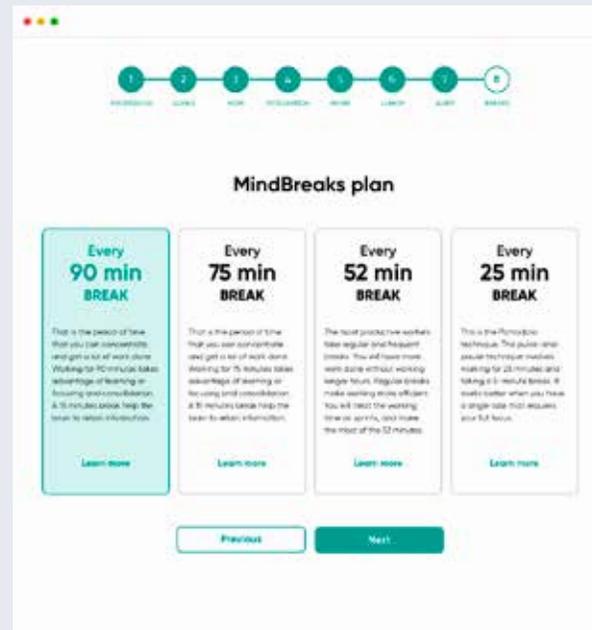
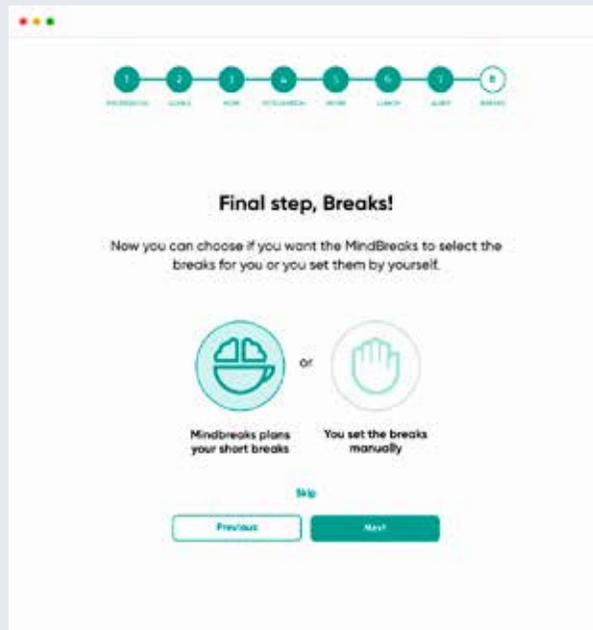
Changes

- The layout of the breaks setup has changed significantly compared to the previous one. Icons instead of a radio button represent the choices between MindBreaks plan and Manual breaks plan. Besides, the break types screen now have a brief explanation instead of providing it only when clicking on the "?" button. Those changes make this step more accessible and pleasing.
- Furthermore, after choosing between the manual and the MindBreaks plan, the app will display a loading screen that will warn the user that the final screen will be created. That step is important to situate the user.



Prototype redesign

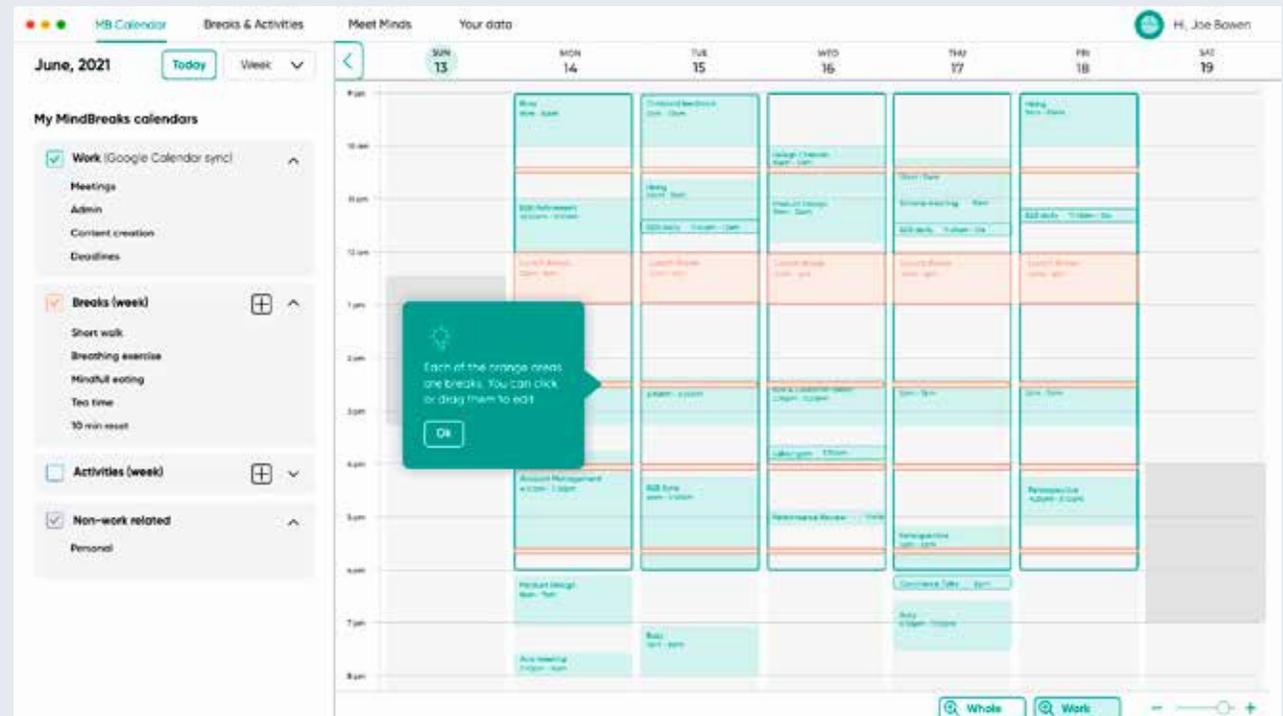
8. Breaks



Prototype redesign

Using the app

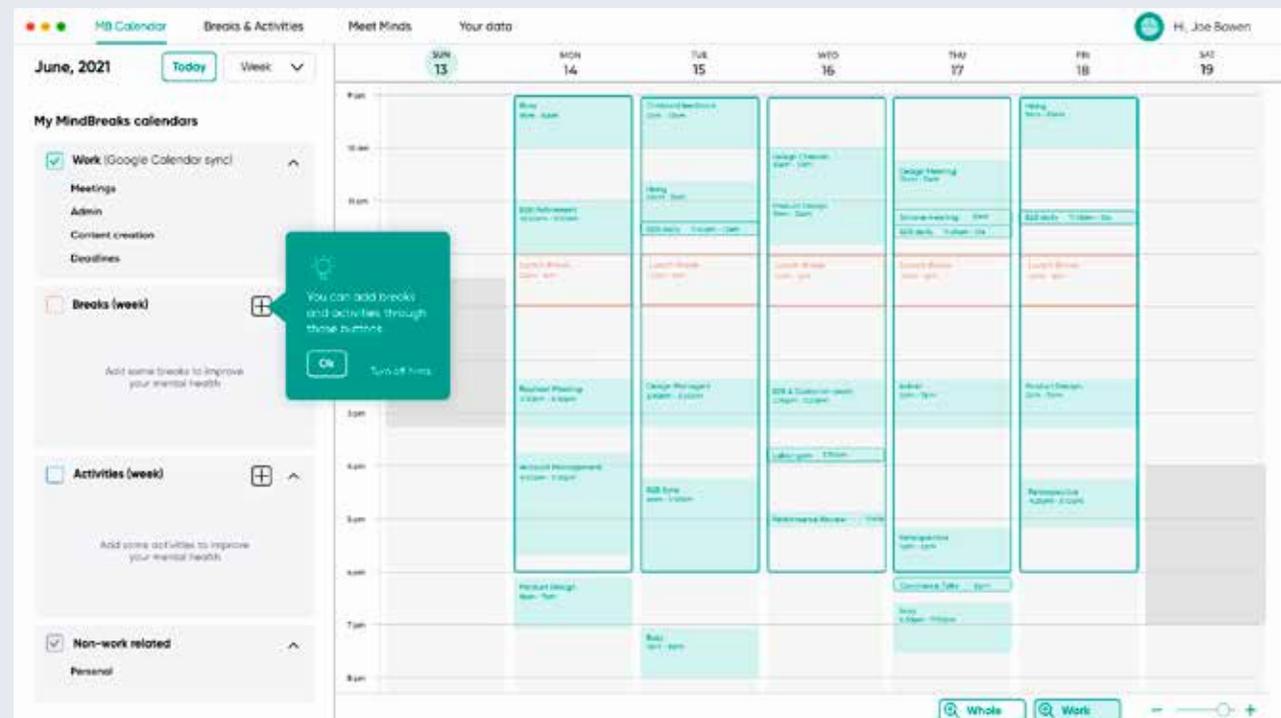
A product guided tour will be necessary to prevent the user from getting lost on the screen after the first setup. Onboarding elements such as tooltips or hotspots will teach the user what to do. They can be turned on and off at any time (Gokse, 2021).



