


EMOTION CONTROL

“Balancing emotions and adapting to new life”

Emotion Management App: An Emotion Regulation and
Psychological Support Platform for International Students

Why do you need a mood management app?



Current emotional and mental health issues facing international students:

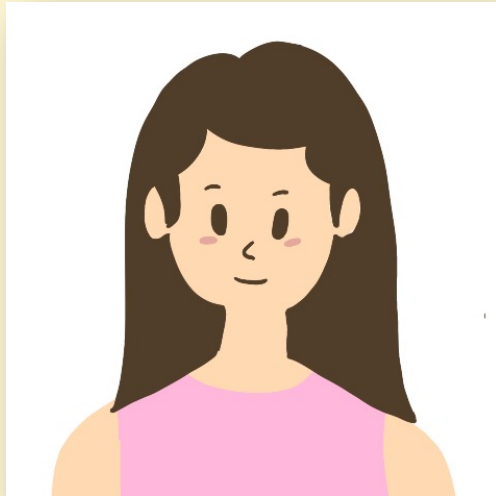
Academic stress: stressful courses, exams and language barriers.

Culture shock: the psychological challenge of adapting to a new culture and environment.

Loneliness: being away from family and familiar social circles.

User Group Definition

- Age: 18-30 years old.
- International student background: undergraduate, master, doctoral, distributed in major study abroad countries (e.g. UK, USA, Canada, etc.).
- Needs: Reduce academic pressure, overcome loneliness, adapt to new culture, lack of exercise.



Persona 1: Emma Zhang

Basic Information:

Age: 22

Country: From China

Place of study: London, UK

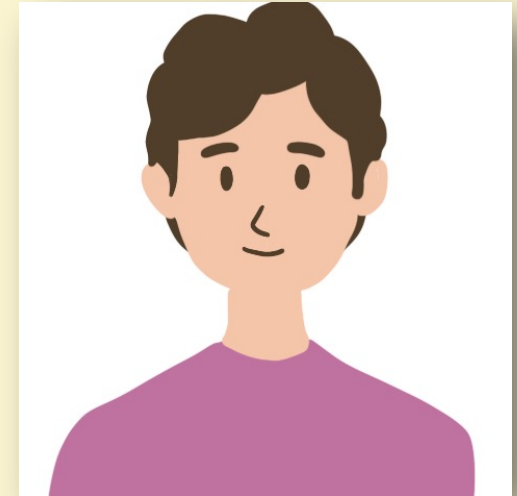
Studying in a high-pressure situation, she is prone to anxiety and frustration, and will doubt whether she can accomplish her goals. Field of study: Master of Economics (first year)

Background: Emma is a motivated student. However, life in the UK is not as easy as she imagined and she feels a lot of pressure especially in her studies and life.

Main pain points:

Exam pressure, end of semester essays and exams make her feel time-crunched, and she sometimes stays up late to revise, which leads to mood swings and loss of concentration.

Under high pressure, she tends to feel anxious and frustrated, and will doubt whether she can accomplish her goals.



Persona 2: John Lee

Basic Info:

Age: 24

Country: From Korea

Place of study: Toronto, Canada

Background: John is an outgoing person who enjoys sports and socializing. In Brazil, he had many friends and a lively family life. After coming to Canada, he realized that his lifestyle has changed a lot.

Main Pain Points:

Academic stress:

As a Computer Science major, he needs to focus on programming tasks and team projects for long hours, sometimes working more than 10 hours a day.

Lack of exercise:

