

13:49

THURSDAY 4 APRIL

Today

Looks like
a good day!

see more >

Mindful tip



Maybe you could use a
bit of deep breathing



Today



This Month



All Data

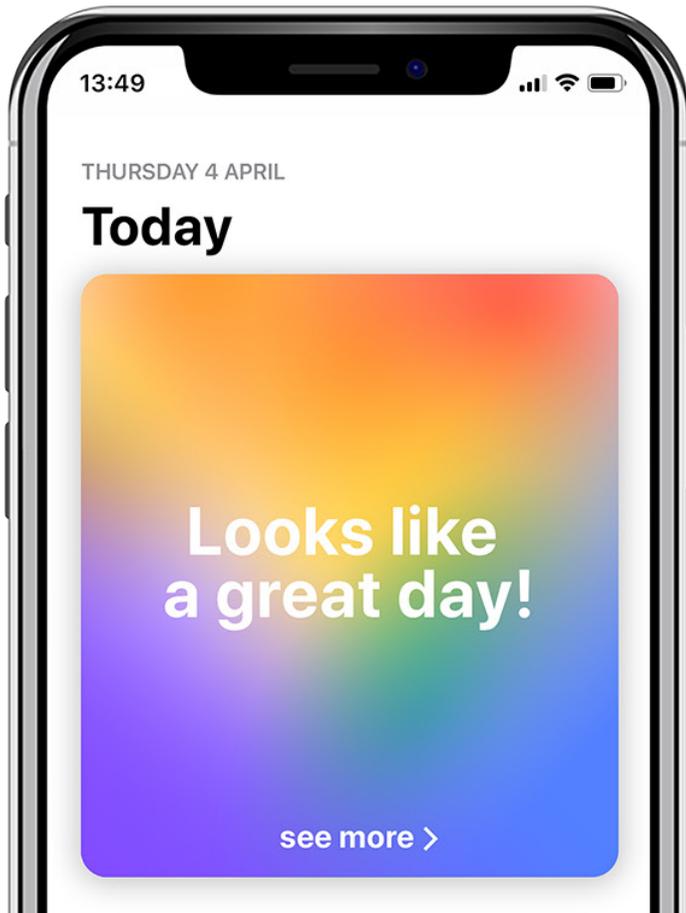


Sources



Get Help

A sound mind in a sound body



Healthy mind means healthy body.

Kalos kai agathos. The Greeks understood the importance of a Sound Mind in a Sound Body.

However, modern living is causing our bodies and minds to short-circuit.

Mindfulness is about simple daily lifestyle choices. About cycling or walking to work instead of driving. About calling your mom and not hesitate to ask her how she copes with life.

About taking a deep breath when you feel overwhelmed.



Mind is designed to nudge you towards making most of your day by simple choices that go a long way in making you happier.

To move and exercise more, see some friends outside instead of online, find a minute or an hour to calm down and reflect. To sleep and dream more.

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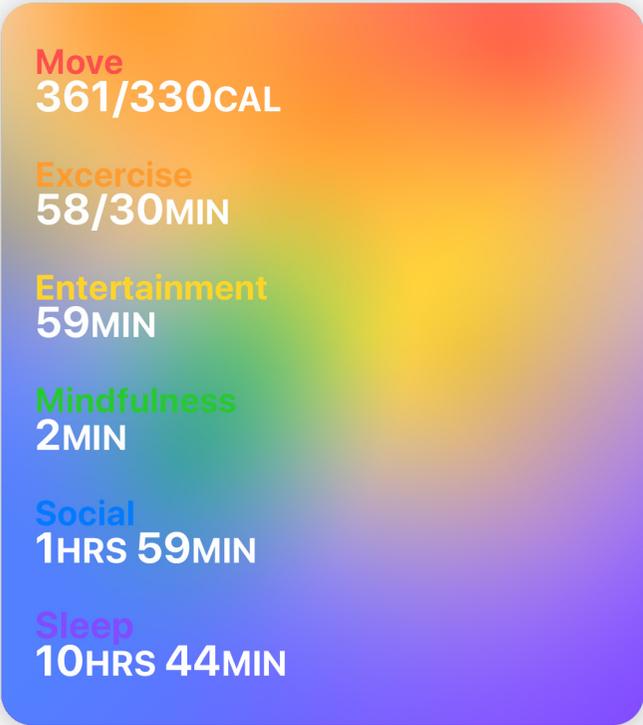
All Data



