

Final Team Outcome

- White Wave

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Background

Global mental health data

The data on workplace psychological stress indicates that it is a widespread and serious issue. According to Gallup's 2021 report, workplace stress is particularly prevalent among women, affecting **54% of female** workers, compared to **47% among male workers**. In terms of age, employees **under 40 experience the highest levels of job stress**, at 58%, while only 43% of those aged 40 and above report workplace stress.



Effects of mental stress at work

According to the World Health Organization (WHO), an estimated 12 billion workdays are lost annually due to depression and anxiety, costing the global economy nearly US\$ 1 trillion. This highlights the considerable impact of mental health issues related to the workplace on both individuals and the



Research

Mental health -Common Psychological Therapies

Inward-Focused Therapies

Emotional Expression and Regulation: Music therapy provides a non-threatening way to express and explore emotions. Through music creation, playing, or listening, individuals can express and process feelings that are often difficult to articulate verbally.

Reduction of Anxiety and Stress: The rhythm, melody, and harmony of music can have a relaxing effect on the brain, reducing levels of anxiety and stress, and promoting physical and mental relaxation.



Harmony



Rhythm



Relax

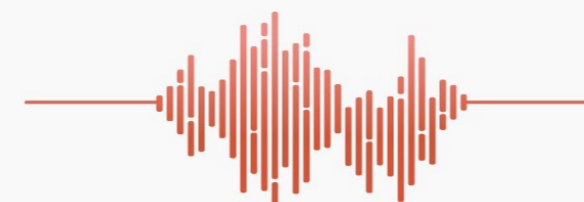
White noise is used in mental health treatment primarily for its soothing and stress-relieving effects. It can help create a calming environment, which is beneficial for individuals experiencing anxiety, insomnia, or stress-related disorders.



White noise



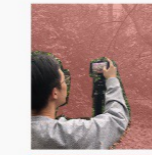
Transfer pressure



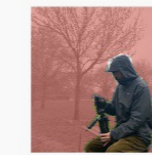
Audio Visualization

Field trip

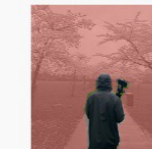
Go on a field trip and collect white noise outdoors



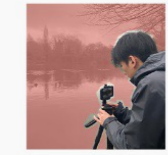
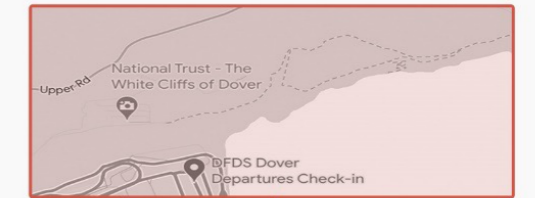
Ambient sound around the bench.



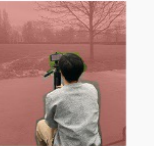
Collecting rain sounds outdoors.



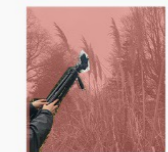
Birds chirping and wind blowing through the leaves.



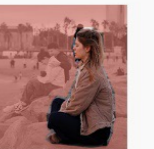
Next to the lake in the park.



The sound of wind blowing through reeds.



Tourists meditating at the seaside.