Prototype redesign

Using the app

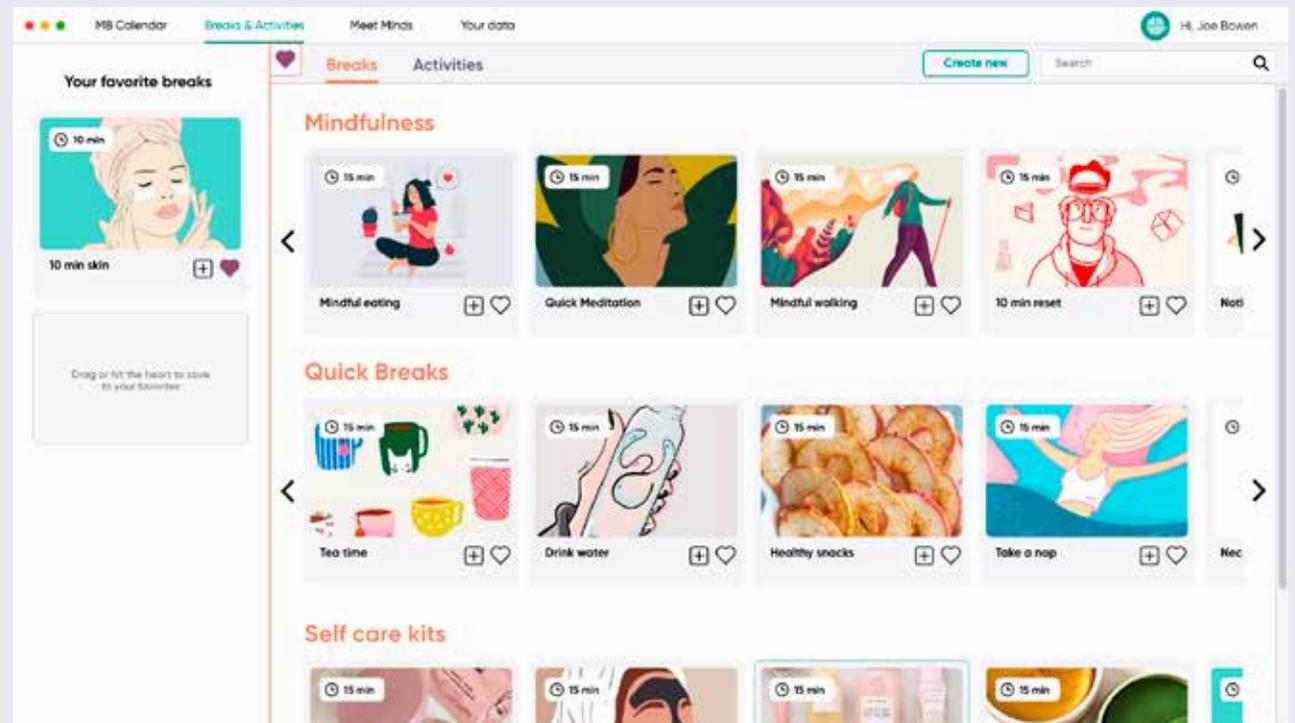
A product guided tour will be necessary to prevent the user from getting lost on the screen after the first setup. Onboarding elements such as tooltips or hotspots will teach the user what to do. They can be turned on and off at any time (Gokse, 2021).



Prototype redesign

Adding breaks

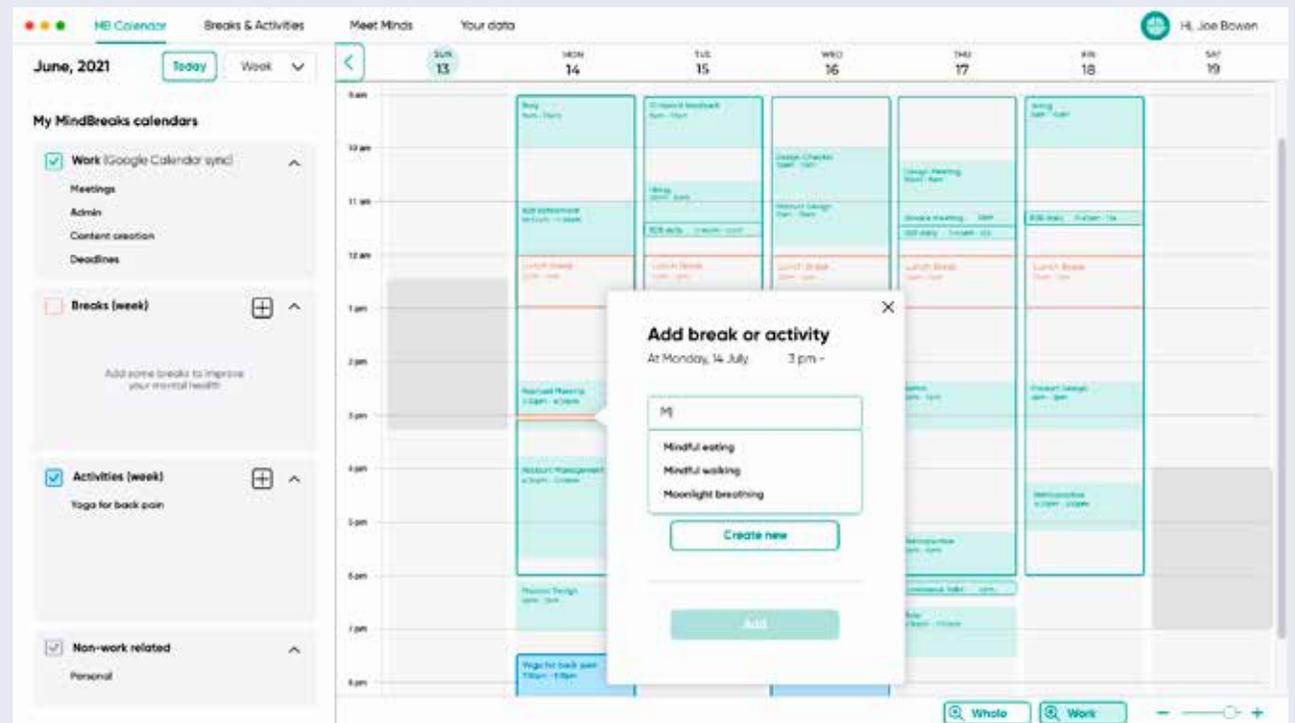
Adding breaks through the navbar or sidebar will take to the Breaks and Activities screen. There, the user can choose a break or activity available or create a new one.



Prototype redesign

Adding breaks

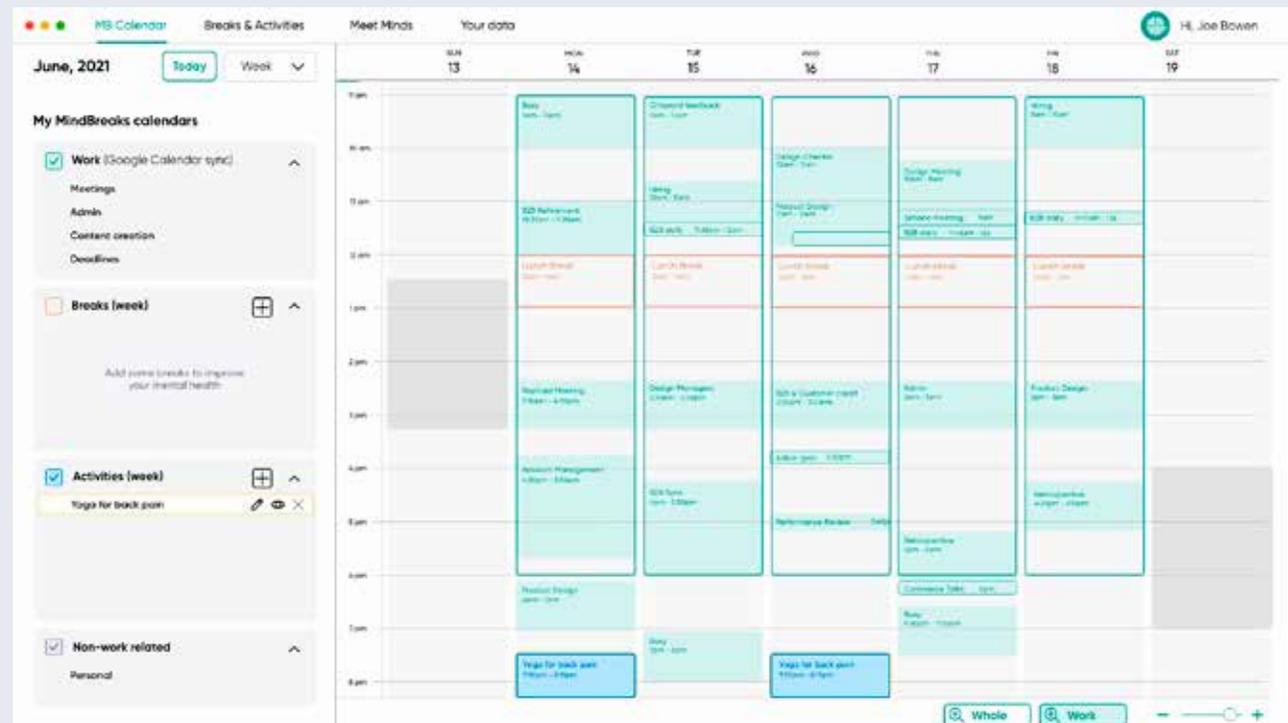
Adding breaks through the calendar will pop up a modal with the options to just type the break, go to the Breaks and Activities screen or create a new break.



Prototype redesign

Added feature

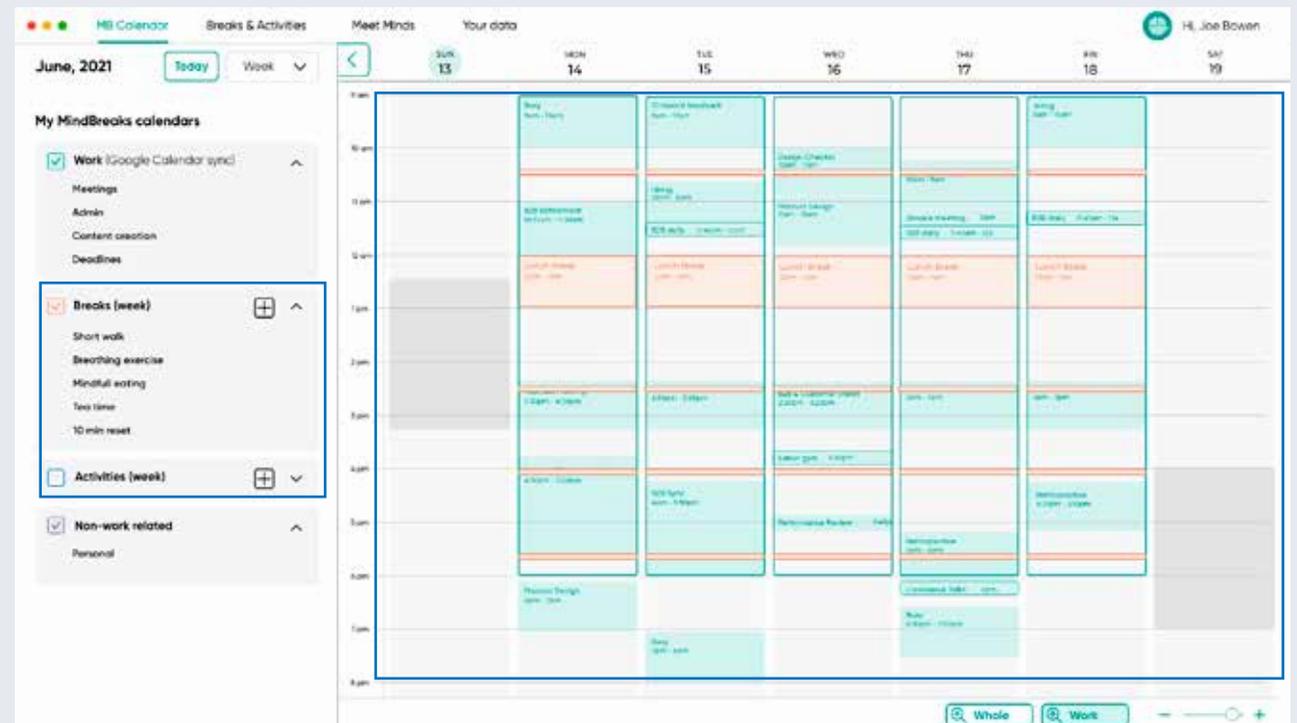
- When the break or activity is added, the app will highlight it on the calendar and the sidebar.
- Activities and breaks are separated, and they have different colours to represent them. The activities are longer than the breaks. Therefore, they are more suitable for the period before or after work.