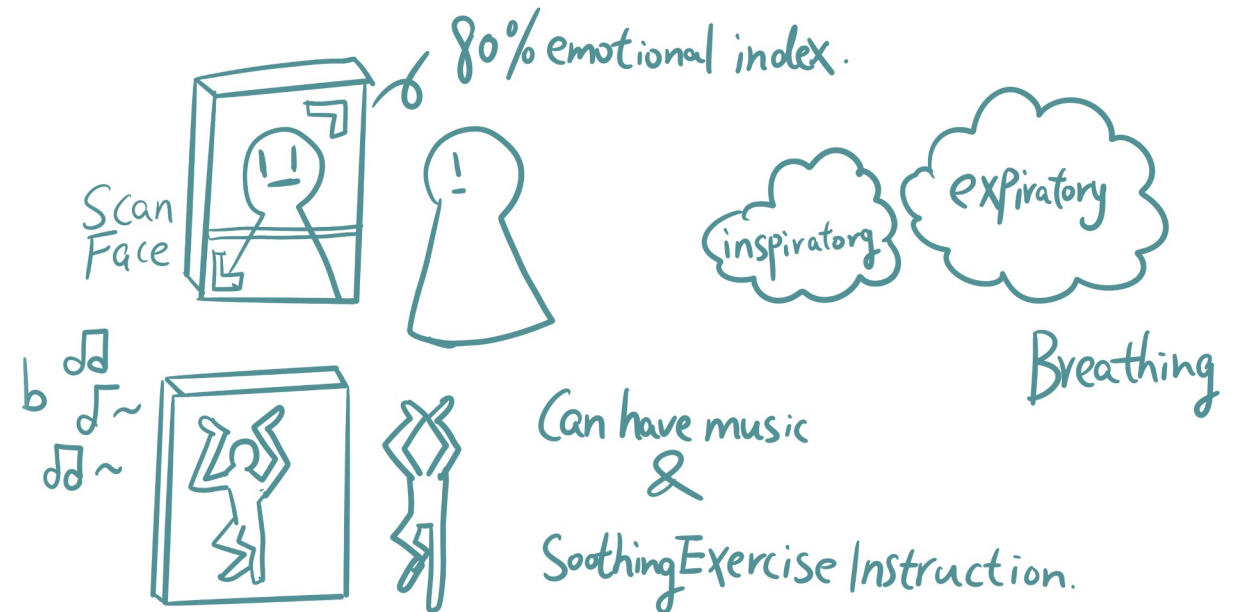
Busy studies left him no time for daily exercise, and physical fatigue led to low mood.

Smart Mirror's Mood Management Connection

- Smart Mirror's Mood Management Connection
- How smart mirrors can assist international students:
- Expression scanning recognition and emotional state feedback.
- Daily Emotional Cues: "You look good today!"
- Breathing & Meditation Guided Interaction.
- Exercise movement guidance
- Smart mirror and APP linkage:
- Real-time display of APP's mood detection data and adjustment suggestions on the mirror.
- Display of exercise movements
- Mirror environment control: adjust lighting, play relaxing music.

