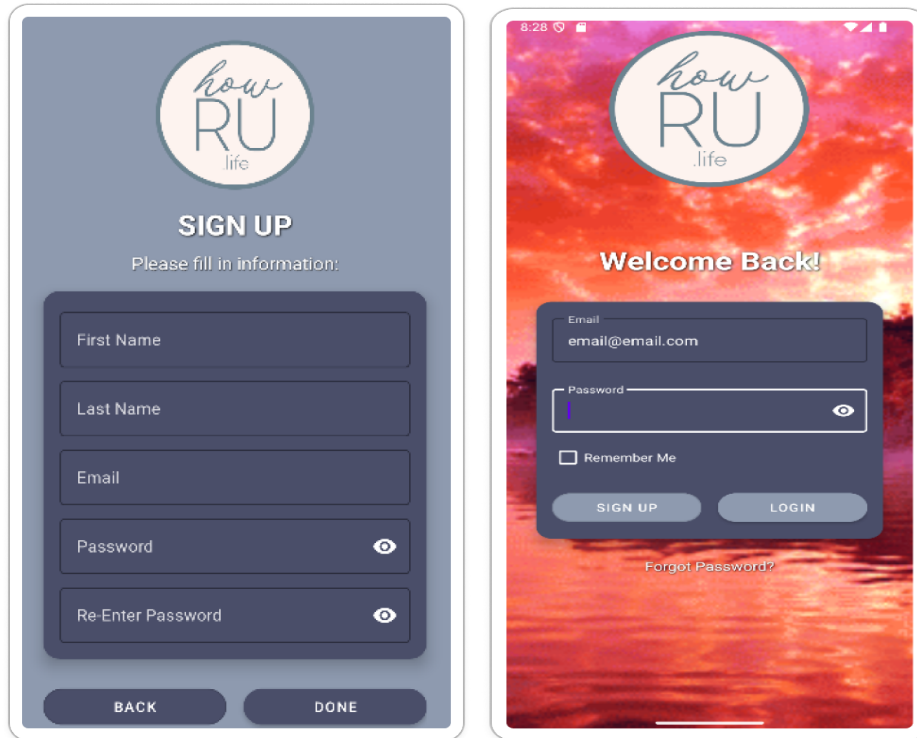


User Manual

B.1. Login and Signup Screen

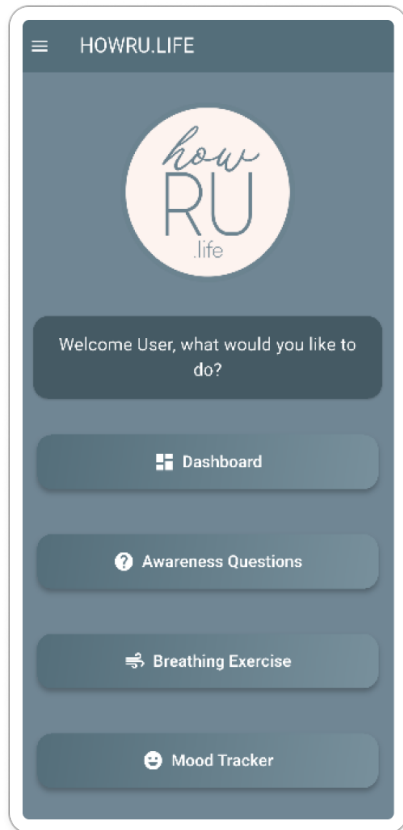


The user must create an account in the sign up screen by providing their full name, email, and password. Once valid information has been provided, the user will be able to log in in the application from the log in screen by providing the email and password that they set up during registration. In case that the user forgets their password, they can press the forget password button to begin the password reset process.

B.1.1. Password Reset Process

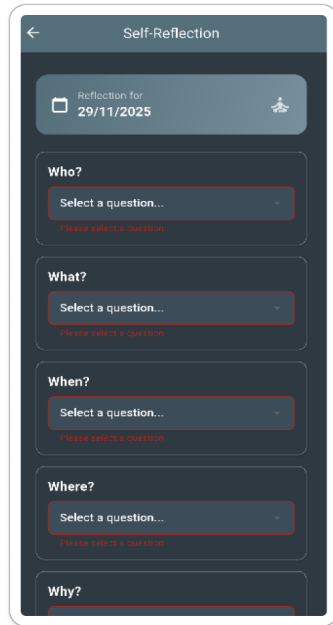
If users provide a valid email registered in the system, the user will receive an email message to create a new password for their account.