Prototype redesign

Edit breaks

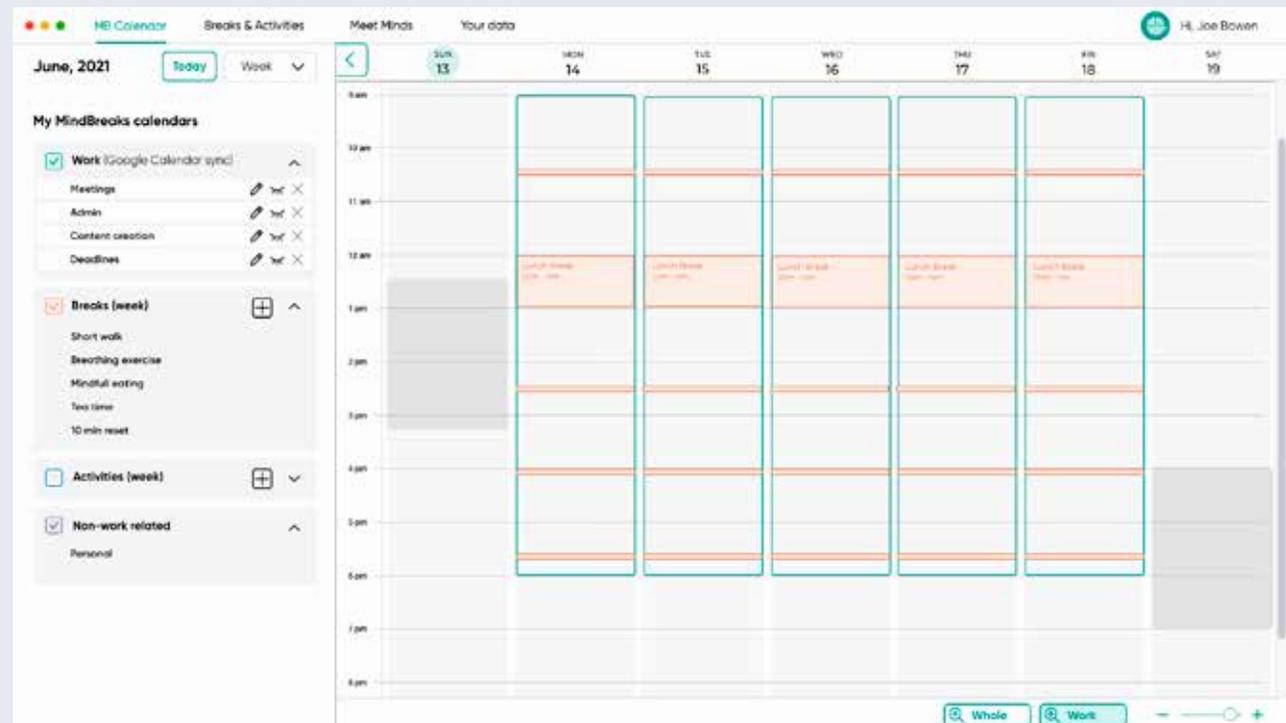
Now, the user will be able to edit the breaks through two ways - sidebar and calendar.



Prototype redesign

Added features

The sidebar features were more developed for the second prototype. Not only the user will be able to edit, delete and add the breaks and activities on the sidebar, but also they will be able to hide the calendars on the right side.



Prototype redesign

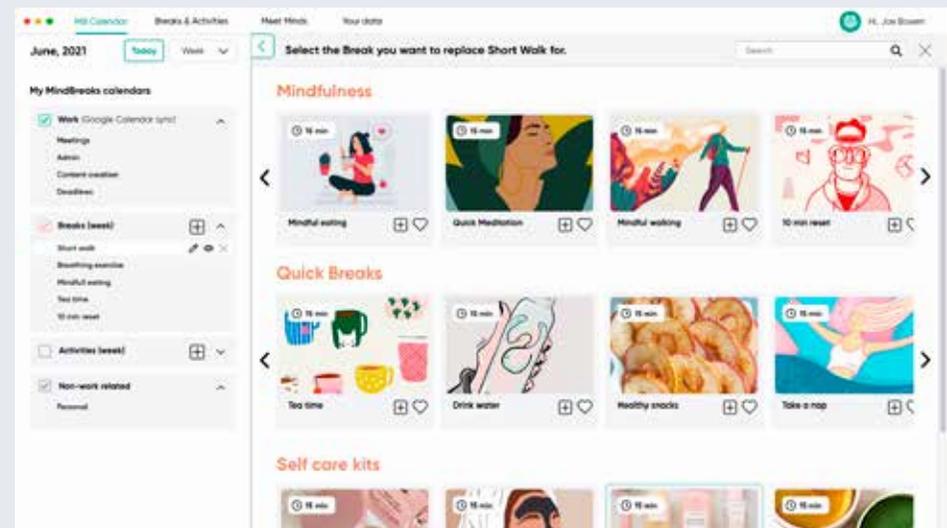
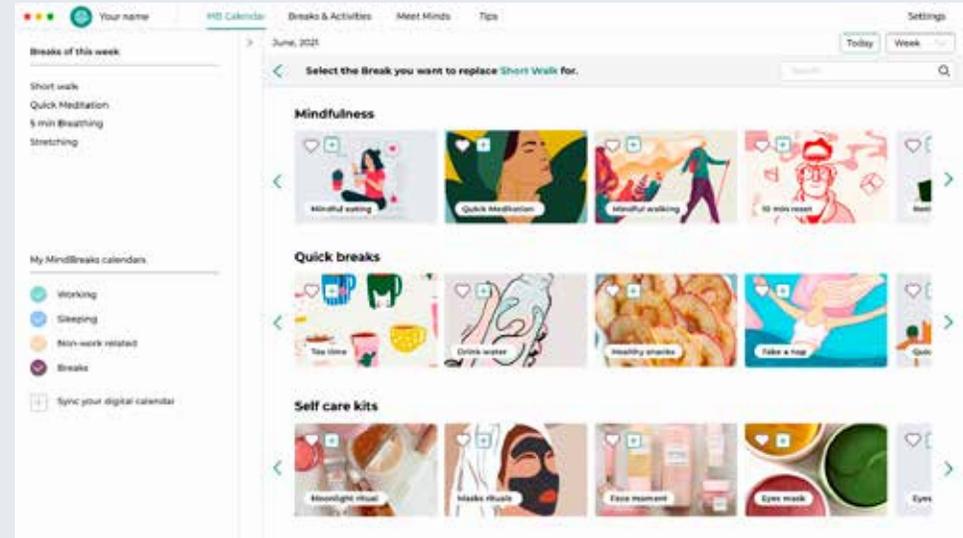
Added features

The breaks and activities cards were improved to work on any kind of image. Before, the card elements, such as favourite and add button, could become difficult to be visualised on specific images. Also, the current card shows their duration, which is one of the most important details when choosing the break or activity (Babich, 2020).

Before



After

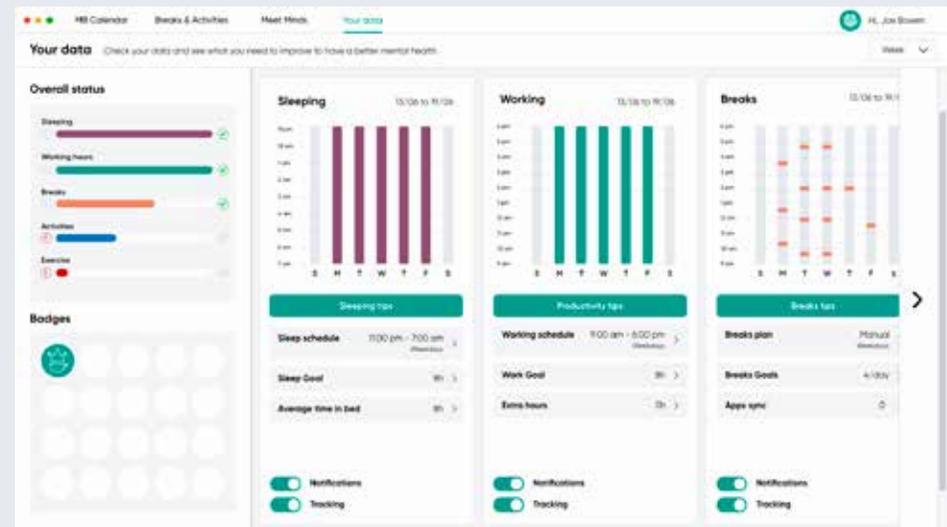
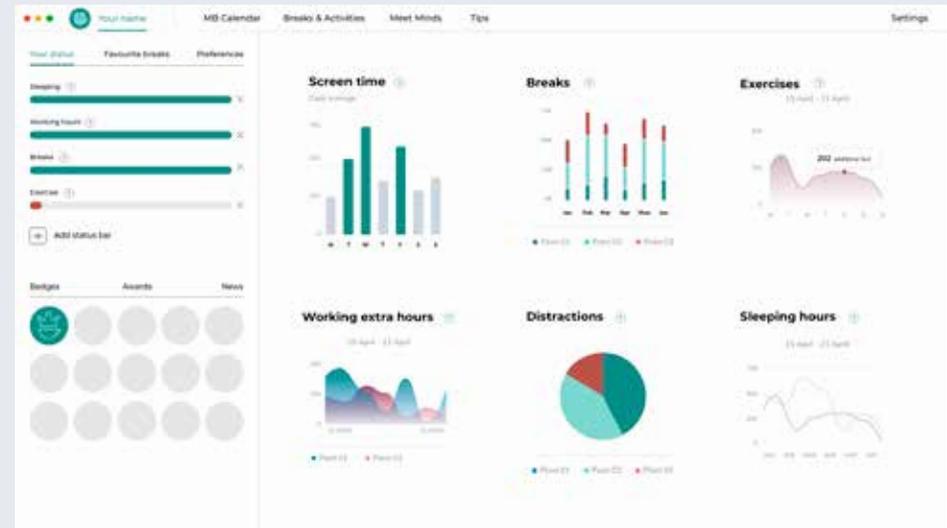