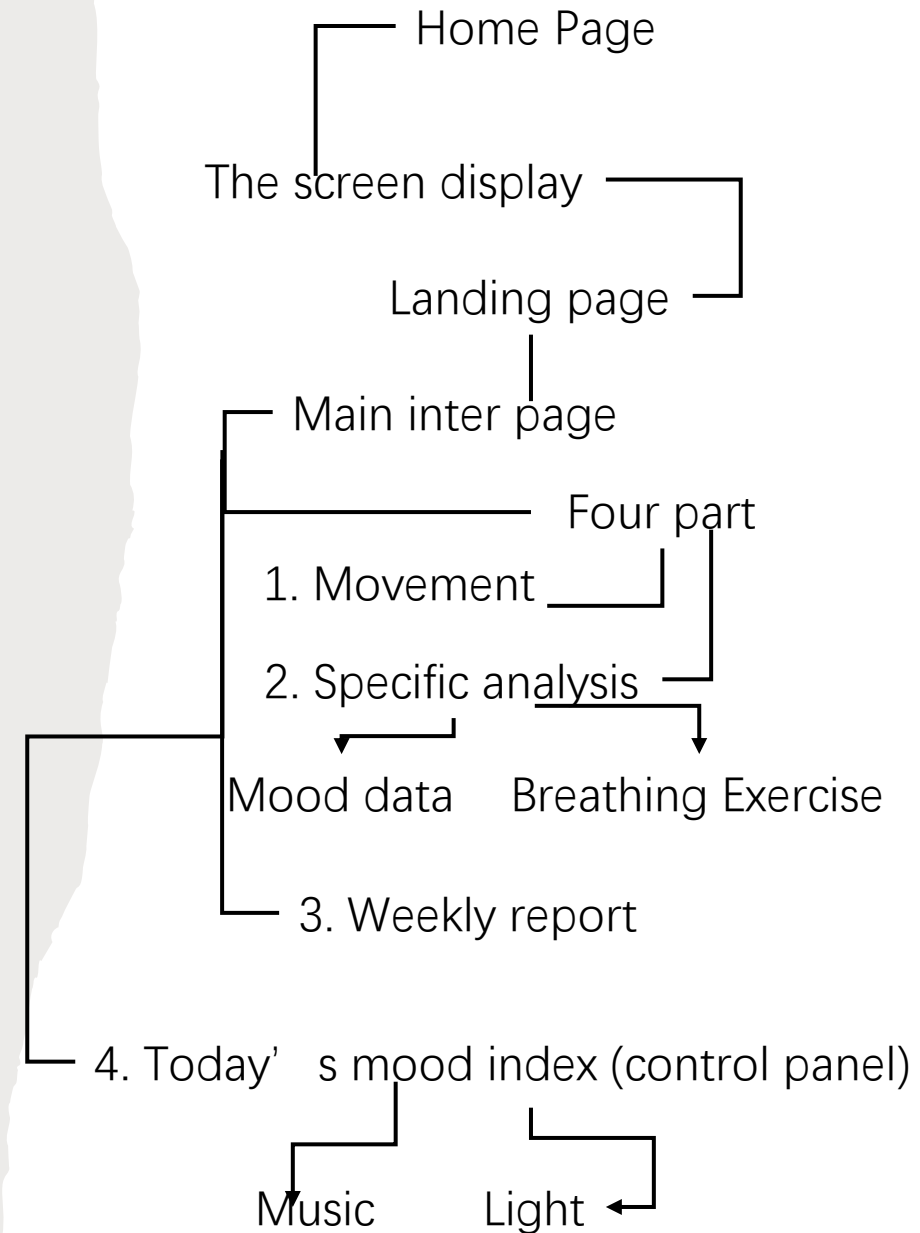


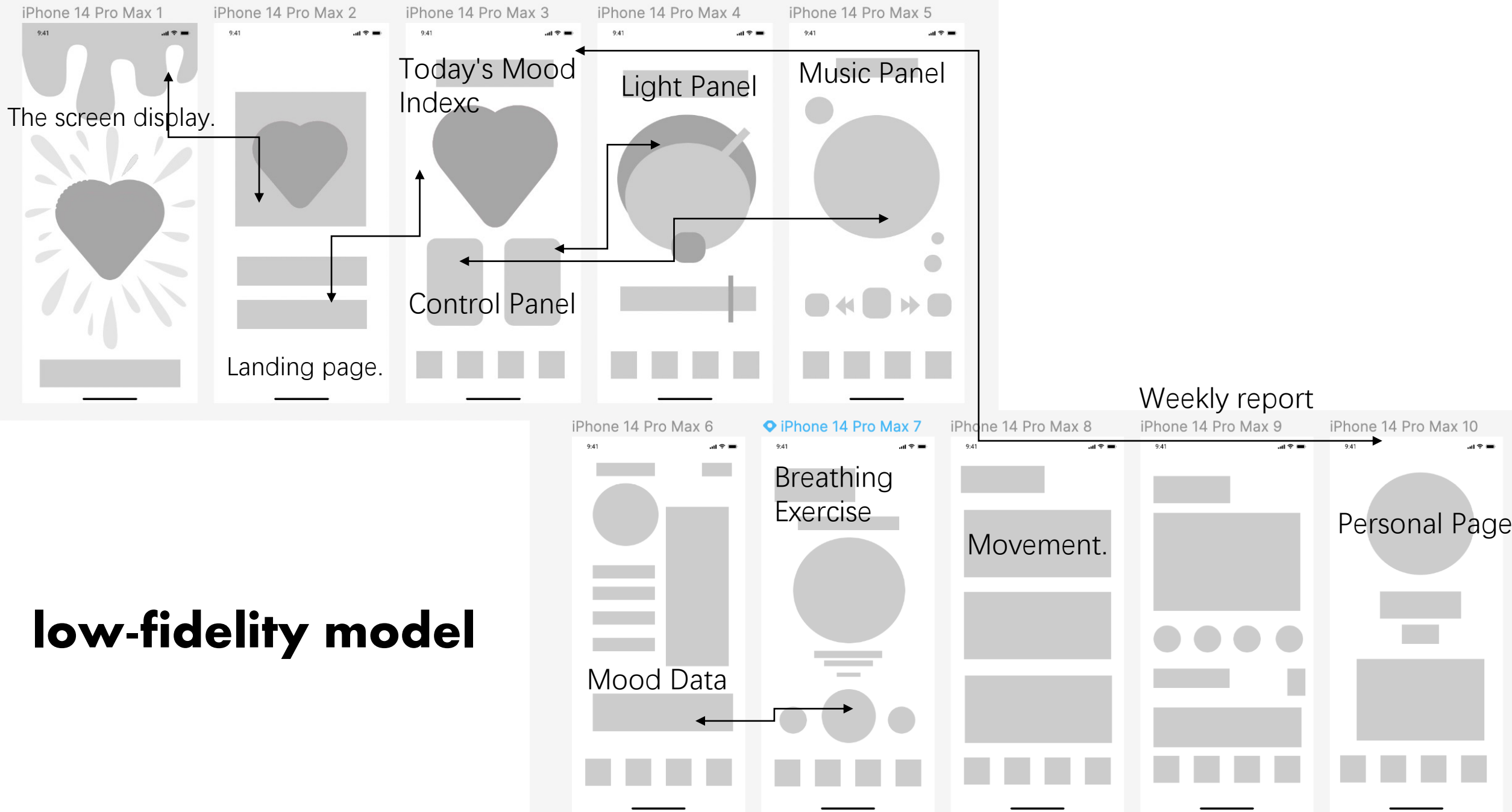
- Scanface Detecting emotional micro-expressions
- Exercise Movement Demonstration
- Breathing instructions to calm down.
- Can have light and music connections.



