# **UX/UI CASE STUDY: STRESS RELIEF**

## [UX DESIGN]

< Research >

## CONTEXT

### Methodology

	Movie	Drinking	Crafts	Writing	Self-massage
	Shopping	Shout	Sex	Medicine	Yoga
	Sports	Game	Reading	Chatting	Prayer
	Music	Shower	Communication	Cooking	Guided imagery
	Eating	Pet	Sleep	Breathing	Muscle Relaxation
	Laugh	Cry	Meditation	Visualization	Light a Candle
Loving-kindness meditation Taoist Meditation				antra Meditation	Christian Meditation
Progressive Relaxation		Zen meditation		oga Meditation	Sufi Meditation
Vipassana Meditation		Mindfulness meditation Breath		wareness meditation	Guided Meditation
History / Timeline / Location <east &="" west="">    India China   Japan America   Target Audience   Children Teenager   College Student Social Workers   Senior People</east>					
USER RESEARCH					
User Center Research < Questionnaire Survey >					
Male	Female			People Meditar What types of meditar	

**Gender Ratio** 

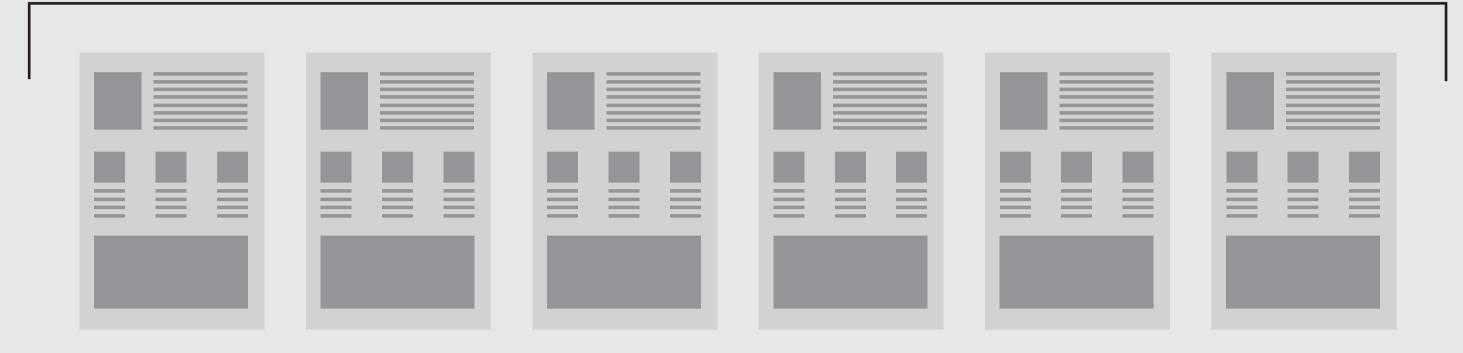
Age Range Ratio

Grade Range Ratio

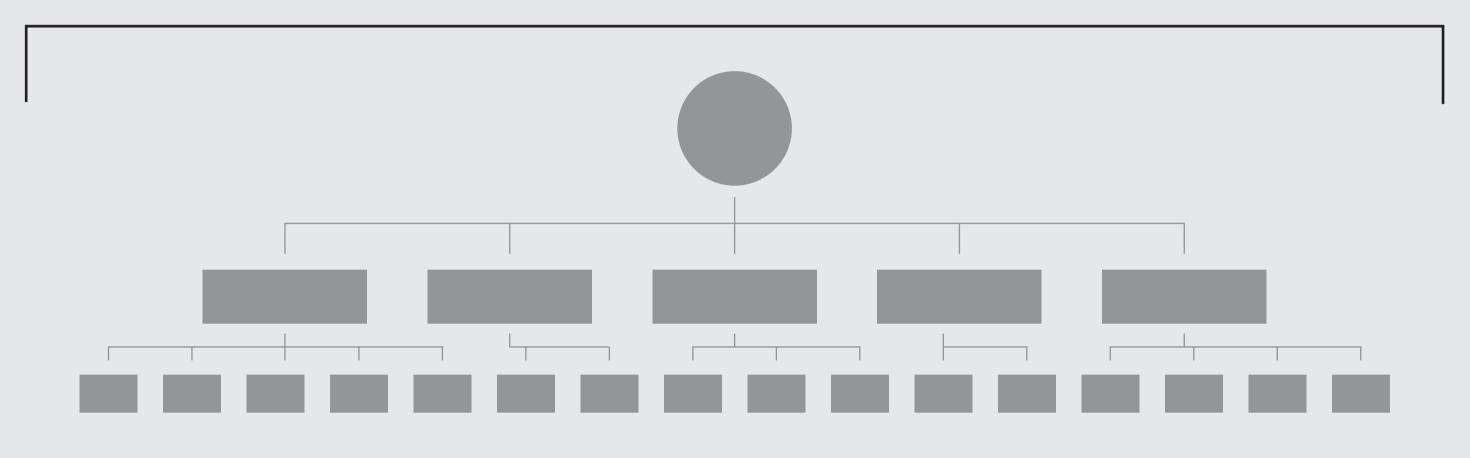
How long in one day Rate the effectiveness

