

Tranquil

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Problem

- Many people suffer from chronic anxiety and have limited options to effectively handle their symptoms
- Ineffective and unhealthy ways of coping



Current Solutions

- Anxiety management techniques are scattered across applications
- No current mobile applications that can detect anxiety



Apollo Wearable Device



Anxiety Detection



Stress Management

User Persona



Name: Victoria

Age: 21

Occupation: UCSB Student

Triggers for Anxiety

- Exam environments
- High stakes interviews
- Pressure to succeed

Context:

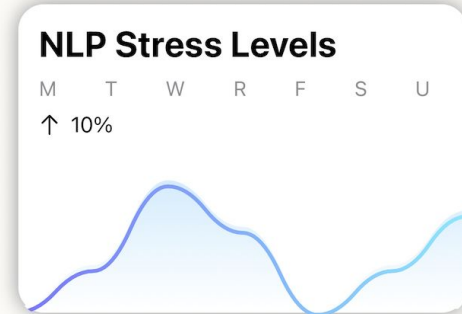
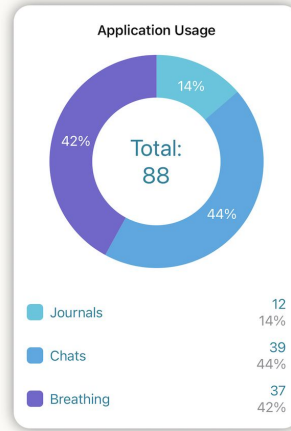
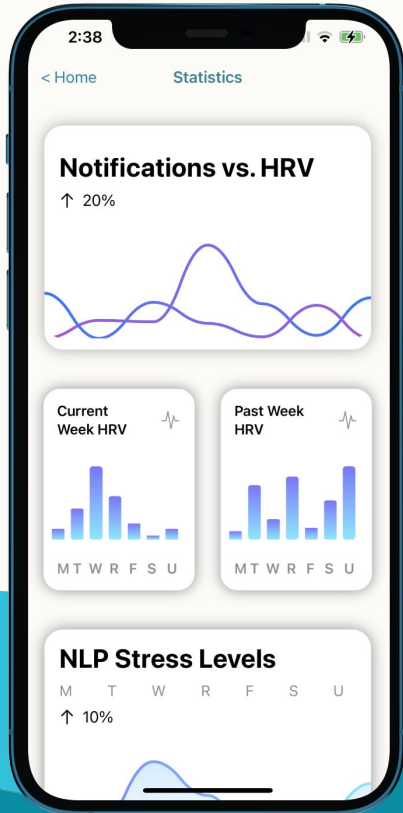
- Busy work and social life
- Need to study for CS189B final [extremely important]
- Upcoming interview with Prof for a research position

A Day in the Life with *Tranquil*

The background is a solid teal color. At the bottom, there are three horizontal, wavy bands of varying shades of teal, creating a layered effect that resembles water or a stylized landscape.



Analysis and Metrics of Stress from Victoria's Day



Gather biometric data using **HealthKit**



NLP processing of journal entries using **CoreML**

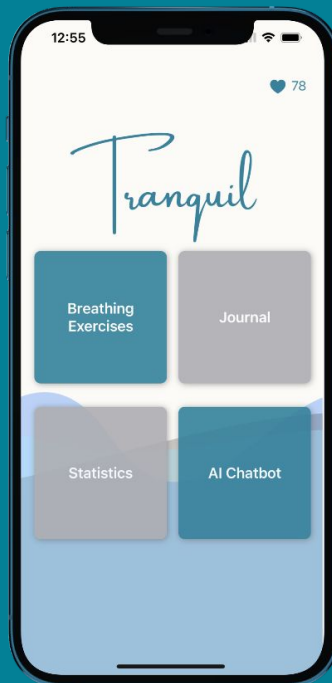


Send heart rate value in 5 second intervals



CloudKit + Core Data

Dispatch watch notification upon anxiety detection



Visualize anxiety metrics and analysis with **SwiftUI Charts**



ChatGPT-driven stress support



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