APP Core Functions

- How can APP solve the pain points of international students?
- Content:
- Emotion Detection:
 - Analyze current emotions through physiological data (heart rate, stress index) and facial expression recognition.
- Emotion regulation tools:
 - Breathing training, meditation instruction, relaxation music.
- Quickly regulate emotional scenarios such as pre-test anxiety and bedtime relaxation.
- Data Analysis & Feedback:
 - Daily/weekly mood reports to help users understand the trend of mood fluctuations.
- Exercise Support:
 - Provide advice on exercise.





low-fidelity model

OUTCOME

Video

<https://youtube.com/shorts/wmilzA0gtfM?feature=share>

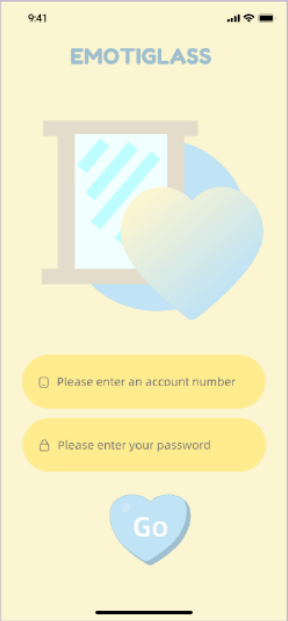
TEST

<https://js.design/v?i=24EcR7&p=DF-xbeWDI1&f=0:1&wi=true&box=14pm&scale=fit&lp=0>