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#### **User Persona of Typical Users** < 2 Non Users / 2 Beginning Users / 2 Experienced Users >



**Empathy Map** < Research Insight >

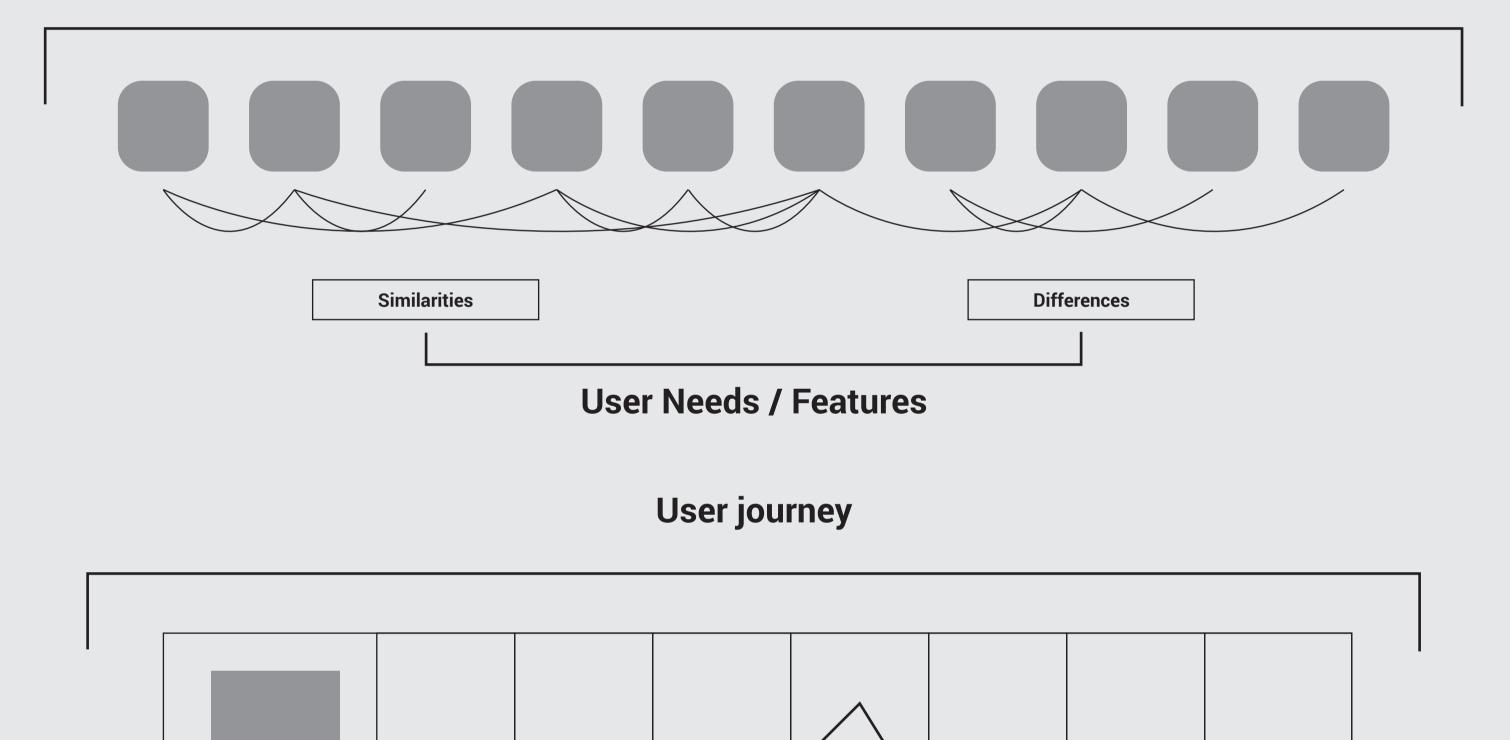


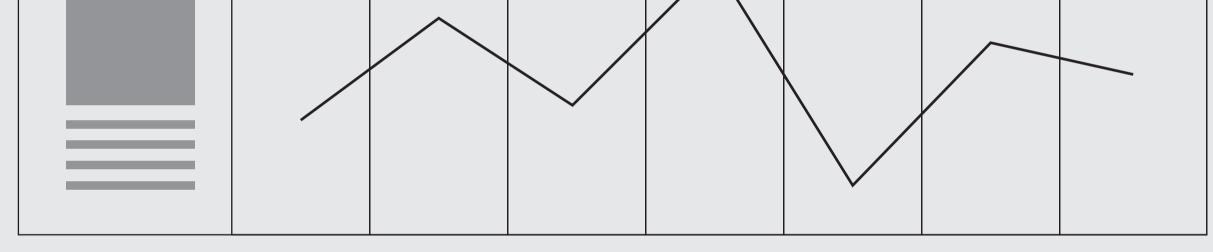
[UX DESIGN]

