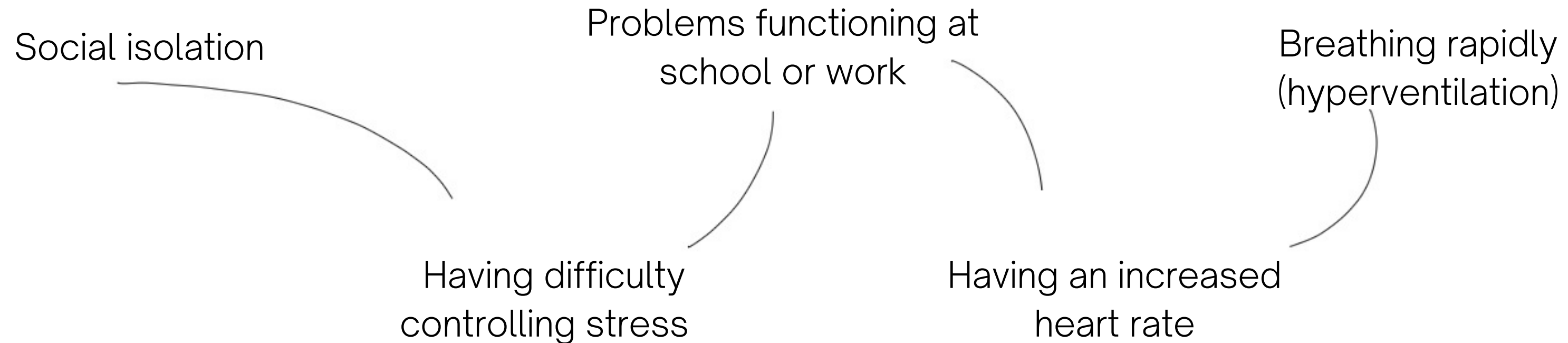


DSTRS.CO

Gema, Jacobine, Júlia and Julian

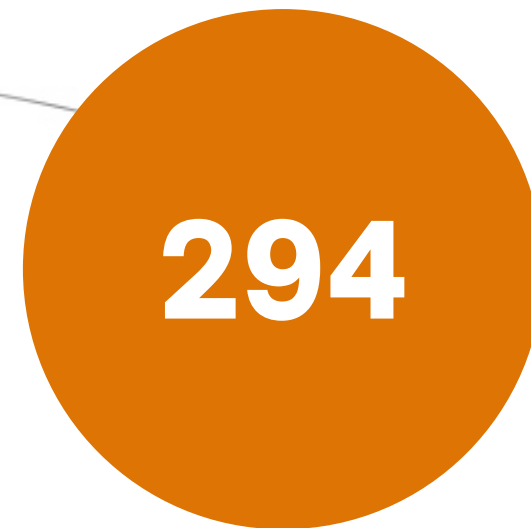
Problems faced by people with anxiety



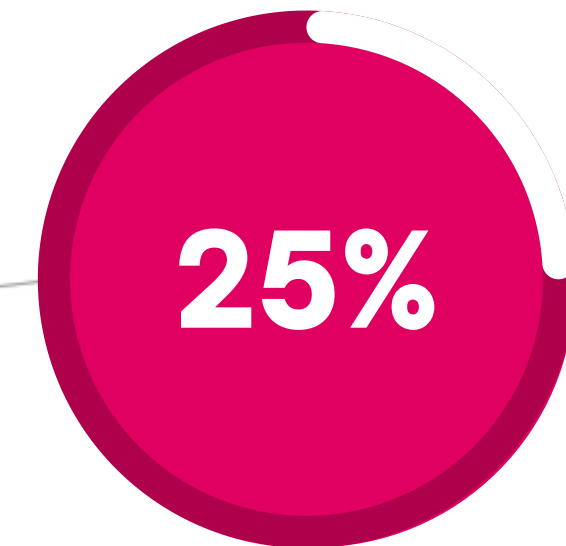
Statistics and the impact of COVID-19



Mental health and substance use disorders affect 13% of the world's population.