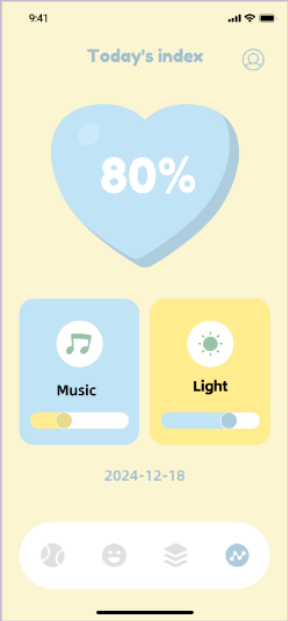
启动页



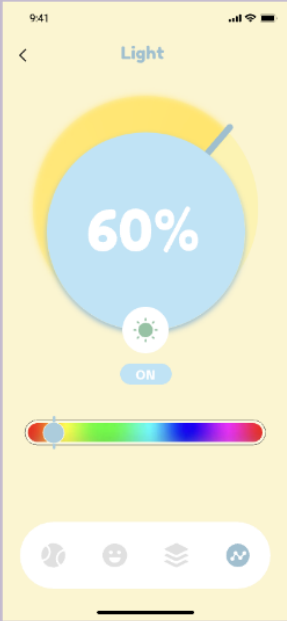
登录页



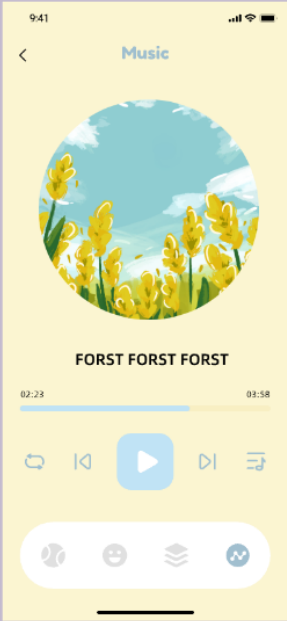
Today's index



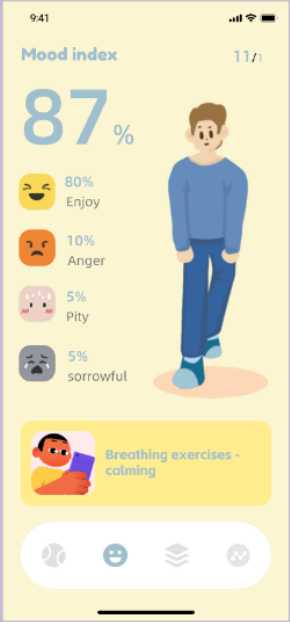
Loght



Music



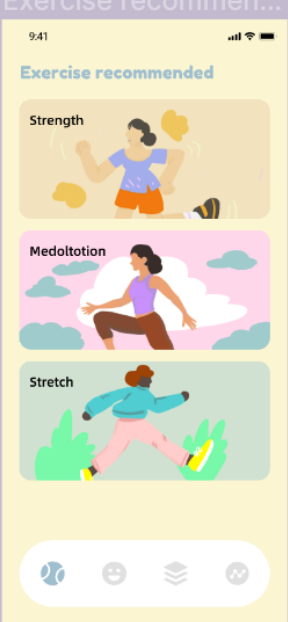
Mood index



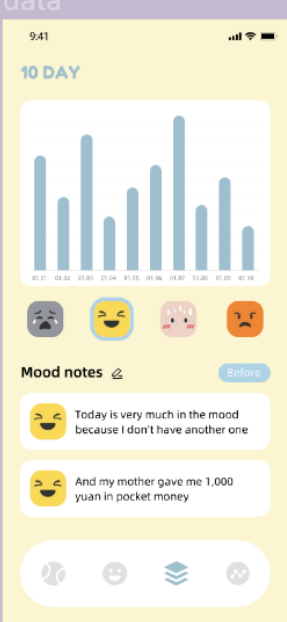
Breathe



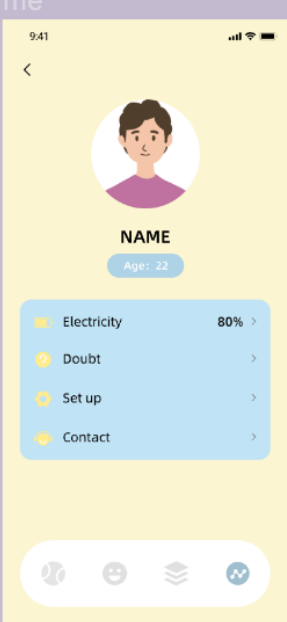
Exercise recommen...