Prototype redesign

User's data

During the test, the users had difficulty finding where they could find their data. Therefore, the data was added to the main menu due to the importance of this feature.

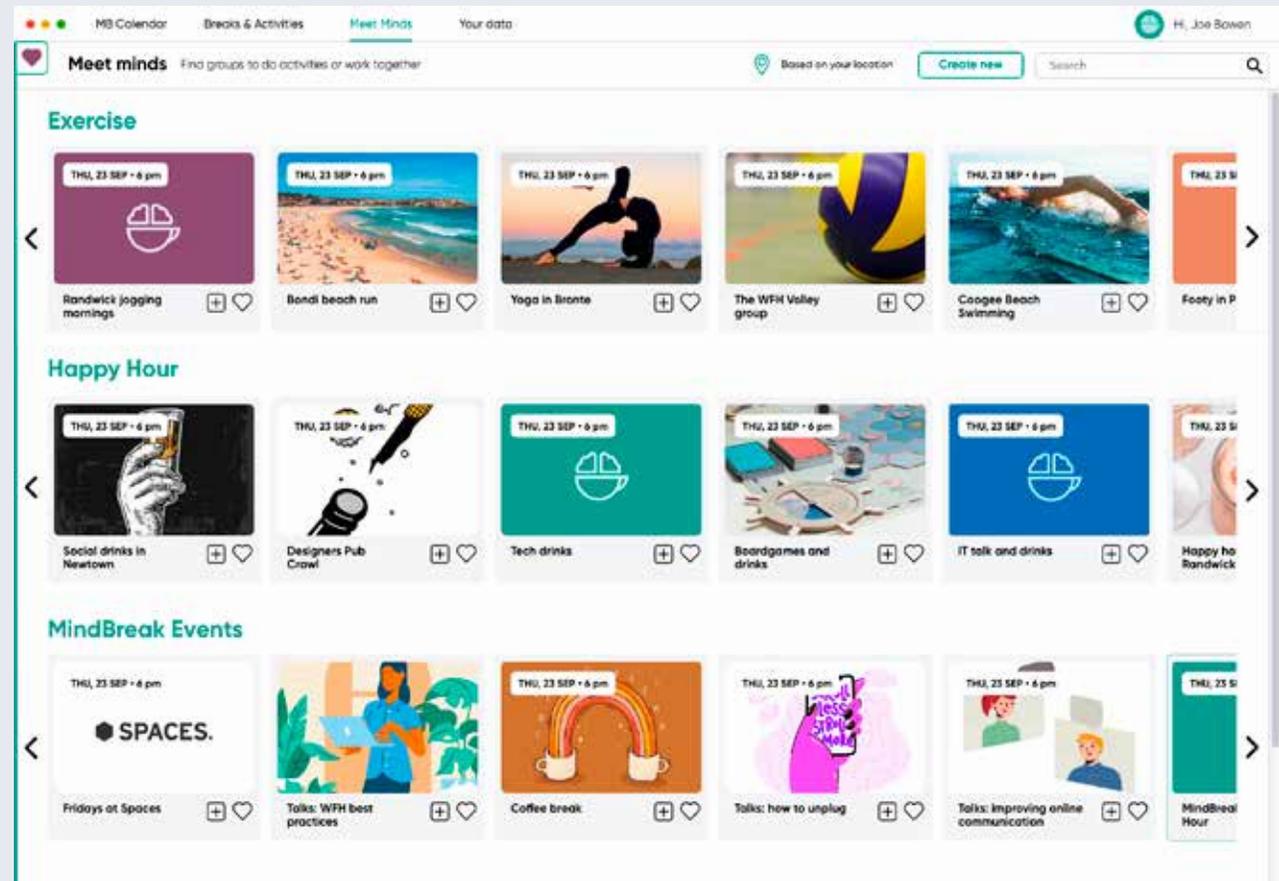
The layout was changed entirely. Before, the layout was intended just to represent the screen with random graphs and charts. However, the new one shows a layout closer to a possible final one. MindBreaks will show how the user has been doing on each aspect of the app - working hours, sleeping, breaks, exercise, and others. According to the results, the user will receive tips on improving the aspects they are not going well.



Prototype redesign

Meet minds

In the user test, the majority of the users (90%) answered positively that they would like to have the possibility to meet up with other people to do the activities in a group; the feature was maintained as the previous prototype. The layout was updated to the newest version, but this flow still needs to be developed.



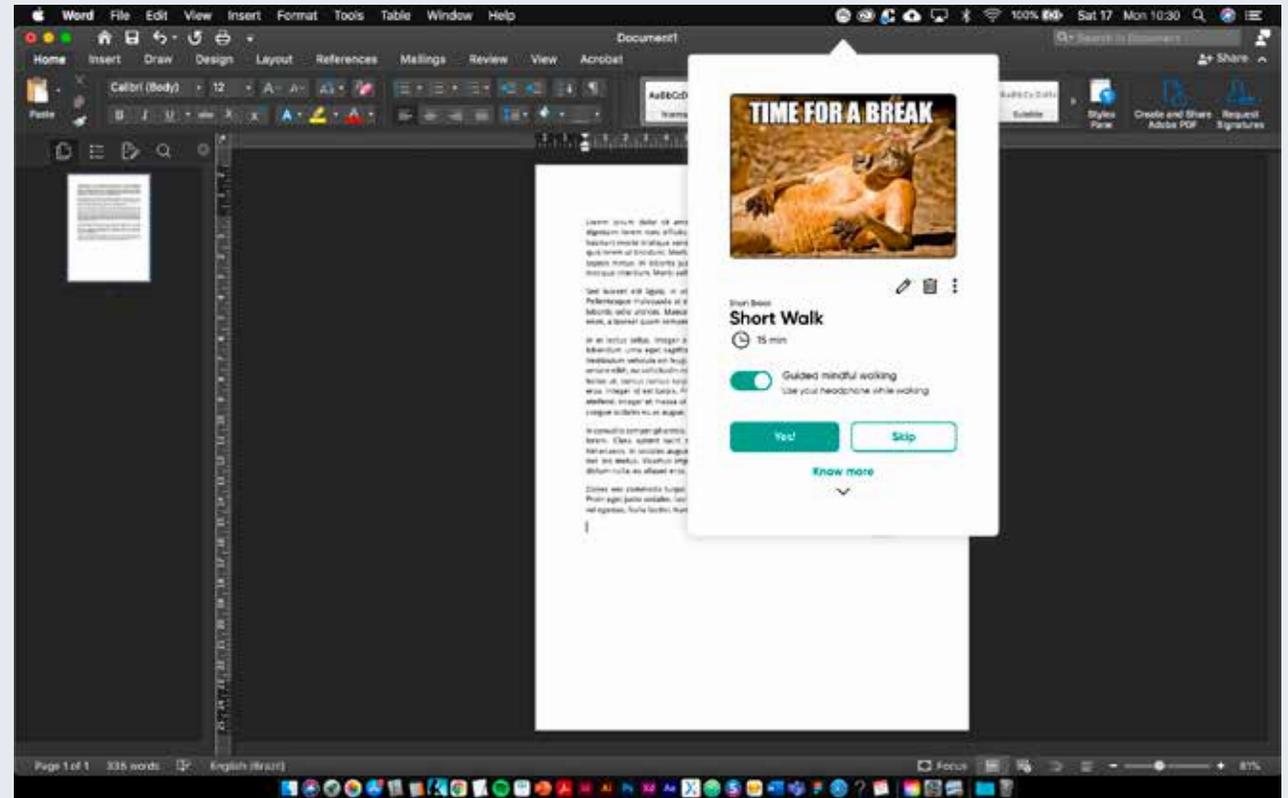
Prototype redesign

Notifications

In the test, people do not seem to be very bothered by notifications. However, the user will be able to customise all the notifications fully.