Sources



Get Help



Move
361/330CAL

Excercise
58/30MIN

Entertainment
59MIN

Mindfulness
2MIN

Social
1HRS 59MIN

Sleep
10HRS 44MIN

**Know more about
how you spend
your time. And how
to spend it well.**

Move a little. And then a little more. Get some **Exercise** now and then. Go and see movies with friends to **Entertain** yourselves. Stay **Mindful** for a while and feel free to do nothing but breathe. Remember human being is a **Social** being and that you and people around you are bound to each other. And finally, have a good night **Sleep**.



Looks like
a good day!

THURSDAY 4 APRIL

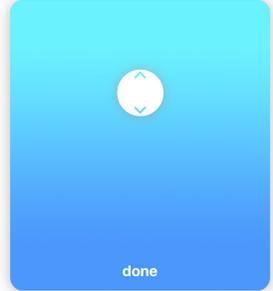
Today



Good morning!
How was your
sleep?

tap to rate >

Refreshing



It starts with a good morning

And with a good night sleep. That's why Mind asks about your sleep the first thing in the morning - so it can learn your sleep patterns and suggest waking time.

Got 7 minutes?



What about Full Body workout in Seven? With no body part untouched, this will leave you with a smile. Or sweat.

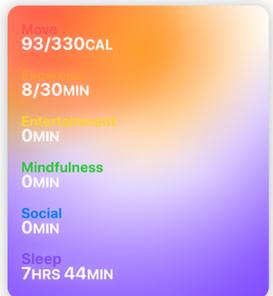
let's do it!

Great job!
That's how
you seize the
morning

see more

Get the day going

It works with your apps, so your favorite workout is waiting in line to stretch out a bit. Or a bit more - there is nothing like a little blood rush in the morning



Time for a Time-off



Long time no see?

How about some catching up with your long time friends over a drink at Bullerbyn?



Write message to Ana Va

Face to Face > FaceTime

How about spending some time offline and seeing your friends eye-to-eye?

Move
361/330CAL

Exercise
58/30MIN

Entertainment
59MIN

Mindfulness
2MIN

Social
1HRS 59MIN

Sleep
10HRS 44MIN

How was your day?

great



Rate to reflect

And in the end of the day, it asks you how do you feel about the day - so you can stop and reflect for a while, and so Mind can come up with the ways to make you happy in the future.

Mindful tip



Maybe you could use a bit of deep breathing before going to bed

2 MIN
0 min today **3 MIN** ♥ 93 BPM

4 MIN

Start

Dream well.

Slow down before your bedtime. Set a screen-off schedule, or practice Mindfulness with a few minutes of deep breathing. Mind also can set an alarm for you, based on your sleep schedule.

Sleep tight



You've slept over today, how about 8 hrs 30 min of sleep this night?

Set alarm for

8:42



Sleep better



Extensive browsing before bedtime can disrupt your natural sleep cycle

Lock the device



Taking the stairs instead of a lift is a basic way to move a little more everyday.

Got 7 minutes?



Squeeze your six-pack with these concentrated movements

Launch in Seven

Never run out of ideas what to do, but feel free to do nothing.

Hop on!



You work 2.1 km away from home

which is 20 min walk or 10 min bicycle ride. That's not only more healthy for your body and mind, but for the environment as well. Try it few times a week at least.

See the routes in Maps

You bored?



Take a trip

you still haven't been to Prokopské údolí? Lucky you have these plans in your Notes:



Mapy.cz
en.mapy.cz



Prokopske udoli hike zastavka Na Konvářce

Add to Calendar

Time for a Time-off



Long time no see?

How about some catching up with your long time friends over a drink at Bullerbyn?



Write message to Ana Va

DailyArt for you



Mindful tip



Maybe you could use a bit of deep breathing before going to bed

2 MIN
0 min today **3 MIN** ♥ 93 BPM
4 MIN
Start

go to bed at roughly the same time daily.

Set a bedtime

Sleep tight



You've slept over today, how about 8 hrs 30 min of sleep this night?