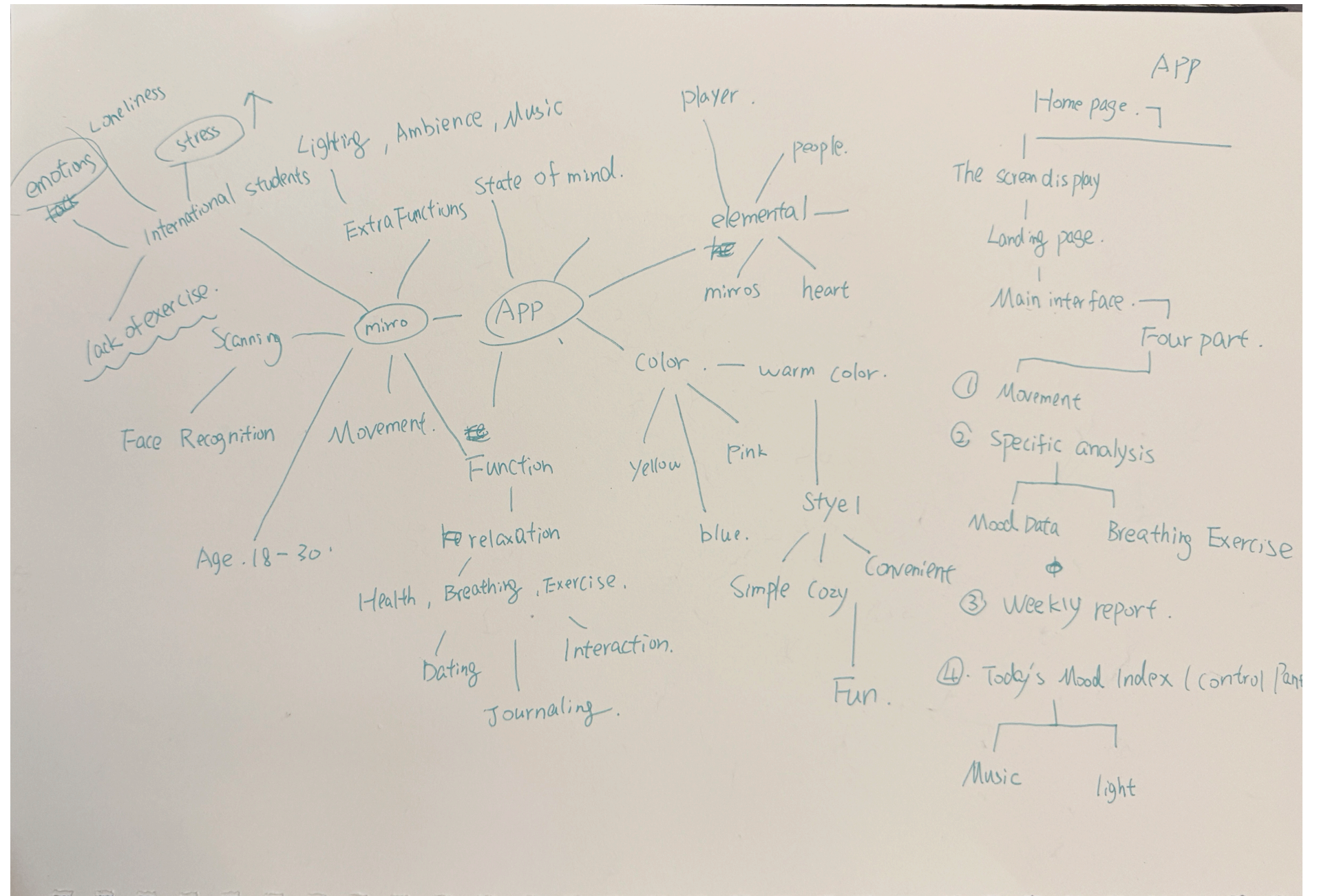
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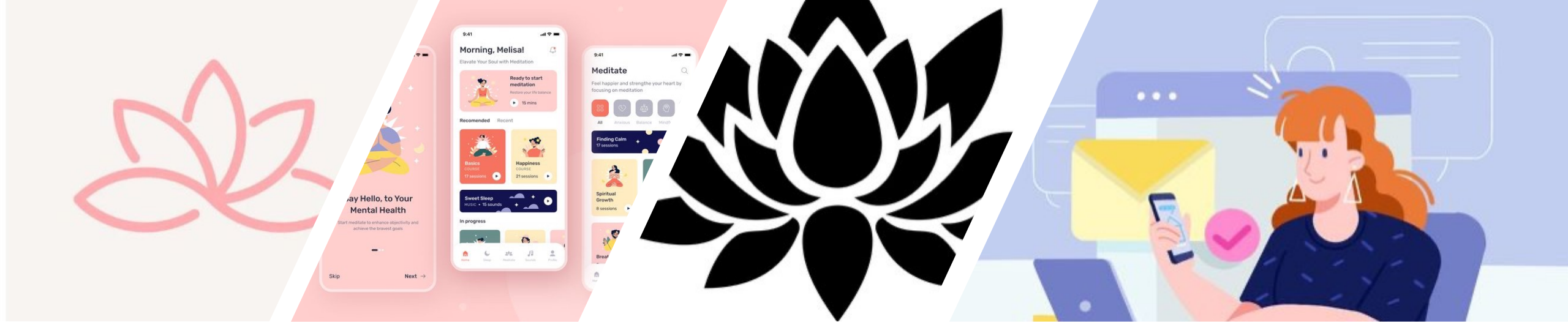