Follow some notifications examples:

Break notifications



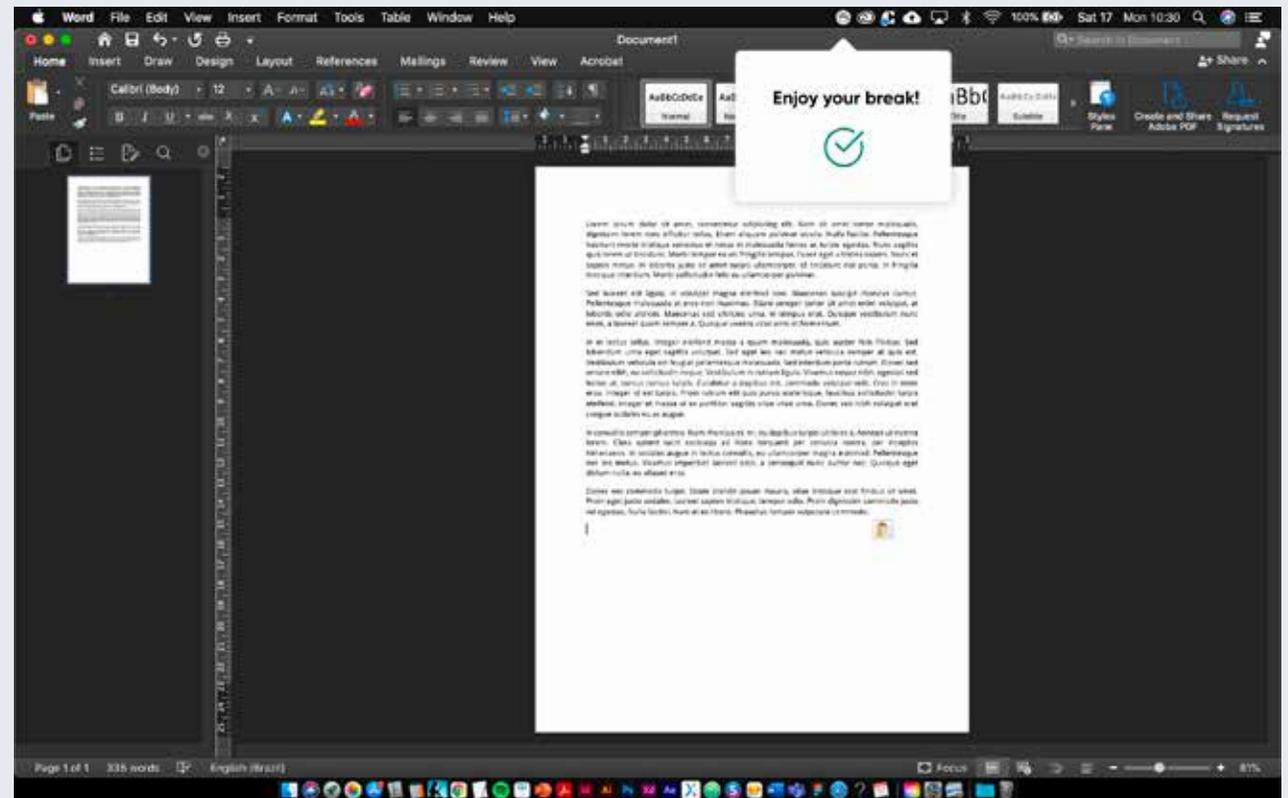
Prototype redesign

Notifications

In the test, people do not seem to be very bothered by notifications. However, the user will be able to customise all the notifications fully.

Follow some notifications examples:

Break notifications - when the break is confirmed



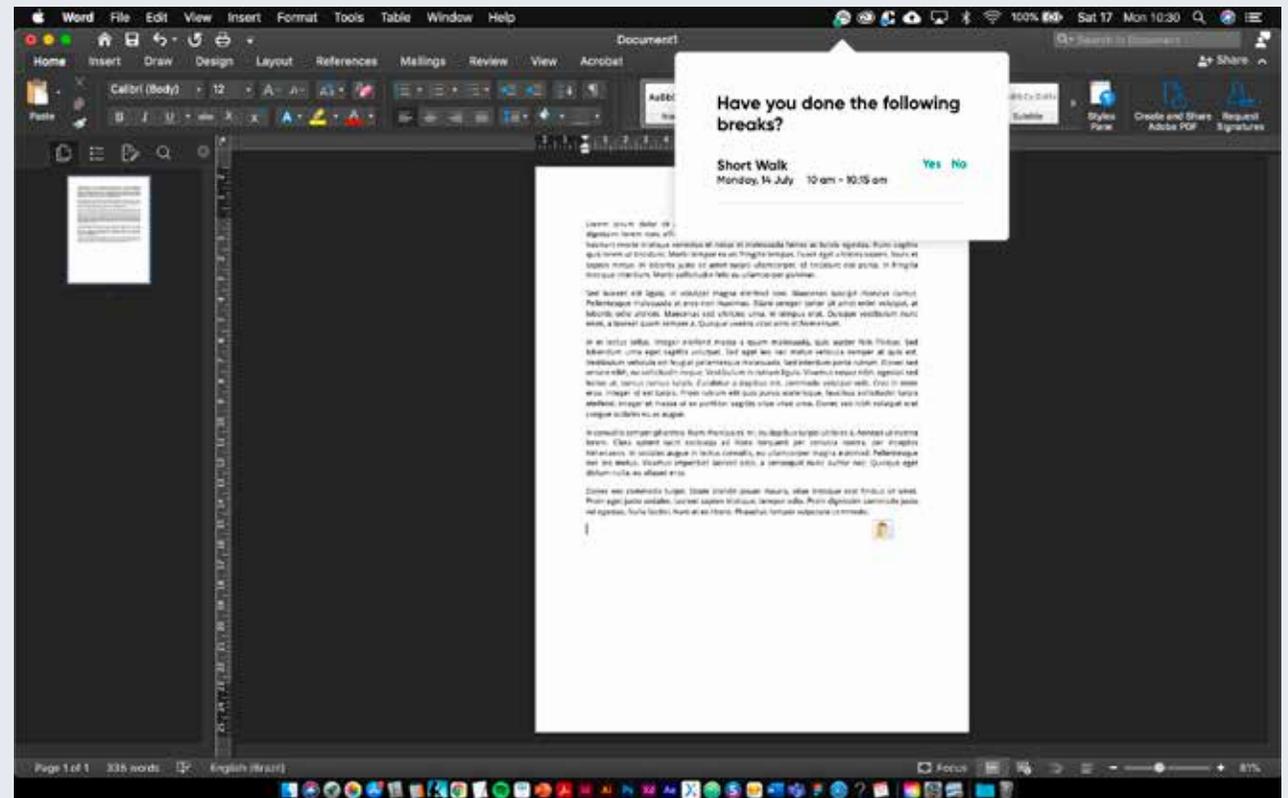
Prototype redesign

Notifications

In the test, people do not seem to be very bothered by notifications. However, the user will be able to customise all the notifications fully.

Follow some notifications examples:

Break notifications - How to make the app know that the users have completed or not the break or activity.



Prototype redesign

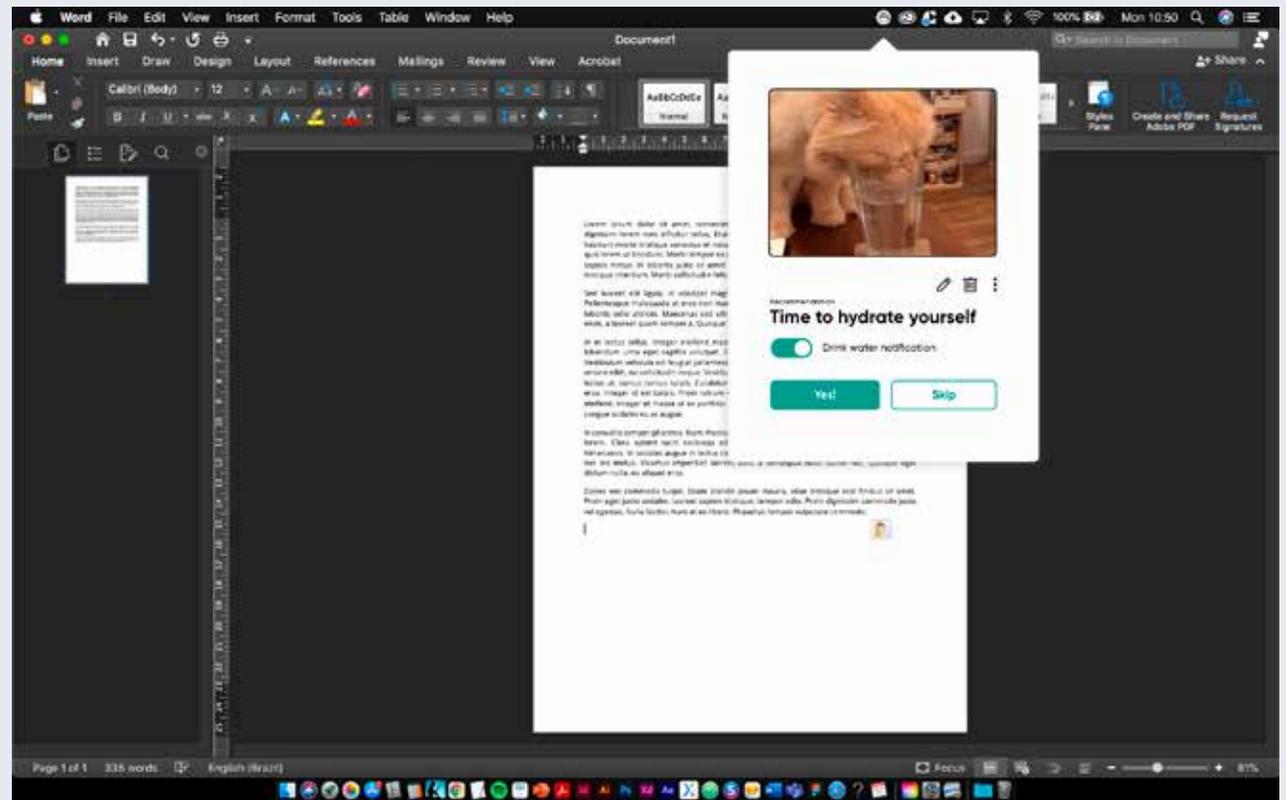
Notifications

In the test, people do not seem to be very bothered by notifications. However, the user will be able to customise all the notifications fully.