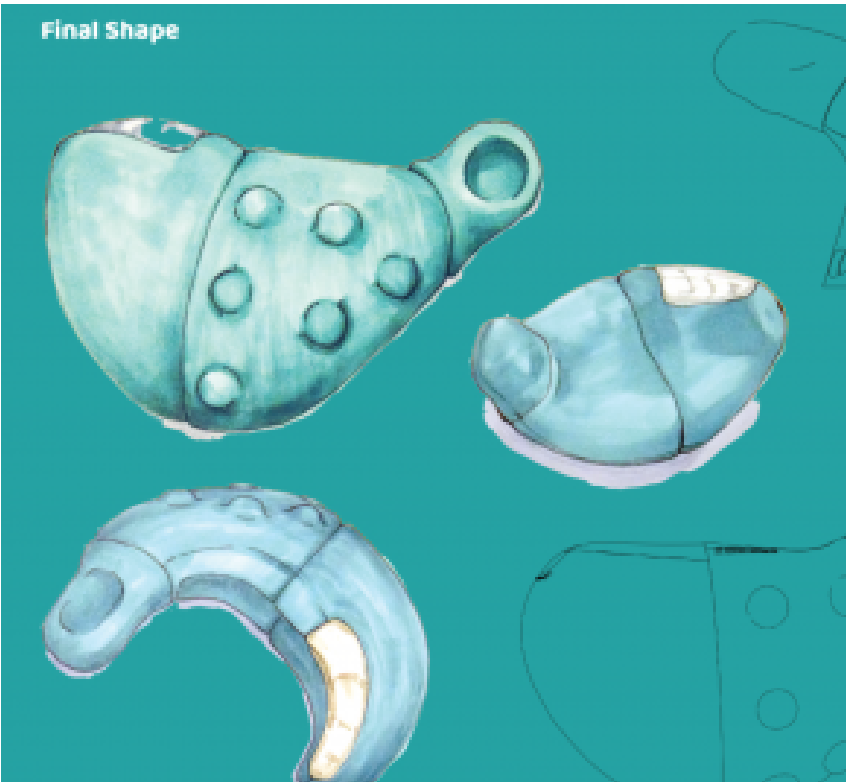
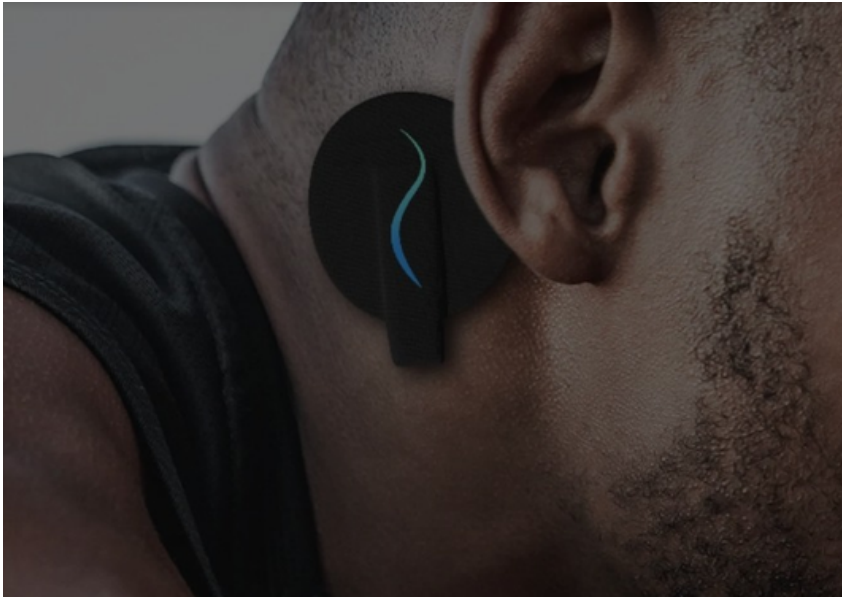
Million people are affected by Anxiety, the most common mental illness in the world.