me

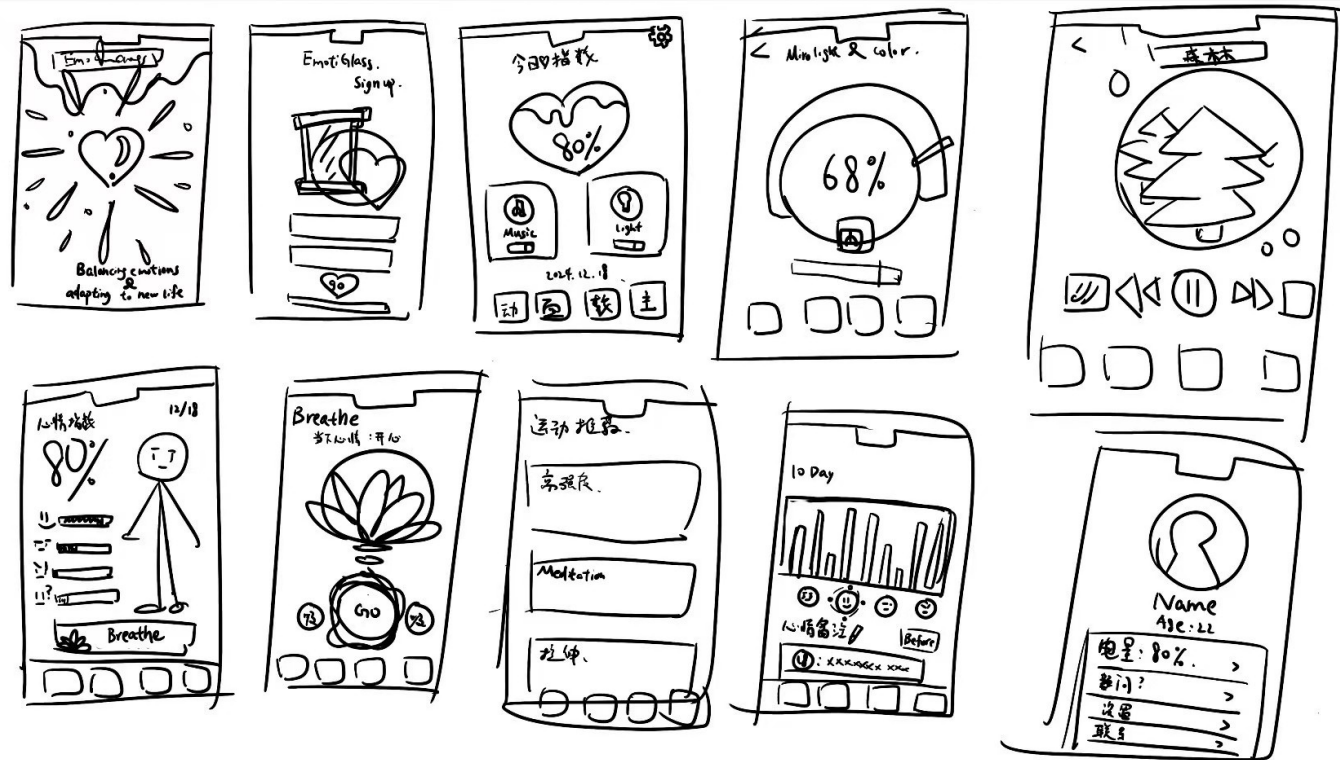


SKETCH





Inspiration



App Content:

Screenshots of 3-4 key pages with brief.

①: Home Emotional State Dashboard:

Display current mood, heart rate, and suggested tools.

②: Breathing Exercise Screen:

dynamic circles to guide deep breathing.

③: Mood history page: charts to analyze daily mood change.

④: Settings page: supports reminders, and multi-language switching function.

Style: clean, intuitive; soft and relaxed.

First Edition