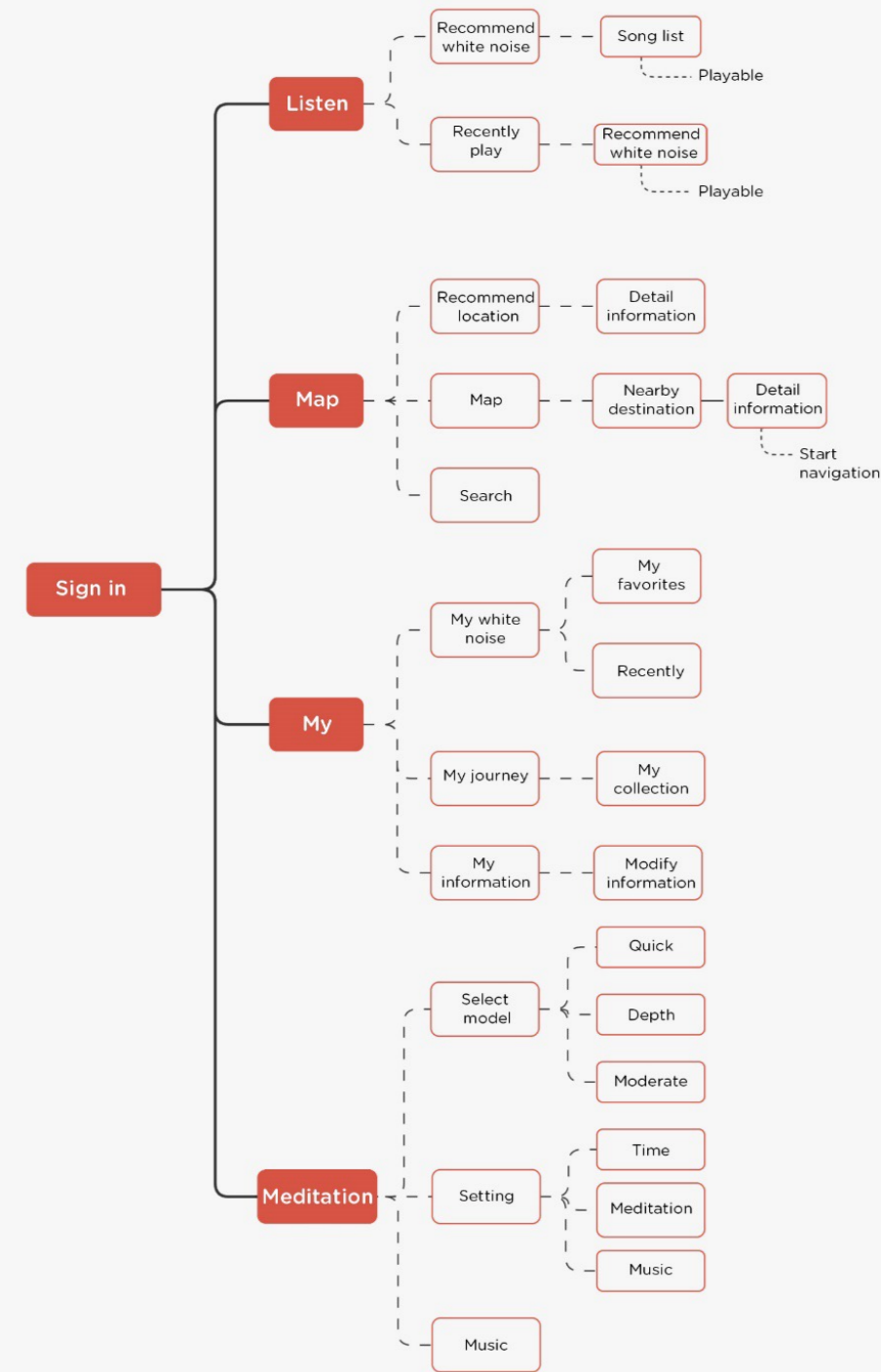


proposal

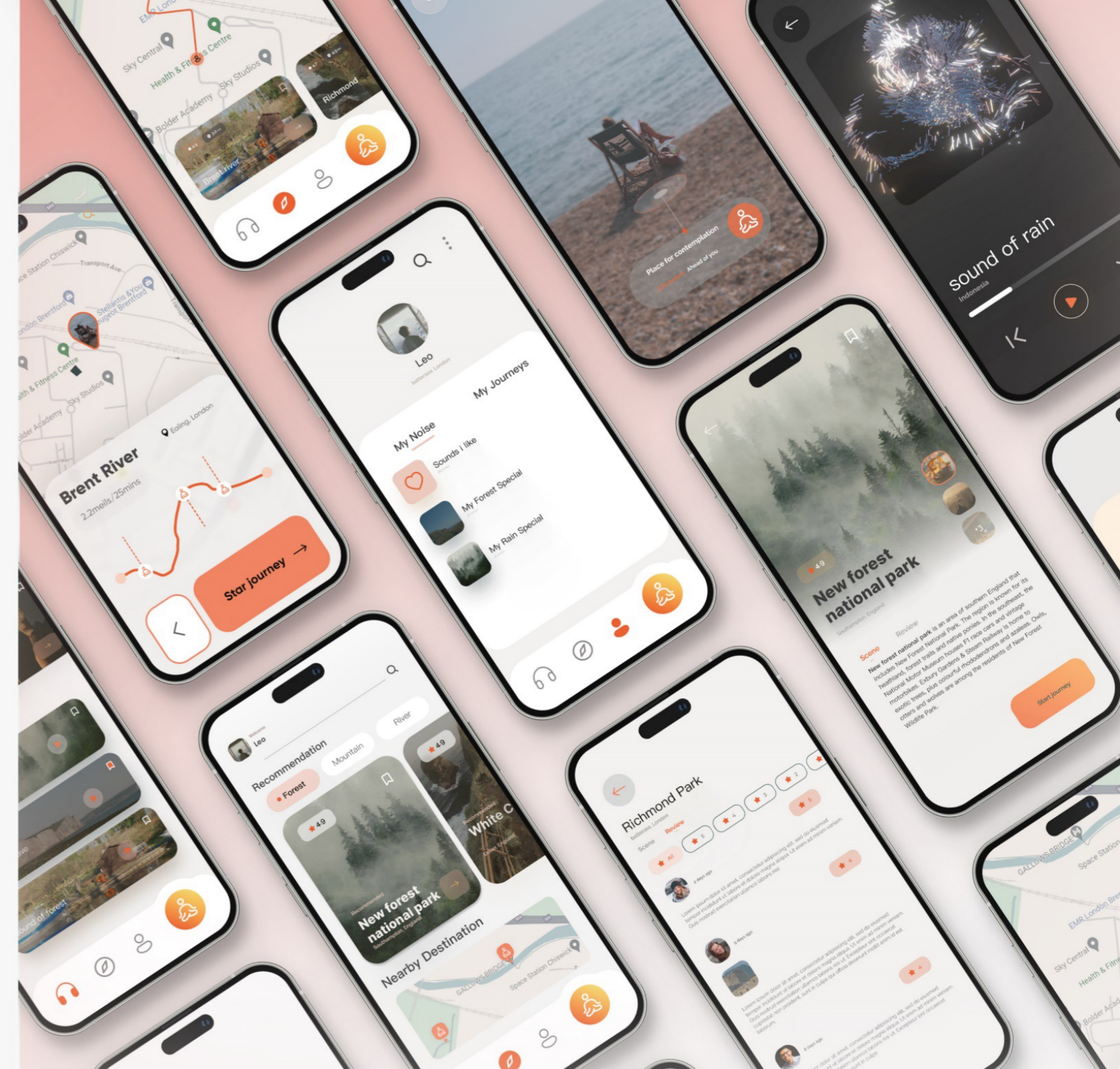
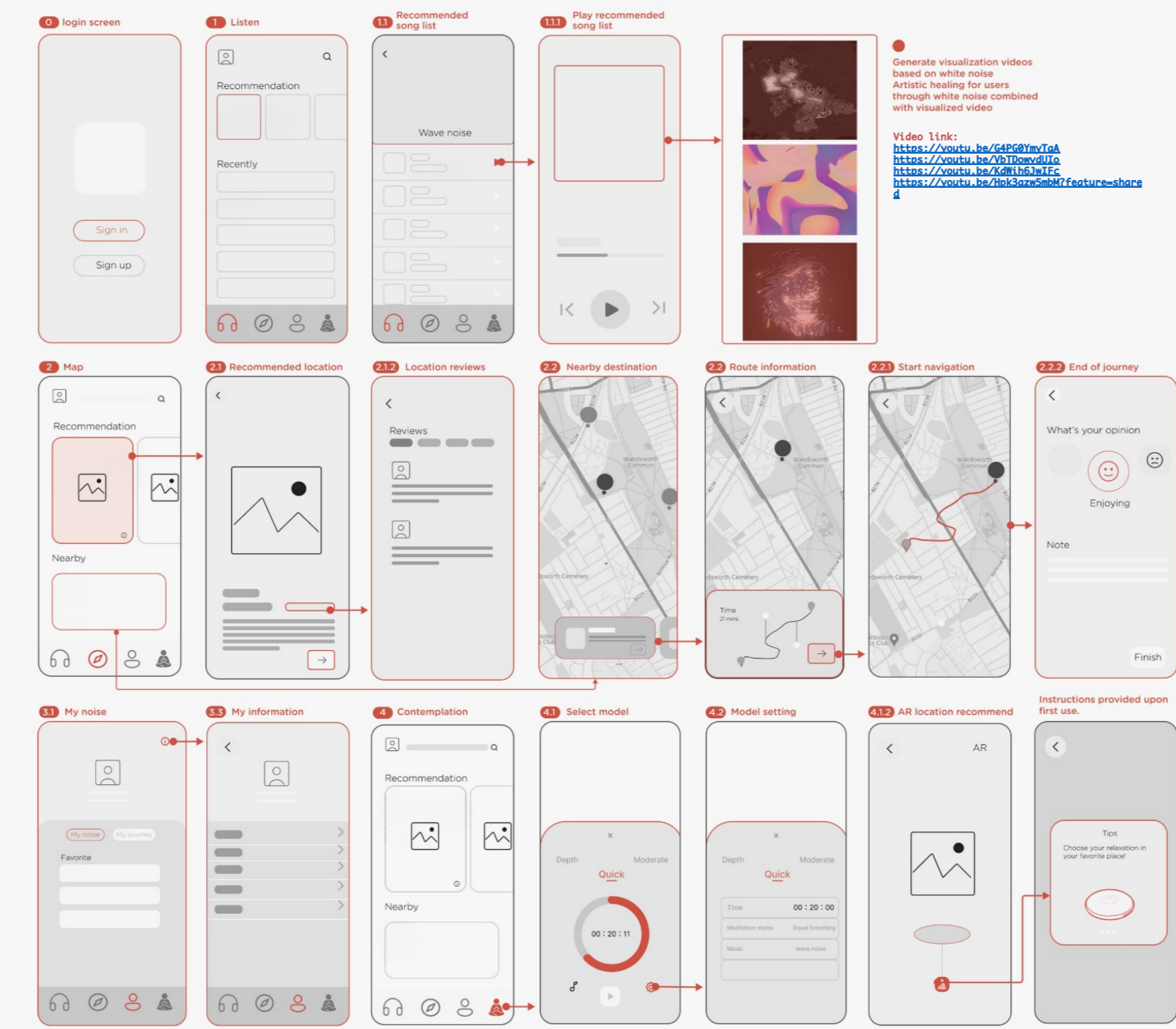
Helps users document their journey by recording the sounds of their environment and have a better meditation experience when they need to relax.