< Ideating >

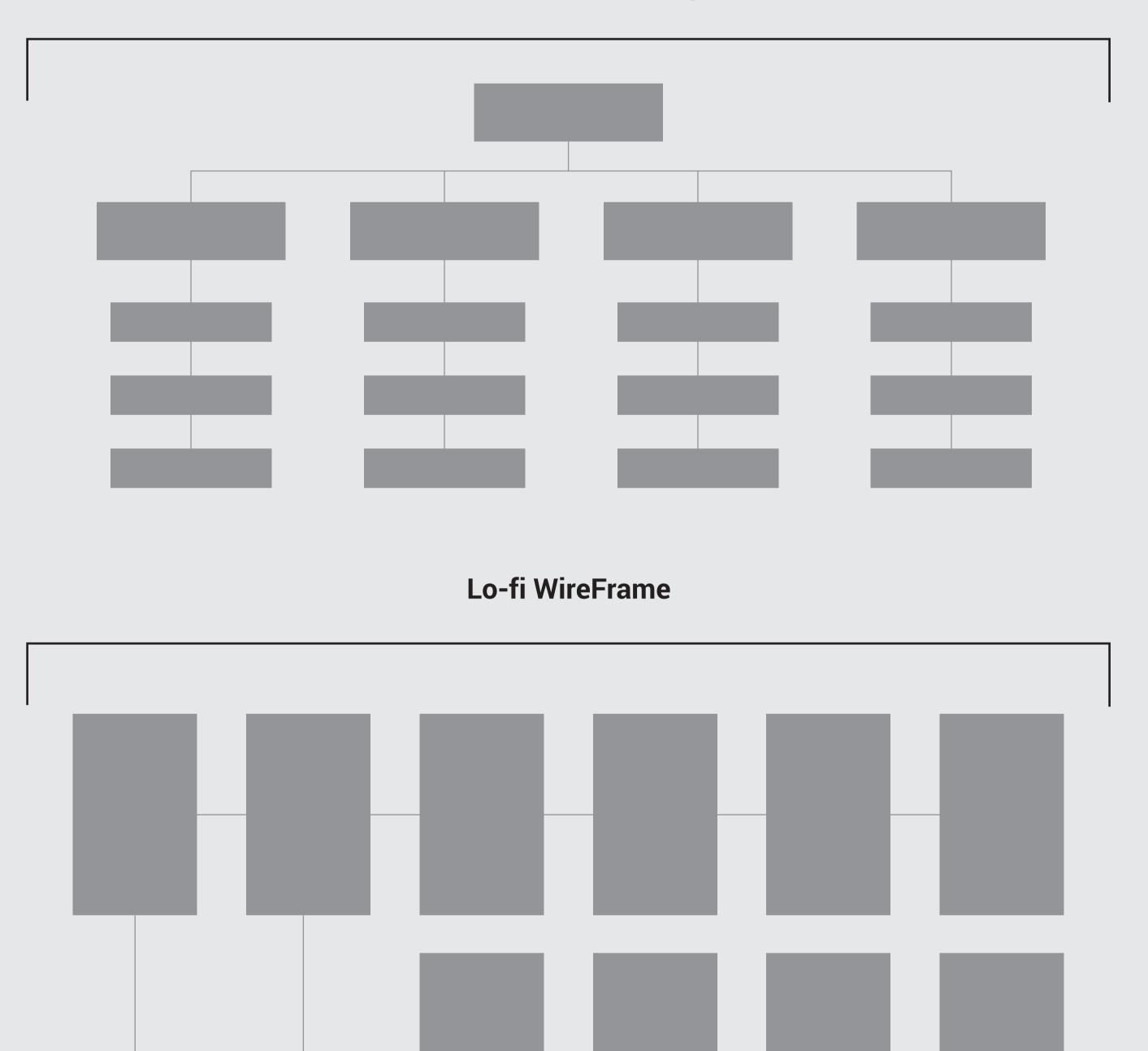
### **APP DEVELOPMENT**

**App Analysis** < 10 Meditation App >





### **User Flow / User Map**



[UI DESIGN] < Iteration >

**USER TESTING** 

**Solution** 

User tesing and survey

Updating

Mid-fi Wireframe

### MAIN FUNCTION LIST



# [UI DESIGN]

< Prototype >

### **VISUAL IDENTITY**

Logo

Typeface

Color

lcon

### **APP MOCK UP**

Hi-fi Wireframe

**App Prototype**