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# Mindful Tides

Mindful Tides was a project born out of my own reflections on mental health and wellness in times of transition and change. Through research, self-ethnography, empathy, and reflection I pursued the question: How might I build a practice of mindfulness centered around gratitude to better facilitate good mental health and better manage change?

## The Problem

My end goal through research was to understand how gratitude contributes to mental health and how mindfulness can take a role in contributing to better overall mental health.

My problem stemmed from a deep curiosity about mental health and the urge to gain a better understanding of mental health in general, as well as explore my own mental health journey. My problem was self-focused, but would provide an opportunity to create outcomes that would serve others as well as me.

## Approach

Through research methods such as literature reviews and competitor analysis, self-ethnography, and user interviews, I was able to focus my scope, narrow my desired outcomes and produce insights that would drive my creative problem solving.

These insights included:

- Gratitude, Mindfulness and meditation can come together to ease anxiety, stress, and depression, leading to better mental health.
- Mindfulness can be utilized to help build subconscious better mental health practices through building healthy habits and introspective thought.

- Through competitor analysis, I found there is a market for products that encourage better mental health practices.

Based on these insights I took an empathetic approach to my problem, researching more about habit building and how I might be able to build a system that fosters good mental health practices. My goal was to build a system that allows for deep self reflective thought in order to provide an opportunity to better one's mental health and mental health practices through mindfulness practices, meditation, gratitude, and introspection.

## Final Deliverables

My final deliverables took the form of three guided journals that combine self-reflection, mindfulness, and gratitude come together to help build a healthy mental headspace. Through practicing these skills, one is given a foundation to continue their mental health journey, tune into their gratitude and mindfulness, and know more about themselves.

The goal of these three journals is to equip you with the tools to help you manage the tides of change, transition, and your overall mental health. Mindful Tides focuses on three mental health practices that when implemented, combine to help manage change and transition by helping you better understand yourself and your experiences. Putting Mindfulness, Gratitude, and Self- Reflection into practice sets you up for a healthier mindset when it comes to change. These three tools can ground you and be a point of clarity and regulation in a time of transition.

## Impact

This project did exactly what I hoped it would. I was able to explore deeper the challenges of mental health, look inward at my own struggles, and focus that into a solution that I am immensely proud of. There are so many places this project could be taken and I am excited to explore how this project might grow and expand into something much larger. My work on this project was more than aesthetics and typography, I chose a concept that was very important to me and I persevered through the struggles of such a complex and tricky concept to deliver a solution that delivers good.