Examine feelings

Attentively listening to body (sensations) and mind (thoughts) to inspect feelings.

Negative emotions can be suppressed or ignored. Taking a moment to listen to our bodily sensations and thoughts can help to recognise emotions, allowing to learn from them. Others can help in this process, noticing hidden details.

DEPRESSED MOOD

Examine feelings

Examples

Represent heartbeat as a unique graphic visualisation while the user is measuring it in real time.

DEDICATED / EMBEDDED

"Why why whyyy???" game: exploring thoughts behind negative emotions by having others guess the reason why you feel them. You choose the reason that fits best, then others will try and guess its reason why, again and again.

DEDICATED

Unlock opportunities

Recognising any setback is also an opportunity to learn.

Adversities can be interpreted as something purely negative, keeping us from being happy. Actually, obstacles are opportunities to learn something and become stronger.

DEPRESSED MOOD

Unlock opportunities

Examples

When users feel depressed, unlock the possibility to create a mascot to appear in their social network profile, signalling it to others in a cute way.
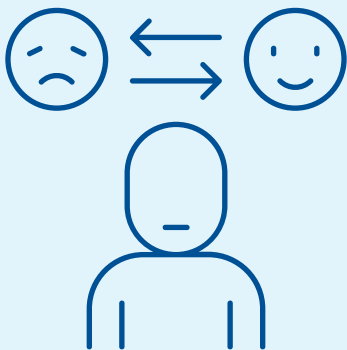
EMBEDDED

Allow participation in challenges with other users in which each person engages in an breathing/relaxing exercise in a different way and can later discuss about the different formats with others.

DEDICATED

Uncover biases

Recognising own biased interpretation of reality.

People might interpret situations in an overly negative way. Especially when facing a challenge, they tend to underestimate their capabilities. Recognising their interpretation of reality is not always correct can help to avoid over–thinking about negative consequences and self–criticism.

DEPRESSED MOOD

Uncover biases

Examples

When forwarding a received message to a friend, label it (e.g. 'scary') and let the friend confirm or contradict the interpretation.

EMBEDDED / DEDICATED

Having users (anonymously) draw a feared situation and let other users draw over it, to make it funny and less scary.

DEDICATED

Social app for suggesting movies to watch according to the people you are with. Users rate movies according to how, e.g., violent, romantic and scary they found them. Consulting others' reviews you can see how different interpretations can be.

EMBEDDED

Serendipity bummer

Recognising every situation can provide
unforeseen happy accidents.

A failure can become a success, not only
because it teaches how to perform better next
time, but because it opens up new unexpected
happy moments. From this perspective,
anything can be a win somehow.

DEPRESSED MOOD

Serendipity bummer

Examples

Love accidents: stories of people who had an amazing love story due to an unlucky circumstance.

EMBEDDED / DEDICATED

Multiple choice interactive game in which you need to choose some (small) misfortunes to happen and these lead to happy accidents in the story.

EMBEDDED

Video-game in which if you die a large amount of times you unexpectedly unlock a new exclusive weapon.
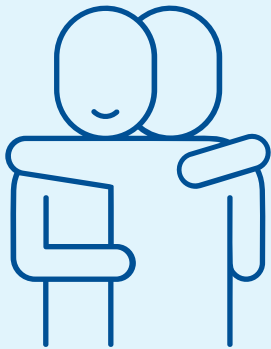
EMBEDDED

Normalisation

Acknowledging others live similar experiences and thoughts, **normalising negative emotions.**

Being in an exploratory phase of their life, adolescents' run the risk of feeling alone with their feelings. Knowing someone else is experiencing their own similar difficulties can normalise emotions and facilitate asking for help.

DEPRESSED MOOD

Examples

Allow creation of public music playlists regarding specific adversities.

DEDICATED / EMBEDDED

Wall of thoughts: users see others' thoughts and can add their own or 'like' the ones they are experiencing as well.

DEDICATED

Celebrate achievements

Recognising the successful overcoming of difficulties and taking time to **enjoy and savouring achievements.**

Adolescents might forget to celebrate successes, tending to continuously focus on future challenges. Taking a moment to recognise (small) achievements can boost confidence and positivity, and give motivation to keep going.

ACADEMIC STRESS

Celebrate achievements

Examples

When friends believe you achieved something (in private or school life), they report your social network profile, which is set in celebration mode for some days.

DEDICATED / EMBEDDED

To-do list app that at the end of each week shows you what you have achieved, displaying the number and the difficulty of the tasks completed.

DEDICATED

Find a purpose

Identifying and reflecting on
what is (intuitively) felt as important
and/or as a trigger for action.

Personal values guide people in defining their
lives' purposes. However, these might be difficult
to identify for adolescents. Finding and reflecting
on what is felt as important creates the possibility
to identify patterns hinting to values and
purposes, providing guidance and motivation.

ACADEMIC STRESS

Find a purpose

Examples

Allowing public thematic collection of social media posts or profiles that the user perceives as important.

EMBEDDED / DEDICATED

Quiz choices between "value-based" actions (e.g. would you enjoy more: inventing a new mean of communication OR transportation?)
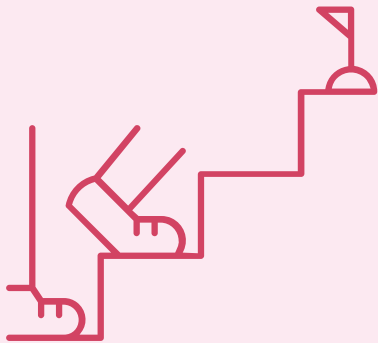
DEDICATED / EMBEDDED

"Art values": app displaying 3 different paintings every day. Choosing your favourite one, you gain access to a description of its meaning and the author's values. You can reflect on them, deciding if they fit you as well.

