

# THE MINDFULNESS SOLUTION

(PATENT APPROVED ON 7/7/2021)

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## INTRODUCTION

Mental health is regarded as one of the most significant topics to be aware of in our ever-changing society. Especially in times of COVID, increasing economic and xenophobic issues have magnified the susceptibility to possessing a deficient mental wellbeing. For young adults, some crack under pressure bearing different roles of studying, working, and helping with family. Statistics have reported suicide as the second leading cause of death for young people ages 15 to 24 (Burrell, 2020). Through personal experiences of lifelong friends and acquaintances suffering fatally from depression, I have also come to realize the dangers of submitting to a bad mentality. By innovating a unique healthcare product aiming to improve one's mental wellbeing through experience sharing, people can effectively relieve their mental discomfort in a cost-efficient, convenient, and private way, adhering this product to the name "The Mindfulness Solution".

## PRODUCT DESIGN AND FUNCTIONS

The best way to relieve people's mental stress is by talking out their negativity. To achieve this goal, the inner components of the design (Figure 1) consist of a processing module (50), a storage device (20), an audio player with button (30), and a recording device with button (40). A recorder records different questions into an audio editing software and upload as audio files to the storage device. These questions (stated below) employ the use of concepts in psychology such as the self-fulfilling prophecy, internal locus of control, and self-help therapy. To encompass this technological equipment, there is a plastic shell shaped like a stuffed bear as the outer core (10). The shell is then built into a real plush bear. After the user presses on the button activating the audio player (30), they will hear the questions and respond to the bear with their thoughts. Talking to a stuffed animal like this will be comfortable, private, and it relieves any social tensions with real-life counselors. The plush is realistic since it can play recorded human voices and make users feel like they are conversing with someone through engaging eye contact with it when answering the questions. After pressing on its button, the recording device (40) can also record any additional negative messages that the user wants to share. By doing so, these messages can be programmed to go through the processing module (50) and provoke an encouraging response such as an optimistic "never give up" recording played back by the bear. Ultimately, these functions prevent users' self-defeating mindset from growing into severe psychological illnesses.

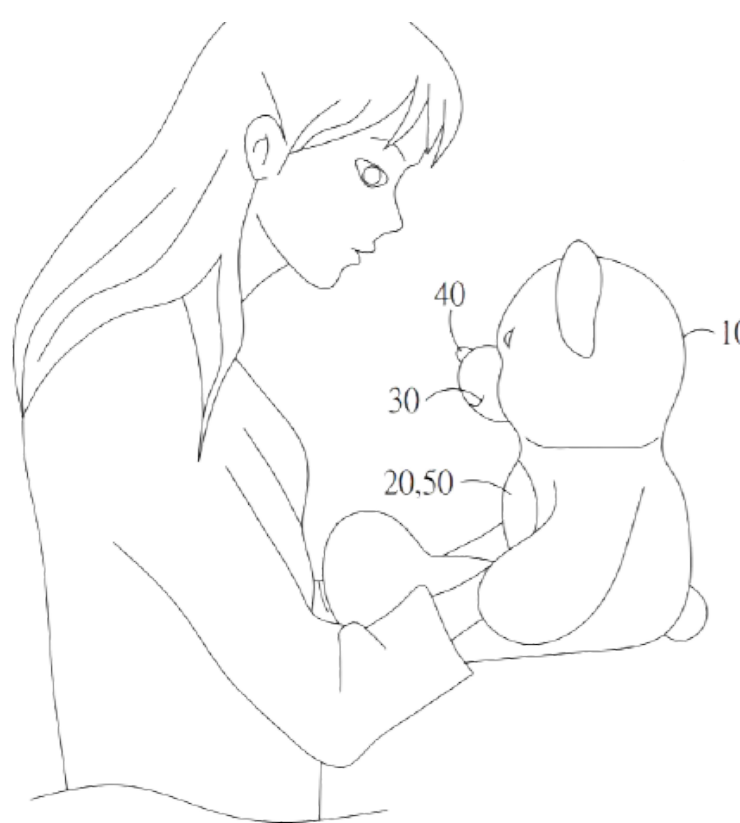


Figure 1: Diagram of Product With Labels

## SIMPLIFIED PROTOTYPE TO MODEL FINAL PRODUCT FUNCTIONS

- Voice recordings of different questions are transferred into the sound boxes attached with extendable buttons (Figure 3) from any recording device using the black adapters (Figure 3)
- The recordings are in English and Chinese with a male and female voice
- The sound boxes are then built into the stuffed bear (Figure 2) with buttons positioned at its limbs and abdomen locations
- The user pushes on the buttons of the sound boxes and hears the questions to start the interaction (Figure 2)