Follow some notifications examples:

Break notifications

Drink water notification



Prototype redesign

Notifications

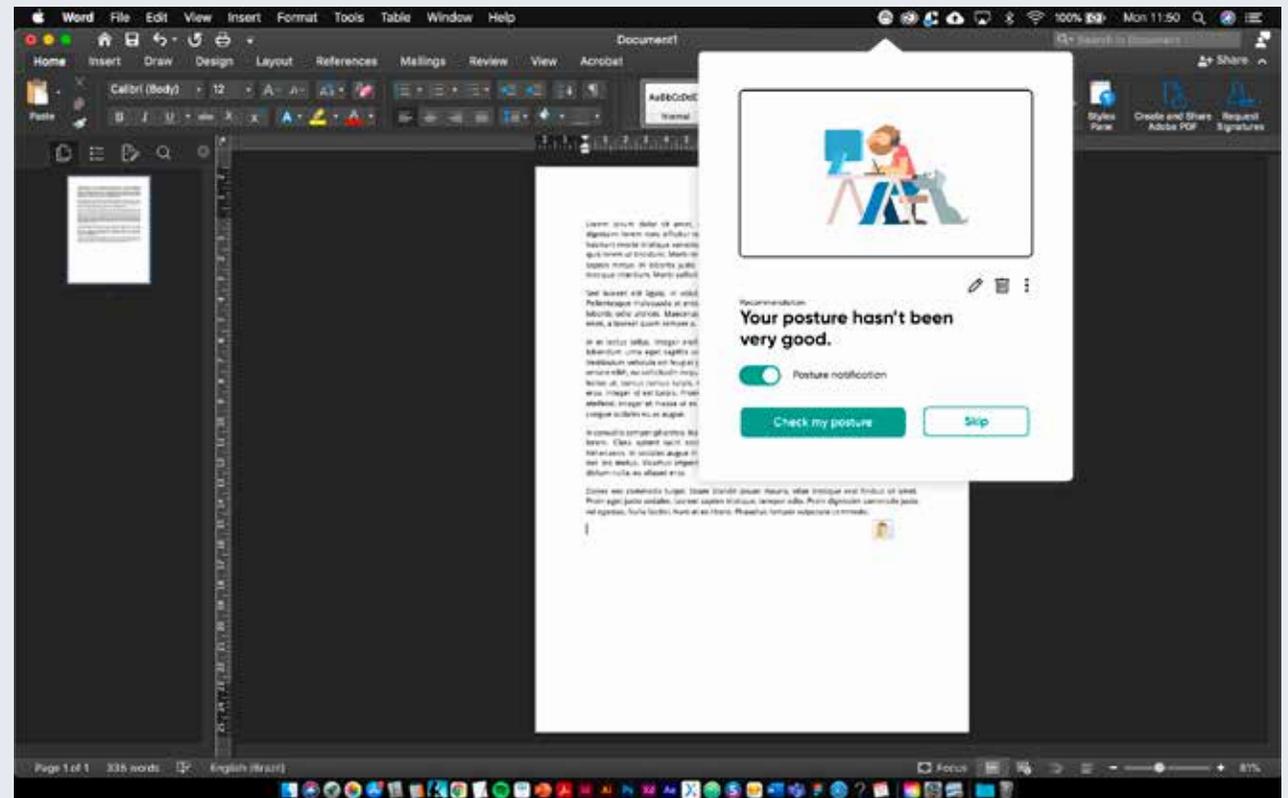
In the test, people do not seem to be very bothered by notifications. However, the user will be able to customise all the notifications fully.

Follow some notifications examples:

Break notifications

Drink water notification

Wrong posture notification



Prototype redesign

Notifications

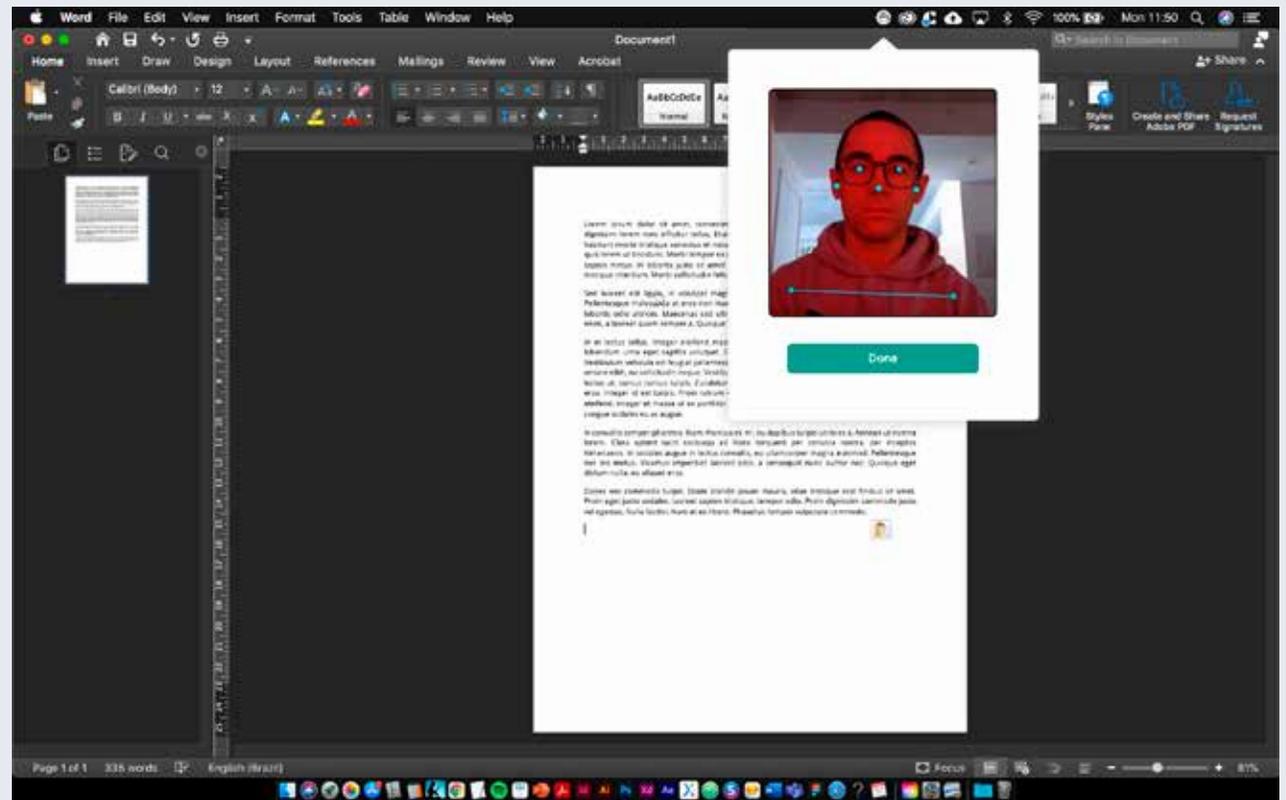
In the test, people do not seem to be very bothered by notifications. However, the user will be able to customise all the notifications fully.

Follow some notifications examples:

Break notifications

Drink water notification

Wrong posture notification – the user will be able to use the help of artificial intelligence and their camera to adjust their posture.



Prototype redesign

Notifications

In the test, people do not seem to be very bothered by notifications. However, the user will be able to customise all the notifications fully.

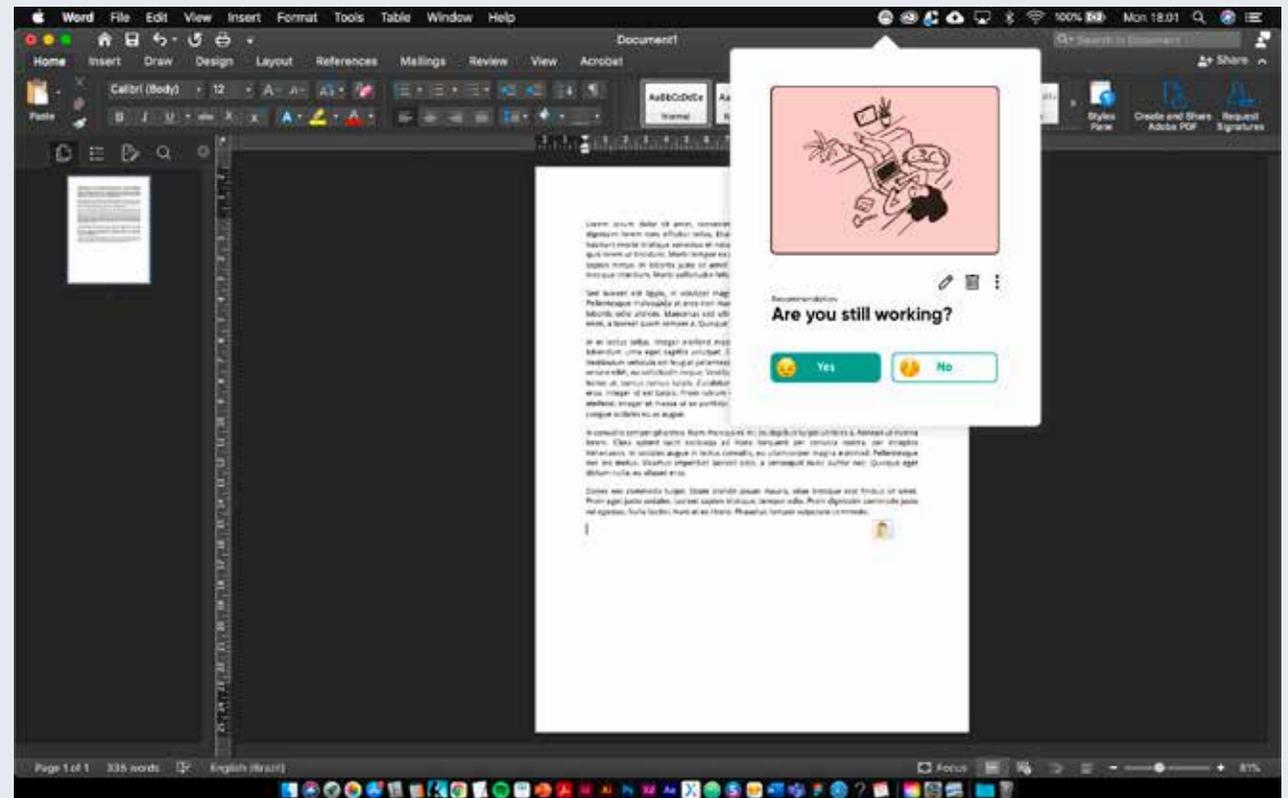
Follow some notifications examples:

Break notifications

Drink water notification

Wrong posture notification

Extra hour working notification - it will pop up every time the user is using the computer over the time they scheduled for ending work time.