EMBEDDED

Step–by–step

Acknowledging the journey towards a goal is a **long, step–by–step, effort–taking process.**

Understanding goals are made of (micro) steps, makes them appear as something achievable, boosting motivation. Placing importance on efforts, habits and perseverance highlights personal contribution in the achieved progress, giving a feeling of self–determination.

ACADEMIC STRESS

Step-by-step

Examples

Weekly list of activities displayed only one portion of the day at the time.

EMBEDDED / DEDICATED

Visual representations of users' setbacks positioned in order, leading to their final goal, allowing to track action taken to overcome them.

DEDICATED

Social media page posting steps for success of an inspirational figure in reverse: from success to beginning of career.
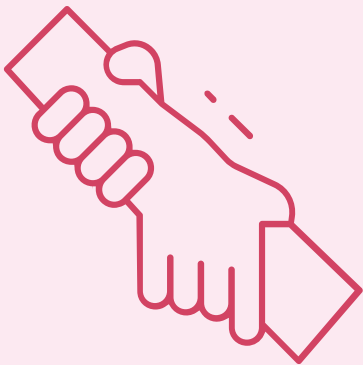
EMBEDDED

Supported adherence

Obtaining support for **engagement in activities consistent with personal purpose.**

Adolescents might behave counterproductively due to unhealthy coping mechanisms or other external pressures and seductions. Having external (human) support while working towards a personal goal increases the chances of success.

ACADEMIC STRESS

Supported adherence

Examples

Possibility to set automatic instant message replies to specific friend asking "Shouldn't you be studying right now?"

App proposing activities that are connected to the user's passions (e.g. if you are passionate about design you might try pottery)
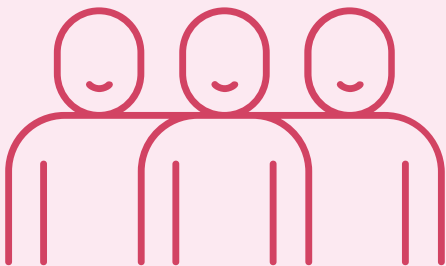
When working in groups, allow removal of focus mode only if all of them require it.

Peer inspiration

Observing behaviour of peers to obtain inspiration for own behaviour.

Acknowledging how peers behave provides inspiration on what to do when facing their same adversities. Encountering similar experiences creates a common base for understanding, while peers' diversity sparks discussion.

ACADEMIC STRESS

Peer inspiration

Examples

Allowing consultation of other users' progress tracking regarding a shared issue, allowing comments.

DEDICATED

AI analysing public social media stories containing specific hashtags and matching users posting similar pictures.
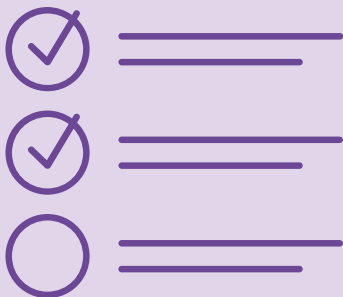
EMBEDDED

Matching app based on common interests and goals in life.

DEDICATED

Focus on action

Focusing on what is possible to do to improve the situation rather than what is not.

Focusing on the circle of influence (what is possible to influence with action) rather than on the circle of concern (what is not possible to change) brings more optimism and a feeling of self–efficacy.

Focus on action

Examples

"Act or forget" matching app introducing users to groups of people working on the causes they swipe right to.

DEDICATED DESIGN

"Rainy days" app providing inspiration on things to do when it's raining.

DEDICATED / EMBEDDED DESIGN

Provide the possibility to talk with others and/or read daily news while in a video-conferencing waiting room.

EMBEDDED DESIGN

Setbacks come and go

Recognising it is normal to encounter obstacles and that it is possible to overcome them.

Realistic optimism consists of acknowledging that obstacles and failure are part of the journey, while knowing it is possible to surmount them and staying positive and hopeful about the future.

Setbacks come and go

Examples

Re–propose pictures from the past that show a past achievement moment, e.g. celebration after an exam.

EMBEDDED

Allowing creation of cartoon animated stories (e.g. for celebrating graduation) requiring insertion of both difficult moments and success.

EMBEDDED / DEDICATED

Visually represent overcame issues as neutralised enemies in a game–resembling scenario.

DEDICATED

Unique strengths

Finding your strengths and recognising that these are not the same for everyone.

Being strengths related to personal values, they are often interpreted as simply "the right thing to do" rather than a merit. Recognising uniqueness can promote self-trust and confidence.

Unique strengths

Examples

Quiz on how users would act in certain situations showing different answers of others.

DEDICATED / EMBEDDED

"2 friends indicated you as a good listener": allowing users to indicate which strengths their friends have that they don't.

DEDICATED / EMBEDDED

Notifications reminding you to self–compliment on a specific strength after a filling out an initial questionnaire about personal strengths, confirmed by a friend.

DEDICATED

Guidance / mentorship

Having people **exchanging suggestions** on how to best face an adversity.

People that already learned how to face a setback earlier in life are more knowledgeable and reliable, hence can give better advices. Also, giving suggestions to others prompts reflection, which is useful to learn from your own experience.

Guidance / mentorship

Examples

Giving social network users who already
faced and overcame a specific issue
a badge to be recognised as "seniors".

App listing productivity tools including
reviews, with hashtags indicating what
issue each user used them for.