Set alarm for

8:42



Screen Time



You waste your time way too much today.

Put your phone down for a while. Try a walk in the park or take a bath with this new playlist:



Play playlist
Psychiatrická zahrada
in Music

Spoil your Senses



You love Kupka, right?

When did you last see
La voie du silence I?

Go to Národní Galerie

Sleep better



Extensive browsing before bedtime can disrupt your natural sleep cycle

Lock the device

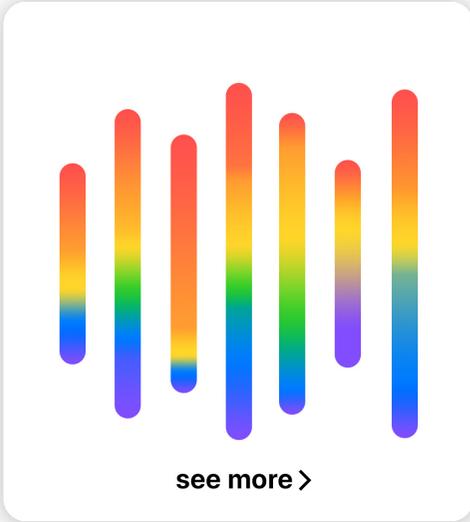
Hello, world!



Feeling a bit lonely?

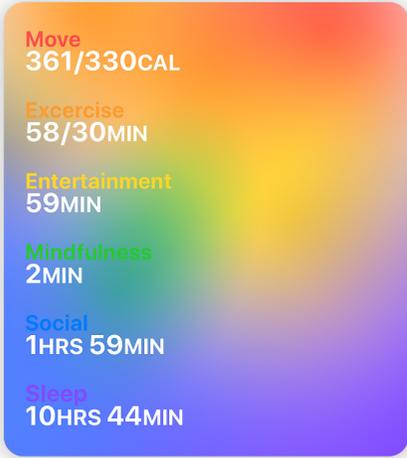
Maybe your mom does too. When did you last call her?

Last 7 Days



See the bigger picture
Look back at your week or month - Mind creates this beautiful, color-coded overview of your past. See a lot of red and blue? Probably walked a lot and met a lot of people. Purple and yellow on the weekends? Yep, that's the catch-up sleep and parties you went to - maybe fill it with a little green to complement the fun.