B.2. Dashboard Screen



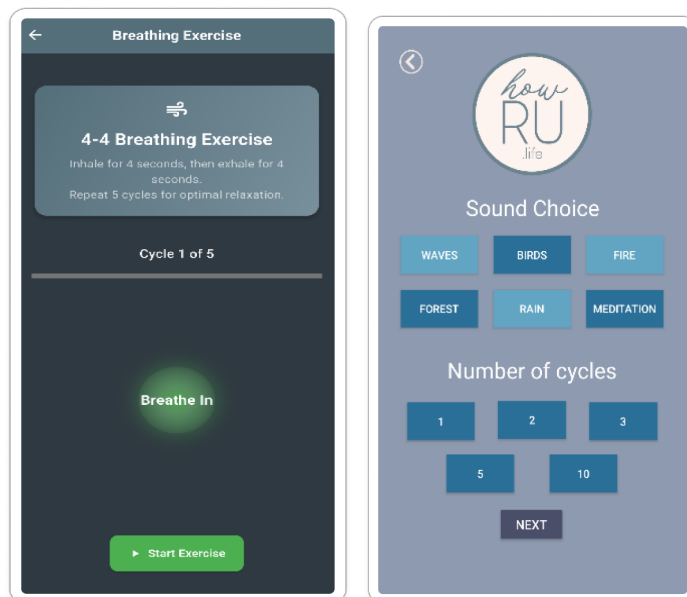
After successfully logging in the system, the user will be presented by the dashboard screen which offers access to the main features of the application: self reflection questionnaires, breathing exercises, mood tracker, and dashboard summary.

B.3. Self Reflection Screen



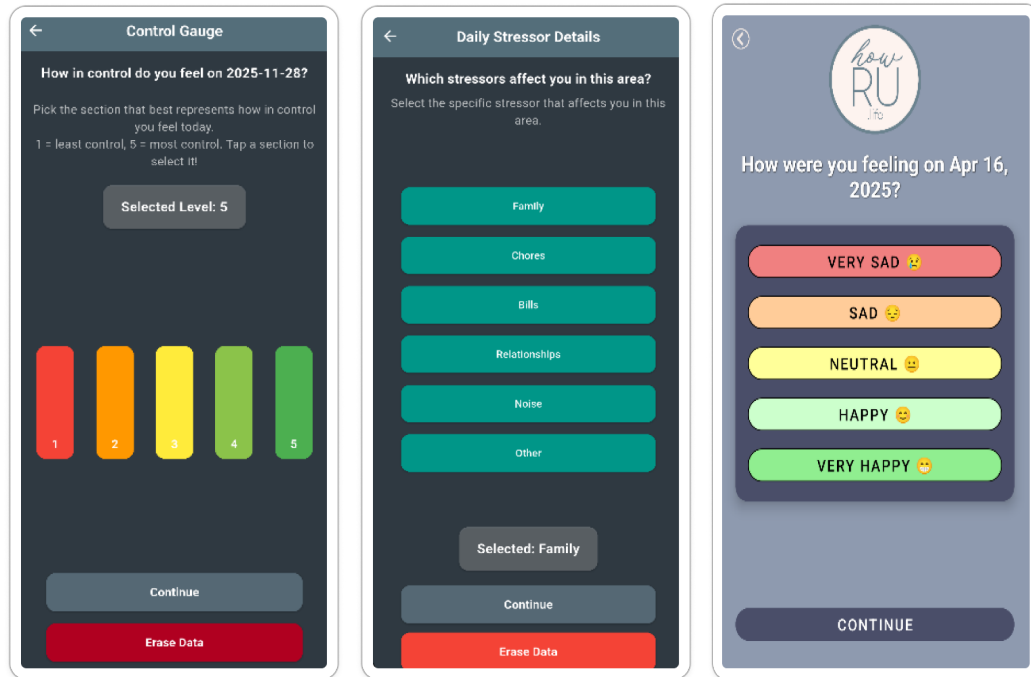
To access the self reflection screen the user must tap the self reflection button on the dashboard screen. Before the self reflection starts, the user will be given the option to select the current date or a different date to record the responses from the activity. After the date is selected, multiple prompts will be displayed to the user. Once all questions have been read and responded, the user can save the responses by pressing the save button at the bottom of the page.

B.4. Breathing Exercise Screen



To access the breathing exercise screen the user must tap the breathing button on the dashboard screen. Before the breathing exercise begins, the user will be given the option to select a sound and the number of cycles that will be performed. After the sound and cycles are selected, the screen will transition to another one where sounds and imagery will support the user as they perform the exercise.

B.5. Mood Tracker



To access the mood tracker, the user must select the mood tracker button in the dashboard screen. Before the mood tracker activity starts, the user will be given the option to select the current date or a different date to record the responses from the activity. Once the date is selected, multiple prompts will be displayed to the user to respond. First the user must select from one of five options when asked about their feelings. Second the user must select a level from one to five to reflect on how in control they feel. Lastly the user will be asked what their stressor of the day is.