## QUESTIONS THE PRODUCT WILL ASK

- "What are you thinking about? What's been bothering you?"
- "Do you have any secrets that you want to share with me? They can be about couple and family relationships, social and economic conditions, education, or other things"
- "Do you have a dark side of you that you want to share with me?"
- "If you want to go back in time, what would you change?"
- "What negative beliefs are holding you back?"
- "Turn all your negative beliefs into positive ones and say them aloud for at least ten times"
- "Who would you like to show gratitude for?"

## TARGET POPULATIONS

The appealing nature of the stuffed bear's outer appearance makes it friendly to people across all ages and genders. Elderlies living alone and students bearing stress are even more suitable to use this product.

## BENEFITS OF USAGE

### COST-EFFECTIVE



- Prototype contains seven sound boxes and a plush, totaling a one-time cost of \$146.39
- Final product will have technologies of higher costs but able to sustain years of use, overall less expensive in the long term than routine counseling sessions averaging \$80 per session (Thervo, 2021)

### GUARANTEED PRIVACY



- Talks to a stuffed animal instead of a real person
- Makes people feel more comfortable and willing to share their innermost secrets

### INNOVATIVE DESIGN



- Integrates psychological benefits into a comforting toy
- The type of questions asked compels users to realize and remove the negativity they possess without the help of counselors/psychologists

### ADDRESSES QUARANTINE



- Helps people stay mentally positive in the everlasting pandemic
- Extremely suitable for quarantine usage at home

### CONVENIENT



- Can be used anywhere at any time
- Lessens trips to routine counseling sessions other than emergencies

### USER-FRIENDLY



- Activated by pushing buttons on plush
- Appealing appearance of a stuffed animal
- Soft and comfortable to feel
- Technology is easier to use than most online visits to counselors and psychologists

## REFERENCES

1. Burrell, J., 2020, "The Grim Numbers Behind Adolescent Suicides and Attempts", Verywell Mind.
2. 2021, "How Much Does Therapy Cost In 2021? (Per Session & Hour)", Thervo.
3. Icons by Freepik, Eucalypt, Smashicons, Vectors Market, and Dave Gandy

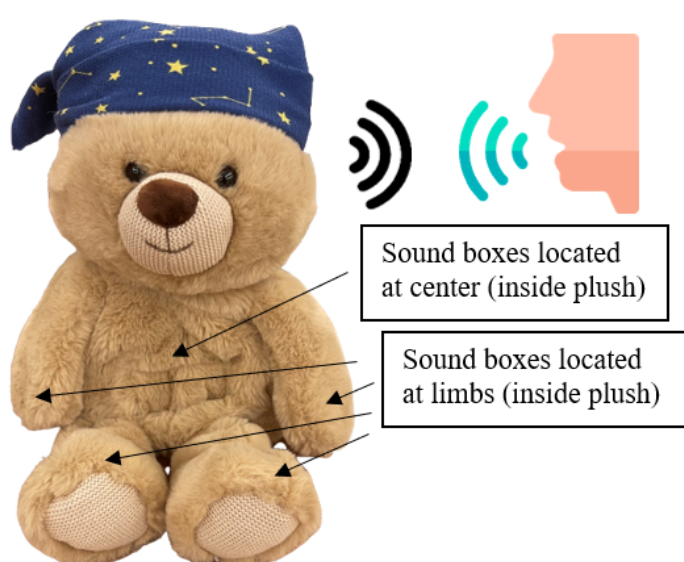


Figure 2: Diagram of Plush Bear Model With Labels



Figure 3: Sound Boxes With Adapters and Buttons Attached

**NOTE:** The materials in figure 2 & 3 are store-bought and used merely for modeling the final product functions, so copyright issues are not present