Mindful tip

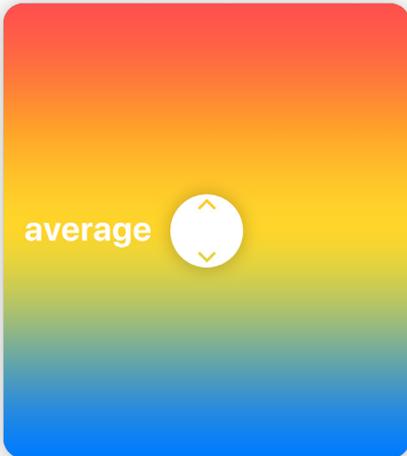


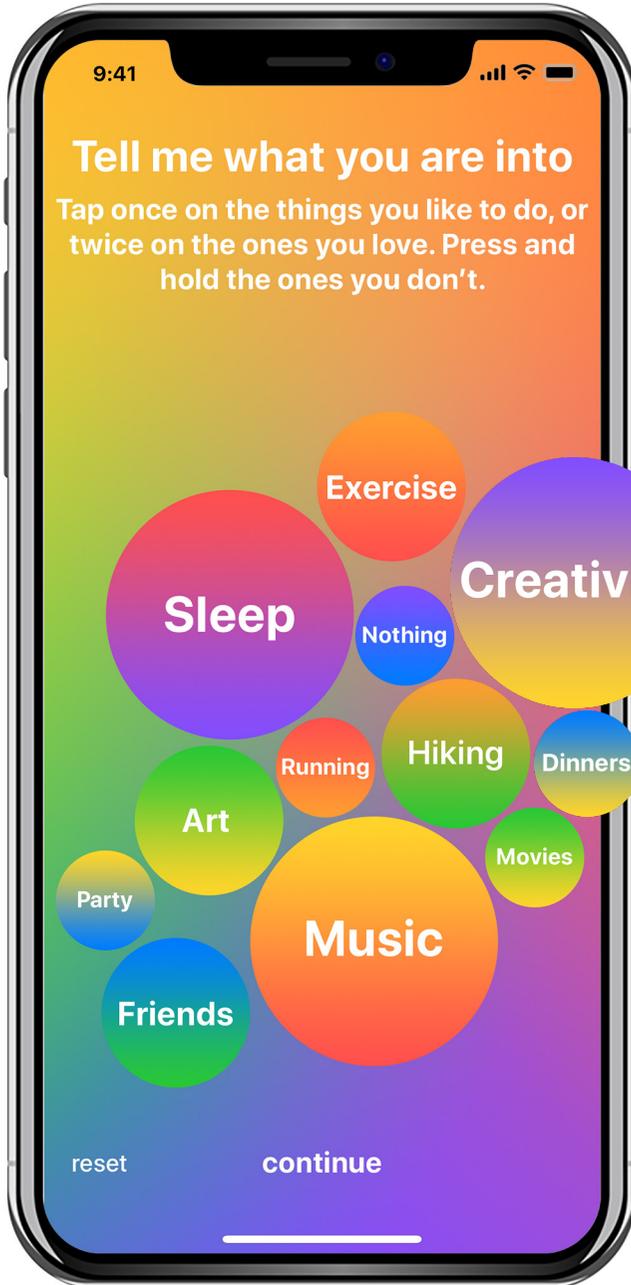
Maybe you could use a
bit of deep breathing
before going to bed

2 MIN
0 min today **3 MIN** ♥ 93 BPM
4 MIN

Start

How was your day?





Tell me what you are into

Tap once on the things you like to do, or twice on the ones you love. Press and hold the ones you don't.

