SoulSpace

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Design for Emotional and Subjective Well-Being (ID8803)
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Project aims

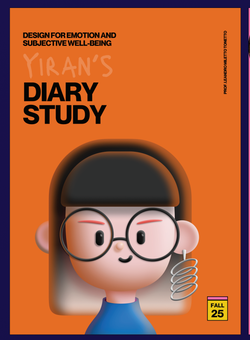
This gamified App helps with mood regulation by encouraging inner reflection and social connection.

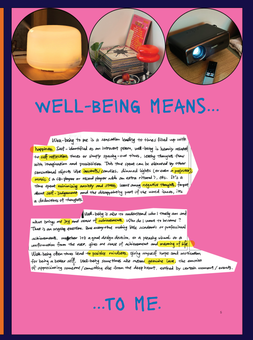
Relation to subjective & academic well-being

We help users to seek relief, restore balance, and build resilience, which contributes to both short-term and long-term well-being.

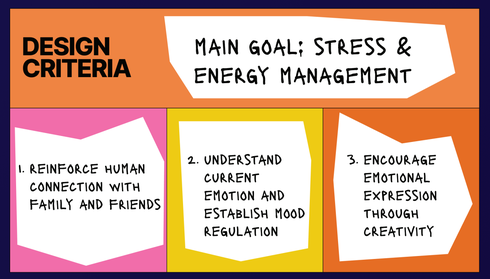
Methods used to identify the design criteria

- Diary study
- Appraisal Theory (Pieter Desmet and Paul Hekkert)

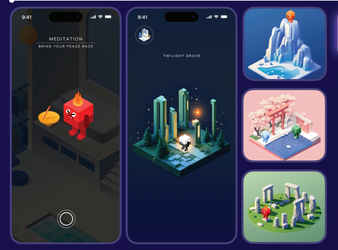




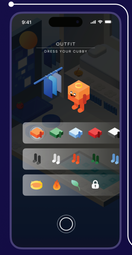
Design criteria



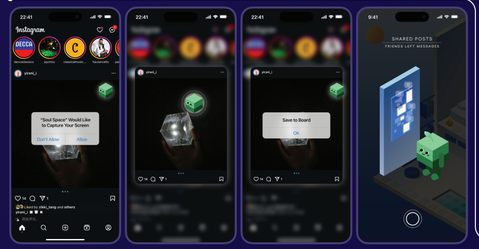
Meditation
Practice self-care



Dressing up
Creativity



Online surfing
Work-life balance



Content sharing
Social connection

Pomodoro Timer
Focus & Take breaks



Emotional reflection
Understand, embrace and regulate emotion

Bouncing off the wall
Joyful experience / stress relief

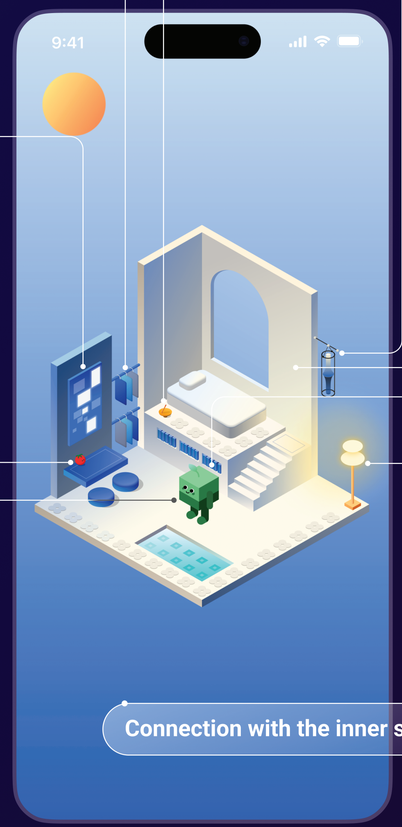


Opening animation



Incentive system - Mood jar
Dudaimonic Well-being + Hedonic Well-being





Connection with the inner self

Change room lighting
Mood regulation



Voice Diary
Self-awareness / rationalize the feeling



Sleep regulation
Companionship



Poke-to-wake-up challenge
Joyful experience



Connection with the outer world

Family perspective



Connect with family
My perspective



Connect with friends
Social connection



Positive reinforcement *Negative punishment*



Theoretical models

Mood regulation strategies (Source: Desmet, 2015, p.9)

Eudaimonic Well-being vs. Hedonic Well-being (Aristotle, Epicurus, etc)

Eudaimonic Well-being

Hedonic Well-being