COVID-19 pandemic triggers 25% increase in prevalence of anxiety and depression worldwide

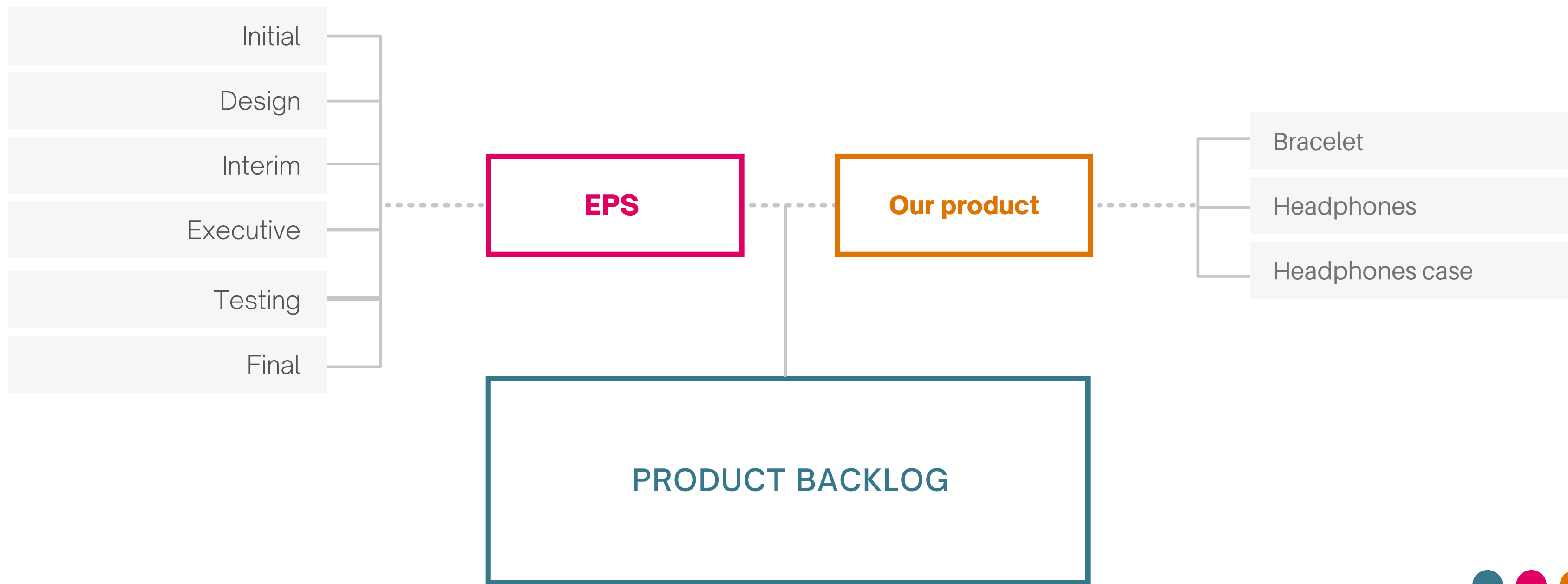


Mild



Project Management

Scope (Product Backlog):



Risk Management (Impact - Probability):

		PROBABILITY			
		1 = high (80 - 100%)	T2 = medium high (60-80%)	3 = medium (30-60%)	4 = low (0-30%)
IMPACT	high (Ratin 100)		10	5 7 3 2	8
	B = medium (Rating 50)		1		6 9
	C = low (Rating 10)		4		