Sleep

Exercise

Creativity

Nothing

Art

Party

Running

Hiking

Dinners

Art

Movies

Party

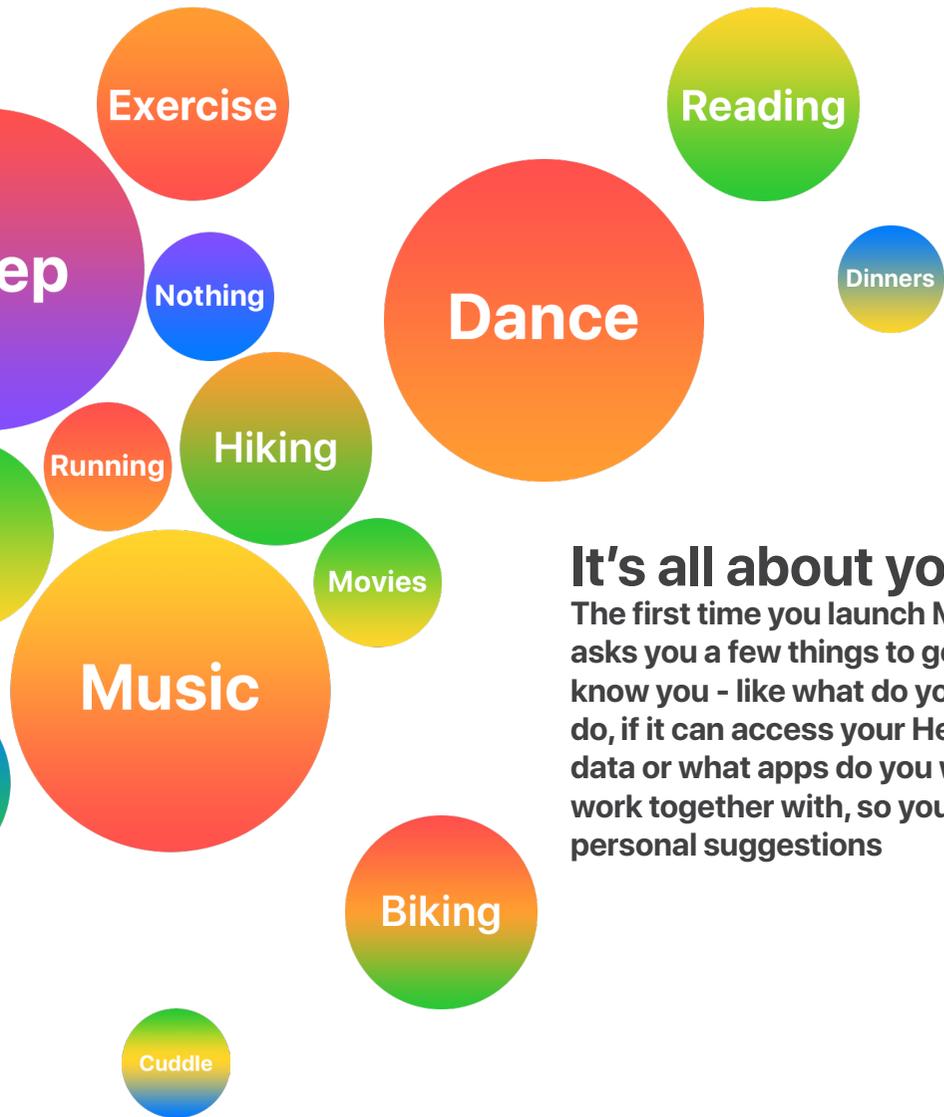
Music

Friends

Friends

reset

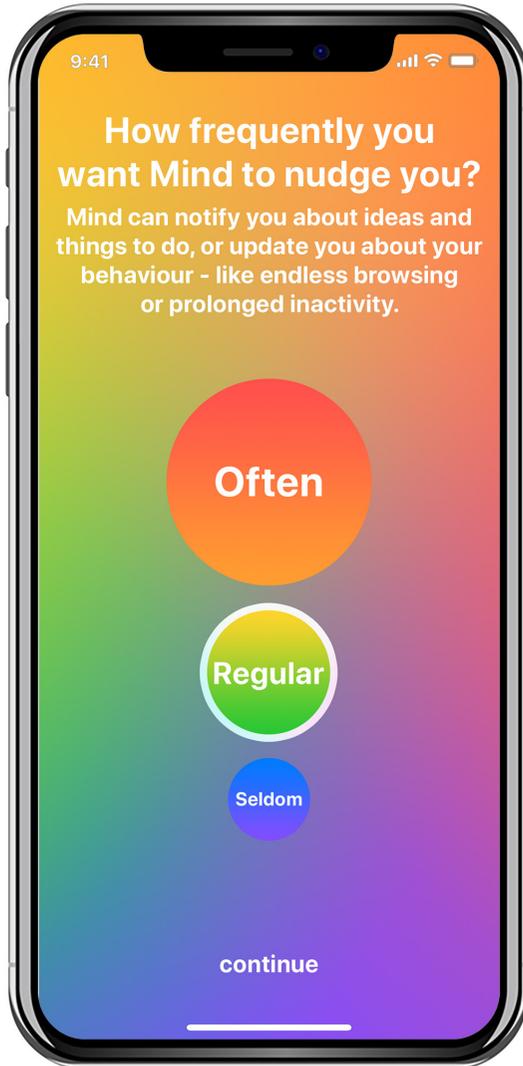
continue

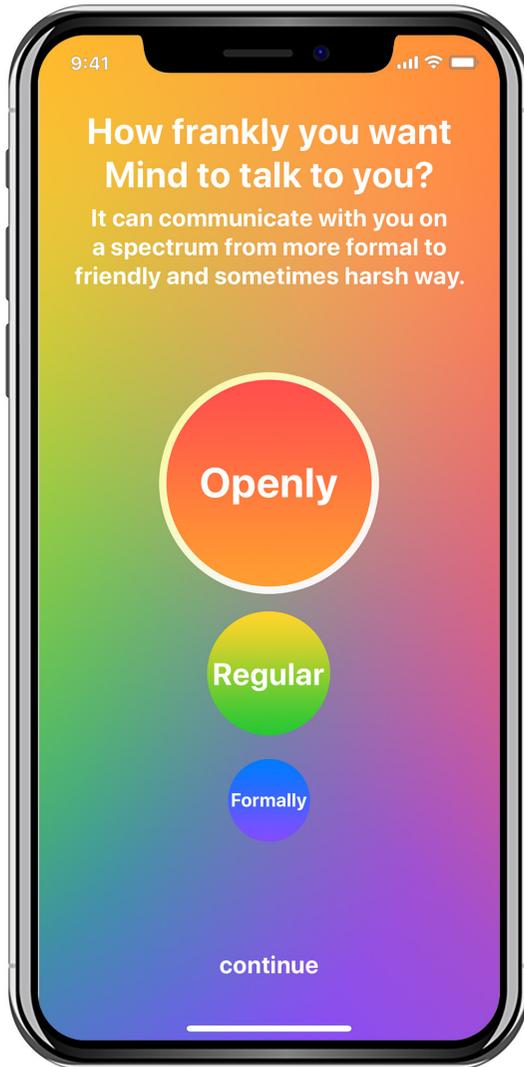


It's all about you

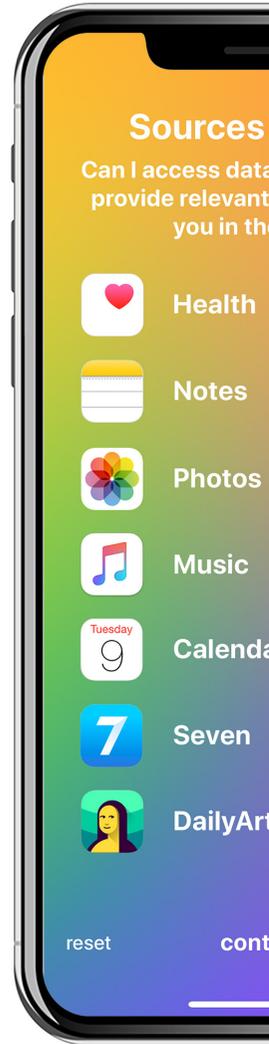