Prototype redesign

Gifs and the MindBreaks personality

Informal and practical

MindBreaks does not take anything too serious. Humour is essential for happiness. It prefers to use gifs and illustrations to communicate rather than industry jargon. It likes to be updated with the pop trends and make users smile about the details.

MindBreaks aims to be a fun and friendly app. That is the reason for using gifs to communicate. The gifs copyright still need to be evaluated, but they show the tone of voice that the app wants to use.

Optimistic and friendly

MindBreaks is motivated and finds ways to encourage the users to be better each day. It does not want to be bossy; it wants to show that there are ways for improvement. It does understand that it is hard to be great every day. That is why it does not want to push hard. Instead, it wants to be a friend who gives good suggestions and knows that the process is slow and different for each one.

4 Design System

Elements polish according
UI/UX best practices



Design System

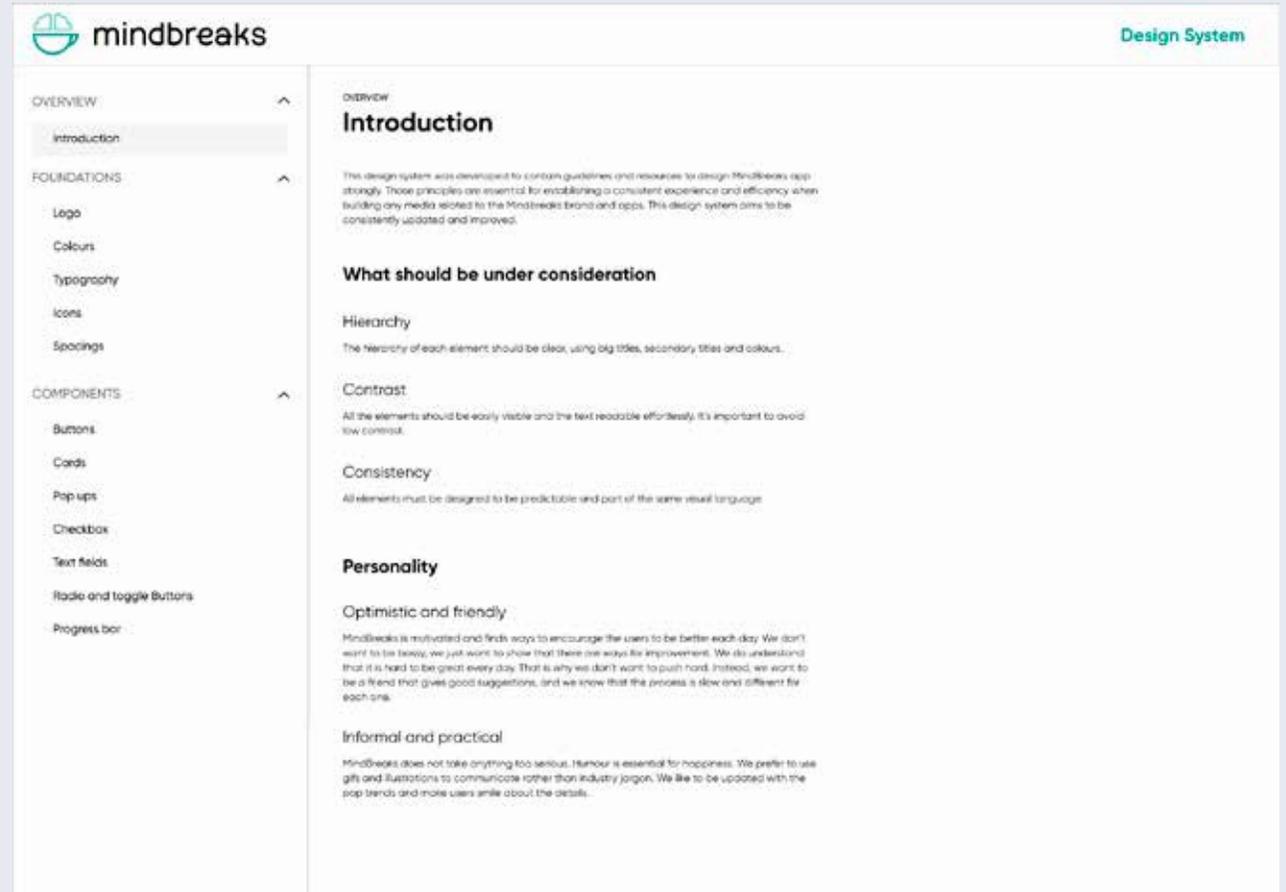
This design system was developed to contain guidelines and resources to design MindBreaks app strongly. Those principles are essential for establishing a consistent experience and efficiency when building any media related to the Mindbreaks brand and apps. This design system aims to be consistently updated and improved.

What was considered when building the design system:

Hierarchy: The hierarchy of each element should be clear, using big titles, secondary titles and colours.

Contrast: All the elements should be easily visible and the text readable effortlessly. It is important to avoid low contrast.

Consistency: All elements must be designed to be predictable and part of the same visual language.



Design System

Logo

The logo's icon refers to the most common activity workers do during breaks - drinking coffee. The coffee break is very representative for most of the cultures as a break time. Besides, the wordmark typography was chosen to be friendly and casual.

The design system shows how to properly apply the logo in colours, black and white, how the icon should be used without the wordmark, the exclusion zone around the logo and the misuses.

The screenshot shows a design system page for Mindbreaks. The page is titled "Design System" in the top right corner. On the left, there is a navigation menu with sections: OVERVIEW (Introduction), FOUNDATIONS (Logo, Colours, Typography, Icons, Spacings), and COMPONENTS (Buttons, Cards, Pop-ups, Checkbox, Text fields, Radio and toggle Buttons, Progress bar). The main content area is titled "FOUNDATIONS Logo" and includes the following sections:

- Logo**: A paragraph explaining the icon's meaning and the choice of wordmark typography. Below this are two versions of the logo: "Stacked version" (icon above wordmark) and "Horizontal version" (icon to the left of wordmark).
- Primary logo colours**: A section stating "These are the colours that Mindbreaks sets as their identity." It shows three color swatches: "Cup" (#19C8D), "Brain" (#9DD7CF), and "Wordmark" (#000000).
- Black & White**: A section stating "Whenever there is colour limitations, the black or white versions can be used." It shows the logo icon and wordmark in both black and white.
- Using the icon only**: A section stating "Our icon is a shorter version of our logo. Use the icon on its own only if you do not have enough room for the full logo or in cases when the Mindbreaks brand has already been established. While the icon can exist without the wordmark, the wordmark should never exist without the icon."
- Outline icon**: A section showing four outline versions of the icon in different colors: teal, purple, orange, and blue. Below this is the text: "Other brand colours can be used on the icons when you need to show diversification."

Design System

Colours

Colours affect people's moods. Therefore, the colours were selected to convey wellness better and help to relax our minds. The palette tries to have "nature-infused hues. Nature shades such as blues, greens, pastel pinks, burnt orange, and terra-cotta are calming options, according to Laurie Pressman, vice president of Pantone Colour Institute (Budds, 2020).

The design systems show primary colours, secondary colours, neutrals and semantic colours and how to apply them throughout the app.

The screenshot displays the 'mindbreaks' Design System page for 'Colours'. The page is structured with a left-hand navigation menu and a main content area. The navigation menu includes sections for 'OVERVIEW', 'FOUNDATIONS', and 'COMPONENTS', with 'Colours' highlighted under 'FOUNDATIONS'. The main content area is titled 'Colours' and includes a descriptive paragraph, followed by sections for 'Primary logo colours', 'Primary colours UI', 'Secondary colours', and 'Neutrals'. Each section shows color swatches with their corresponding hex codes and names.

mindbreaks Design System

FOUNDATIONS
Colours

Colours affect people's moods. Therefore, the colours were selected to convey wellness better and help to relax our minds. The palette tries to have "nature-infused hues. Nature shades such as blues, greens, pastel pinks, burnt orange, and terra-cotta are calming options.

Primary logo colours

These are the colours that Mindbreaks uses as their identity.

Cup #19C8D	Bean #95D7CF	Workmark #000000
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Primary colours UI

Primary #19C8D	Primary hover #17B6D	Active / Mark Calendar #D9F4F0
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Secondary colours

These colours highlight or complement the primary colour.

Beats #D08642	Active / Breaks #FFEDD5	Sleeping #82A271	Active / Seeding #9E3FA	Activities #00709	Active / Activities #90E0FF
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Neutrals

#FFFFFF	#F5F5F5	#E0E0E0	#C0C0C0	#A0A0A0	#000000
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Use white color for backgrounds to create white space and cleanliness of the user interface.

Use this color only for large backgrounds.

Use this color only for links and dividers and buttons that are unselected or cannot be selected.

Use for text.

Use for text and icons.

Typography

Keeping typography consistent and sticking to logical hierarchies ensures that elements in the UI are clear and easily recognisable when scanning the page. Text sizes, styles, and layouts were selected to balance content and UI.

The screenshot shows a design system page for 'mindbreaks' with a navigation sidebar on the left and a main content area on the right. The sidebar includes sections for OVERVIEW, FOUNDATIONS, and COMPONENTS. The main content area is titled 'Typography' and includes a sub-section 'Font family' listing the 'Gilroy font'. Below this, there are several 'Styles' listed in a grid, each with a name, size, font weight, line height, color, and a 'Use for' description.

mindbreaks Design System

FOUNDATIONS

Typography

Keeping typography consistent and sticking to logical hierarchies ensures that elements in the UI are clear and easily recognisable when scanning the page. Text sizes, styles, and layouts were selected to balance content and UI.

