Mind Matters

Designmatters Studio | Spring 2021 | ArtCenter College of Design
“Emotional Intelligence” is a cornerstone of emotional regulation skills. The ability to recognize, understand, and manage our emotions is critical to our personal wellbeing. Recognizing, understanding, and connecting with the emotions of others is the foundation of empathy, intimacy, and cooperation.

-Mind Matters Curriculum
The Skill of Empathy

Mind Matters teaches how to deeply listen for the deeper meaning in another person’s thoughts, feelings, and behaviors. As we connect with others deeply and empathize with them, our brain changes.

-Mind Matters Curriculum
Teens and young people need to develop the language to communicate their internal experience, their emotions. With the ability to identify emotions and emotionally communicate, a person is able to connect emotionally and intellectually with others.

-Mind Matters Curriculum
Defining the problem and opportunity
COVID-19 has intensified the struggles of teenagers. They have to balance school, family, friends, and work.
HOW MIGHT WE...

...engage young people to learn Mind Matters skills and improve their emotional intelligence via online resources and social media?
WE SEE AN OPPORTUNITY...

...to create a **safe space** for young people to learn Mind Matters concepts and **practice self-expression**.
Each year, 1 in 5 teens aged 13-18 experience a mental health condition including anxiety and depression.

Source: https://www.cdc.gov/
## Impact of Covid-19 on Teens

<table>
<thead>
<tr>
<th>Percentage</th>
<th>Description</th>
<th>Source</th>
</tr>
</thead>
<tbody>
<tr>
<td>86%</td>
<td>Increased Social Isolation</td>
<td></td>
</tr>
<tr>
<td>81%</td>
<td>Lack of accountability and motivation</td>
<td><a href="https://www.cdc.gov/">https://www.cdc.gov/</a></td>
</tr>
</tbody>
</table>
Developmental Stage Insights
From Dr. Carlene Fider

**Adolescents**
**Age from 13-18**

It’s harder for adolescents to feel comfortable enough to show that vulnerable internal experience, and sometimes, it’s hard for them to identify their emotions.

- Dr. Carlene Fider, Adolescent Development Expert, Pacific Oaks College

**The Personal Fable**
Many teens believe they have unique abilities, or conversely, unique problems, different from anyone else in the world.

**The Imaginary Audience**
Teens may mistakenly believe that everyone around them is watching and judging them, scrutinizing their every move, and can become painfully self-conscious as a result.
Teens need to learn to build resilience.
4 ways to build resiliency skills with the help of time and intentionality:

<table>
<thead>
<tr>
<th>Find Purpose</th>
<th>Build Connections</th>
</tr>
</thead>
<tbody>
<tr>
<td>Help others</td>
<td>Prioritize interpersonal relationships</td>
</tr>
<tr>
<td>Take small steps to be proactive</td>
<td>Join groups/communities with similar interests</td>
</tr>
<tr>
<td>Move towards personal goals</td>
<td>Identify and form a support system</td>
</tr>
<tr>
<td>Opportunities for self-discovery</td>
<td>Set aside time</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Foster Wellness</th>
<th>Embrace Healthy Thoughts</th>
</tr>
</thead>
<tbody>
<tr>
<td>Take care of your body</td>
<td>Keep things in perspective</td>
</tr>
<tr>
<td>Practice mindfulness and exercise</td>
<td>Accept changes</td>
</tr>
<tr>
<td>Avoid negative outlets</td>
<td>Keep a hopeful outlook</td>
</tr>
<tr>
<td></td>
<td>Use coping skills from past experiences</td>
</tr>
</tbody>
</table>
How are teens engaging online?
Teen Devices

95%
Of teens have access to a smartphone, and 45% say they are online almost constantly.

-Hye Min Kim

83%
Use their cellphones to learn new things

91%
Use their cellphones to pass time

48%
Gen Z spends ten hours per day or more on the internet.

Source: Pew Research Center, 2018
How do teens learn?
Some teens prefer a classroom setting because the guidance helps them retain focus.

Occupying them with interactive activities results in higher engagement.

(based on student comments from the class observation)
Engaging
Using an empathic tone and creating pleasant interactions

Routine
Building personalized, reliable at-home routines

Learning
Flexible and inclusive learning/exercise nano-sessions

Community
Connecting with peers & groups
Meet the new Mind Matters
We hold a Vision

To inspire, uplift, and set young people on the journey of healing as they cultivate deeper resilience.

We have a Mission

To reach all adolescents and help them strengthen their mental wellness as well as they heal from ACEs and other negative experiences through innovative and playful methods.
Our Values

To create a welcoming community, delivered with care.

Our Position

For young people who seek to address their physical, relational and, mental wellness needs, Me&MyEmotions practical, hands-on lessons explore the healing process.

Me&MyEmotions teaches skills and practices that cultivate healing and clear away distractions to learning and healthy relationships.
Character

Inclusive & Fresh
Secure & Accessible
Engaging & Educational
Supportive & Hopeful
Empathetic & Entertaining
Our Approach
Me&MyEmotions targets teens where they are:

01 Website – Digital Experience
02 Video Lessons
03 Digital Ads
04 Social Media
Website
Build skills for mental wellness

Get Started

Log In
Video Lessons
Lesson Plans - 1 and 2

**Lesson 1: Self Soothing**

What is a Self Soothing Skill? (Video Lesson)
Importance of Waiting (Video Lesson)
Intro to Focused Breathing (Video Lesson)
Focused Breathing Skill (Guided Exercise)
Intro to Peripheral Vision (Video Lesson)
Peripheral Vision Skill (Guided Exercise)
Intro to 5-4-3-2-1 (Video Lesson)
5-4-3-2-1 Skill (Guided Exercise)
Why Do We Use These Skills? (Video Lesson)

**Lesson 2: Discover Emotions**

Why are Emotions Important (Video Lesson)
Intro to The Body Scan (Video Lesson)
Body Scan Skill (Guided Exercise)
Practice Identifying Emotions (Video Lesson)
You and Your Emotions Exercise (Guided Exercise)
The Role of Emotions (Video Lesson)
Emotions, When They Work and When They Don’t (Video Lesson)
When They Work and Don’t Chart Exercises (Guided Exercise)
What is Emotional Intelligence? (Video Lesson)
Calm your body and mind
MeAndMyEmotions.org

Visit Tik Tok:
@MeAndMyEmotions_official

Visit Instagram:
@MeAndMyEmotions_official
Print Poster & Pop Socket Stickers

Feeling lonely, stressed, or overwhelmed?
Play Me & My Emotions to help calm down...
Free website for teens: MeAndMyEmotions.org

Play on your phone:
• Earn points and awards
• Watch fun videos
• Learn the skills to bounce back

Join Our Community!
@meandmymotions_official
@meandmymotions_official