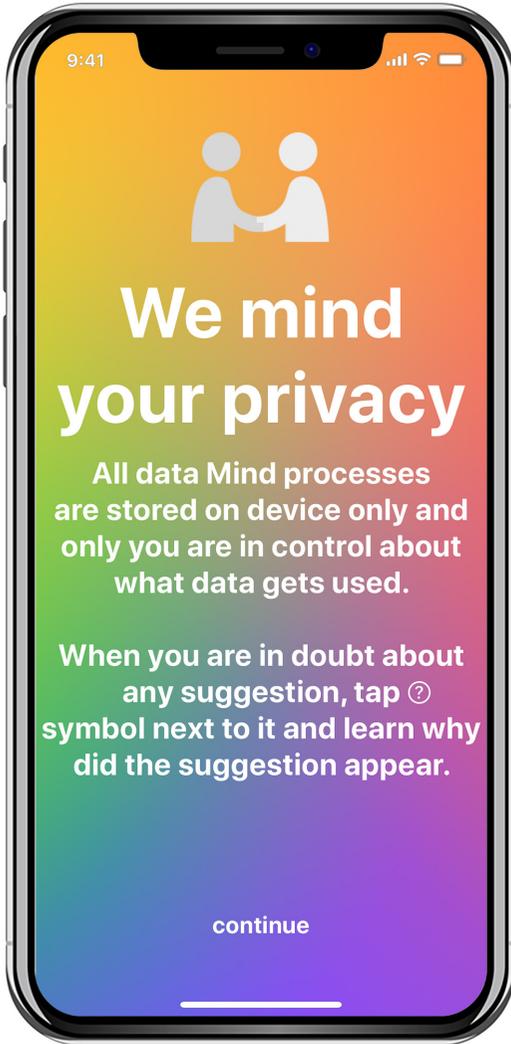
The first time you launch Mind, it asks you a few things to get to know you - like what do you like to do, if it can access your Health data or what apps do you want it to work together with, so you get personal suggestions

It can be quiet if you want it to...