User flow

Sorting out the app functional framework



Wire Frame



Product Detail

The product is divided into a collection part at the top and a charging base part at the bottom.

Switch

Turn on the power to use the meditative state.

Record Knob

After turning it on, it will record the current white noise in real time.

Charging Base

Contains sound amplification for charging the collection part and sleep mode.

Pads

Use silicone material to prevent slipping.

Magnetic Charging

The charging induction part is highlighted through different materials.

Structure Layout

Bluetooth Module

Sound Recording

Charging Coil

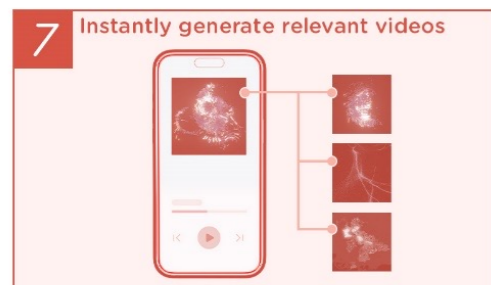
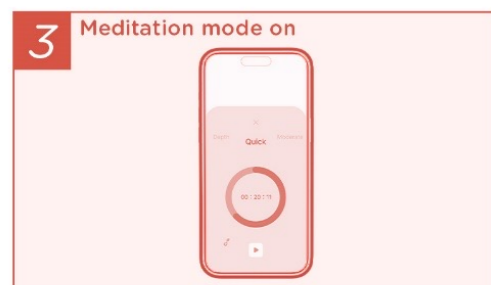
Speaker

Circuit Board



Instruction

Instructions for operation and use of the product.



Scenario



The scenario of charging the product at home and the supporting mobile phone application.

Related video links:

<https://youtu.be/G4PG0YmyTqA>

<https://youtu.be/VbTDowvdUlo>

<https://youtu.be/KdWih6JwIFc>

<https://youtu.be/Hpk3azw5mbM?feature=shared>