Font family

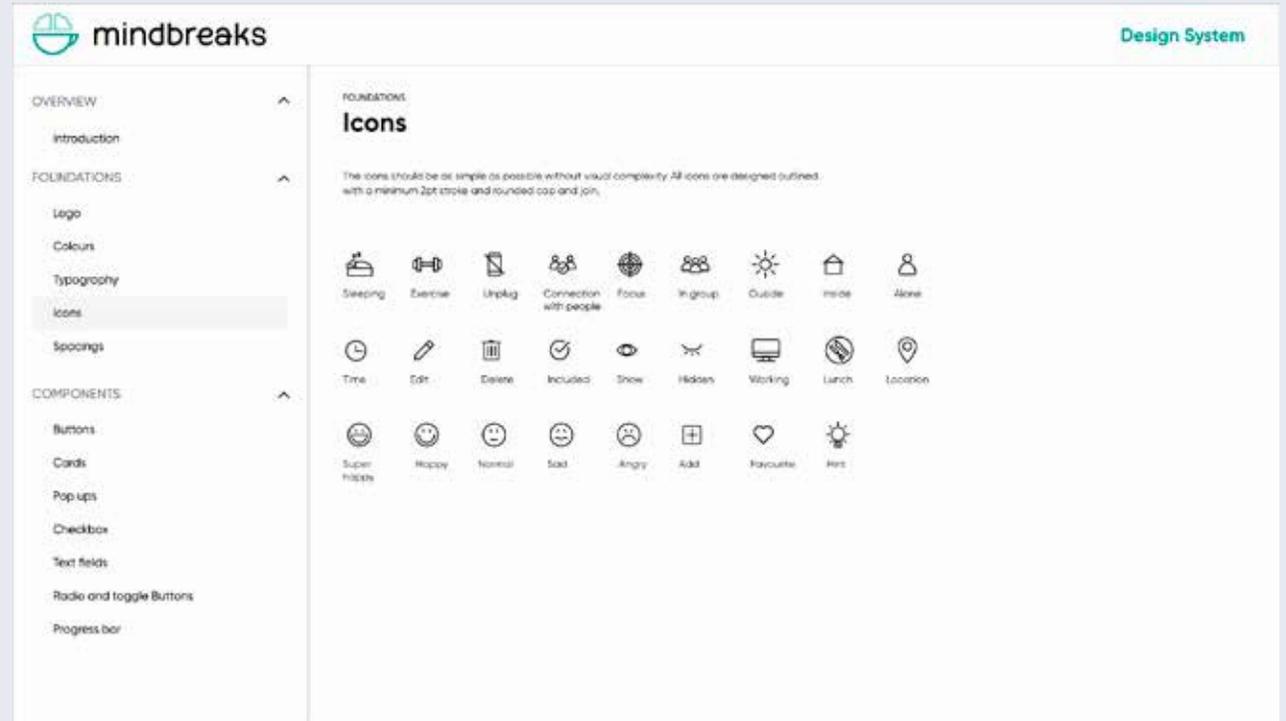
Gilroy font

Styles

H1-36	Size 36px Font weight: 700/Bold Line height: 44 Color: #000000	H1-28	Size 28px Font weight: 700/Bold Line height: 32 Color: #000000 (regular), #D06662 (breaks), #016FB9 (Activities)
H2-24	Size 24px Font weight: 700/Bold Line height: 32 Color: #000000	H2-24	Size 24px Font weight: 500/Medium Line height: 32 Color: #000000
H3-21	Size 21px Font weight: 700/Bold Line height: 32 Color: #000000	H4-18	Size 18px Font weight: 700/Bold Line height: 20 Color: #000000
H5-16	Size 16px Font weight: 600/Semi bold Line height: 23 Color: #000000	Paragraph 18	Size 18px Font weight: 400/Regular Line height: 24 Color: #000000
Button 18	Size 18px Font weight: 700/Bold Color: #1E9C8D, #016FB9, #FFF	Hints 16	Size 16px Font weight: 500/Medium Line height: 18 Color: #016FB9

Icons

XXXX



Spacings

All the elements are guided by an 8 point grid, which is multiples of 8pt to create dimensions, spacings and components. It is considered the best spacing method for product design because it can suit different retina types and sizes.

mindbreaks Design System

OVERVIEW ^
Introduction

FOUNDATIONS ^
Logo
Colours
Typography
Icons
Spacings

COMPONENTS ^
Buttons
Cards
Pop-ups
Checkbox
Text fields
Radio and toggle Buttons
Progress bar

FOUNDATIONS
Spacings

8pt Grid
All the elements guided by 8pt grid, which is multiples of 8pt to create dimensions, spacings and components.

8 16 24 32 40 48 56 64 72 80
88 96 104 112 120 128
136 144 152 160 176
184 192 200

Examples

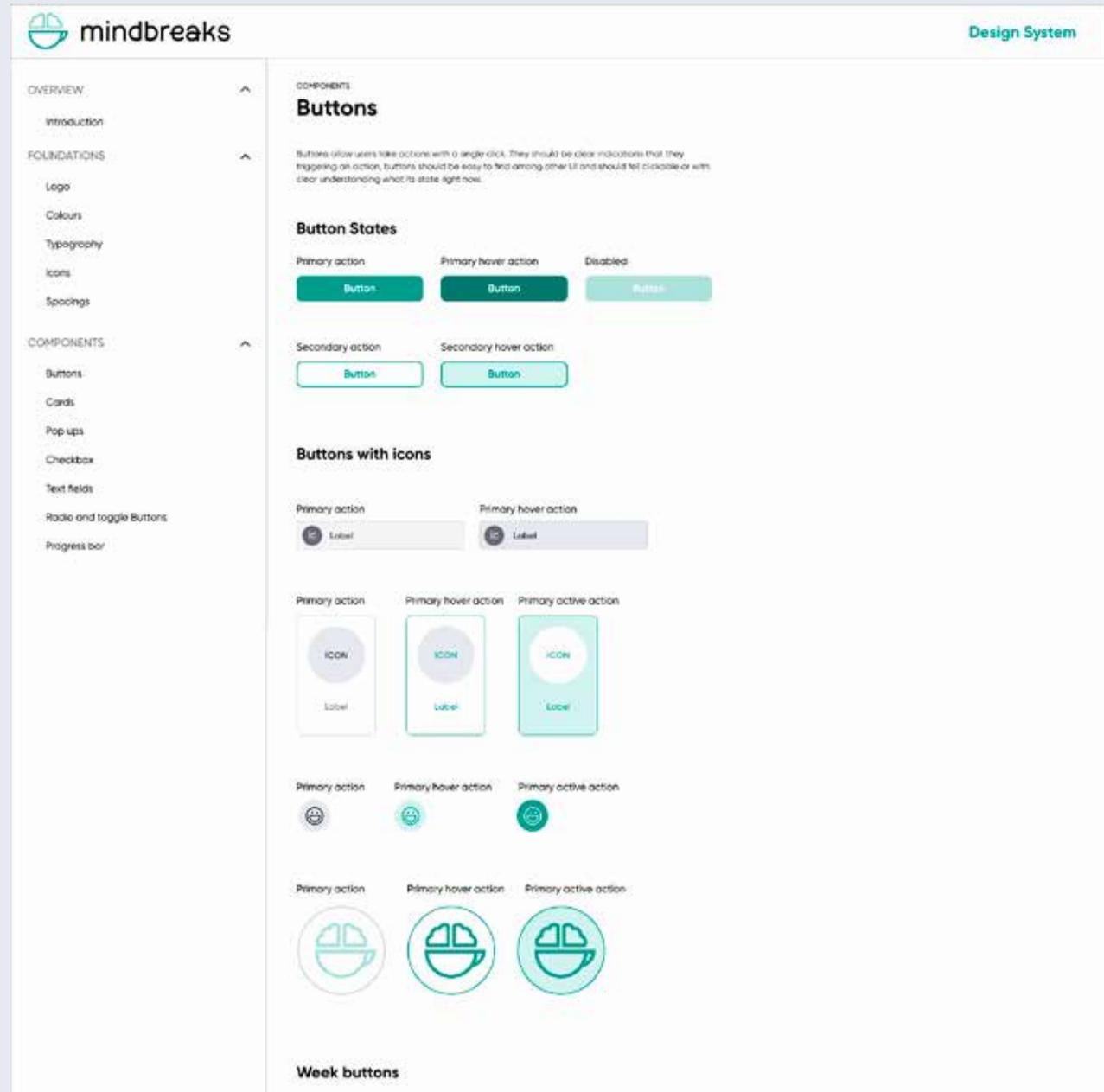
1 2 3 4 5 6 7 8
PROGRESS BAR BUILD PLAN RESEARCH WORK CHECK SLEEP BREAKS

What are your goals?
You can always change your settings later on.

Components

All the components were developed following UI and UX best practices. Follow the link with the foundations and components.

<https://xd.adobe.com/view/b0069a7b-3308-43f7-bd95-fbcb9a25c099-e555/>



5

Final thoughts

Benefits for companies

Future steps and
conclusion



Final thoughts

Companies who subscribe benefits

- The company will have more motivated and satisfied employees. They will know that the company is seeking their mental health improvement.
- The managers will receive report analytics of the overall situation of their employees. Also, they will receive suggestions to overcome the staff issues. However, the managers will not be able to see the results of a specific employee.
- The companies will be able to receive anonymous feedback from their employees.
- The companies will be able to participate in free events promoted by MindBreaks. They can be conferences, happy hours or others.



Employees Mental Health



Report Analytics



Employees feedback



Mindbreaks Free events

Final thoughts

Companies / professionals who advertise or integrate the app

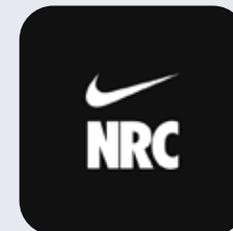
- Companies and professionals that are mind-ed-like, such as exercise teachers, healthy snacks, apps that promote mental health, will be able to promote their products and services on the breaks or activities screen.
- Minded-like apps will be able to integrate into Mindbreaks. If the user already has a specific running app, it can be used through Mindbreaks.



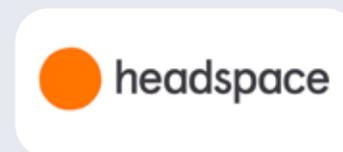
Like-minded companies



(Sweat, n.d.)



(Nike, n.d.)



(Headspace, n.d.)



(Fitbit, n.d.)

Final thoughts

Conclusion and Future steps

The project has evolved significantly since Capstone. It is more robust and detailed. However, some important points are still to be developed further - the mobile version, illustration, gamification for users to achieve milestones and get awards and the integration with other devices such as smartwatches and virtual assistants. Also, it is essential to do a usability test again to check the new prototype and be sure that it has the best user experience possible.



Thank you

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