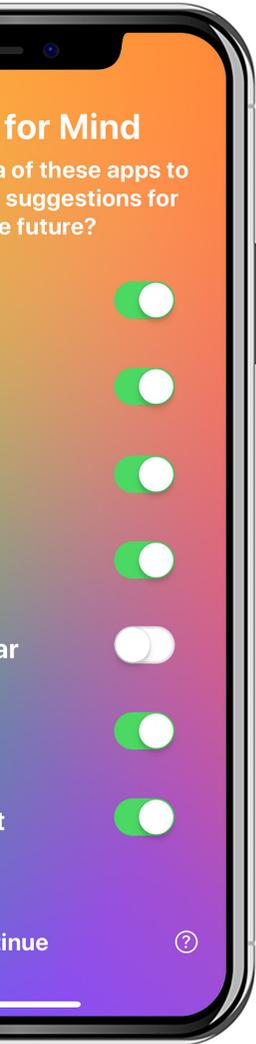




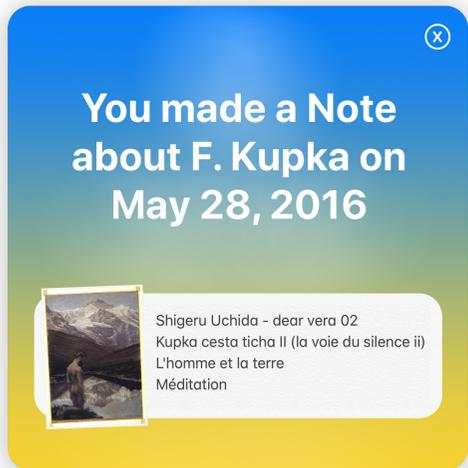
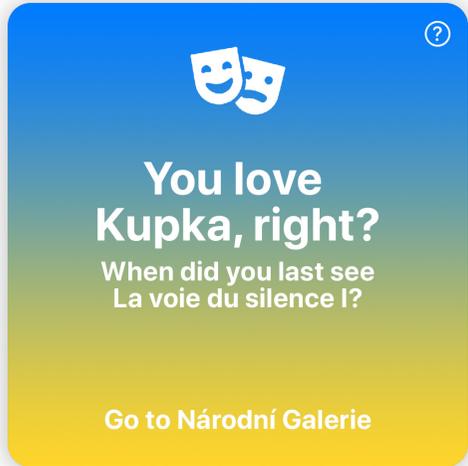
...and quite bitchy if you can take it



You are in control.
Privacy is especially important when dealing with intimate data - that's why you can choose which apps can Mind share data with.



Spoil your Senses



Uncanny?

Find out why did you get the card by tapping a little  symbol in the corner - Mind only uses the data from apps you allow it to use and everything is processed on your device.

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Move
361CAL

Exercise
58MIN

Entertainment
59MIN

Mindfulness
2MIN

Social
1HRS 59MIN

10HRS 44MIN

Mindful tip



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bit of deep breathing



Today



This Month



All Data



Sources



Get Help

Not everything is as dark as it seems*

You can set the Mind app to the darkmode, so it is easier on your eyesight.



I don't feel good in my head lately...

Hi, here to help!

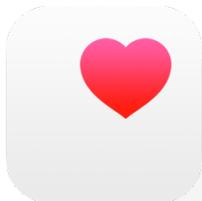
I'm Maria, and am here on behalf of Human Needs. Can you tell me a little more about what concerns you?



***but when the going gets tough, you can get help.**

A professional help is just a tap away when you need it most. You will be anonymously connected to participating NGOs specialized and licensed in mental health, so you can chat or call with a person who doesn't know or judge you.

Research



Mindfulness

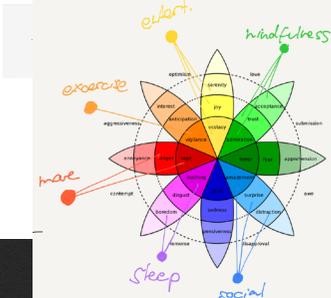
Quiet your mind. Relax your body. Be in the moment.



This Month

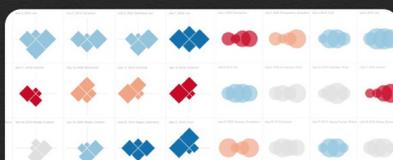
Mindful Minutes **2 min**
24/3, 17:09

Recommended Apps

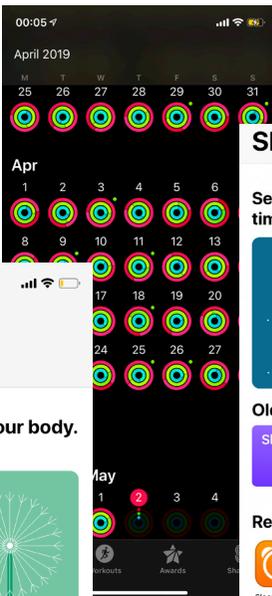


sources

9 Lifestyle Factors That Can Affect Your Mental Health
www.psychologytoday.com



Visualizing Emotions — For What?
medium.com



Sleep

Set a bedtime. Wake at the same time. Stay consistent.



Older

Sleep Analysis **6h 12m**
Unlocked

Recommended Apps



7 Breaths
1 MIN
0 min today
Last on 3/24/19
♥ 129 BPM
Start



Full Body

Not sure what to do today? The Full Body workout can never go wrong. With no body part untouched, this workout will always leave you with a smile.

Start

Level	Adverse factors	Protective factors
Individual attributes	Low self-esteem	↔ ● Self-esteem, confidence
	Cognitive/emotional immaturity	↔ ● Ability to solve problems and manage stress or adversity
	Difficulties in communicating	↔ ● Communication skills
Social circumstances	Medical illness, substance use	↔ ● Physical health, fitness
	Loneliness, bereavement	↔ ● Social support of family & friends
	Neglect, family conflict	↔ ● Good parenting / family interaction
	Exposure to violence/abuse	↔ ● Physical security and safety
	Low income and poverty	↔ ● Economic security
Environmental factors	Difficulties or failure at school	↔ ● Scholastic achievement
	Work stress, unemployment	↔ ● Satisfaction and success at work
	Poor access to basic services	↔ ● Equality of access to basic services
	Injustice and discrimination	↔ ● Social justice, tolerance, integration
	Social and gender inequalities	↔ ● Social and gender equality
	Exposure to war or disaster	↔ ● Physical security and safety

Data Visualization and Feelings
blogs.scientificamerican.com

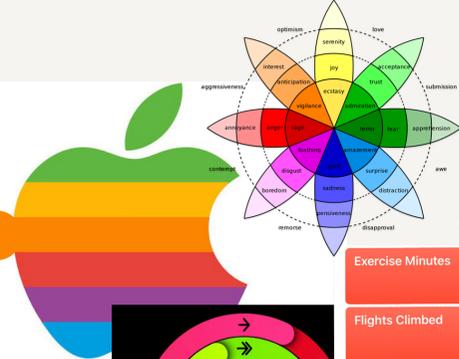
NO team signature code

Line or small points
Medium areas
Large areas

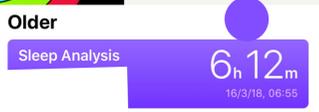
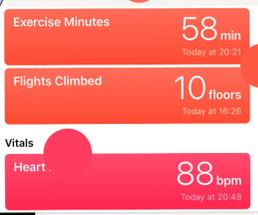
Nature of your data:
● sequential ○ diverg

Pick a color scheme:
Multi-hue:

Your Friendly Guide to Colors in Data Visualisation
blog.datavrapper.de



- sleep
- more
- exercise
- entertainment
- mindfulness
- social



uvidíte 😊 👍

Mindful Minutes

credit smart.

Popular science:

<https://www.psychologytoday.com/us/blog/the-athletes-way/201302/7-habits-healthy-mind-in-unhealthy-body>

<https://www.novinky.cz/kultura/salon/503807-ne-vsechny-deprese-jsou-vase-karel-vesely-nad-sebranymi-spisy-britskeho-kulturniho-teoretika-marka-isherera.html>

Academic:

<https://www.youtube.com/watch?v=iCvmsM-zIF7o> "The Power of Vulnerability" Brené Brown

<https://jamesclear.com/short-unimportant-life>

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2290997/>
 "Benefits of Sunlight - A bright spot for human health"

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2804629/>
 "The Connection Between Art, Healing, and Public Health: A Review of Current Literature"

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2848393/>
 "The Effect of Mindfulness-Based Therapy on Anxiety and Depression: A Meta-Analytic Review"

<https://www.psychologytoday.com/us/blog/when-your-adult-child-breaks-your-heart/201410/9-lifestyle-factors-can-affect-your-mental>

<http://psychcentral.com/news/2011/02/18/lifestyle-changes-as-treatment-for-mental-health-concerns-depression-anxiety/23670.html>

<http://www.mentalhealth.org.uk/help-information/mental-health-a-z/P/physical-health-mental-health/>

<https://www.psychologytoday.com/us/blog/slow-gains/201401/10-common-mistakes-prevent-you-being-healthy>