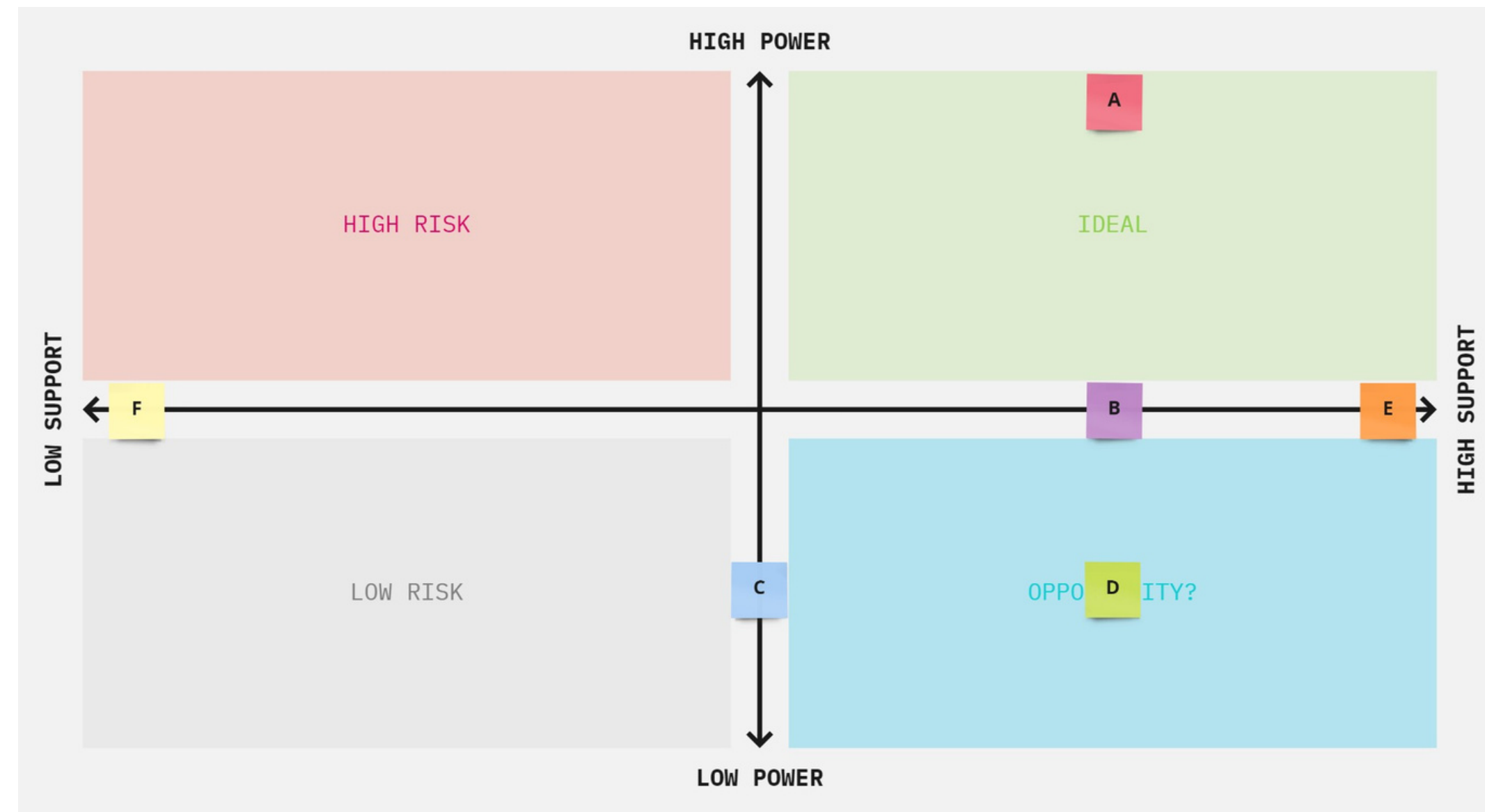
1. taboo taopic not openly discussed
2. Production failures
3. Product not effective
4. Fluctuation of personnel
5. National/international emergency
6. Supply shortages
7. Software failure
8. Sabotage
9. Price lowering in the market
10. sales success



Project Management

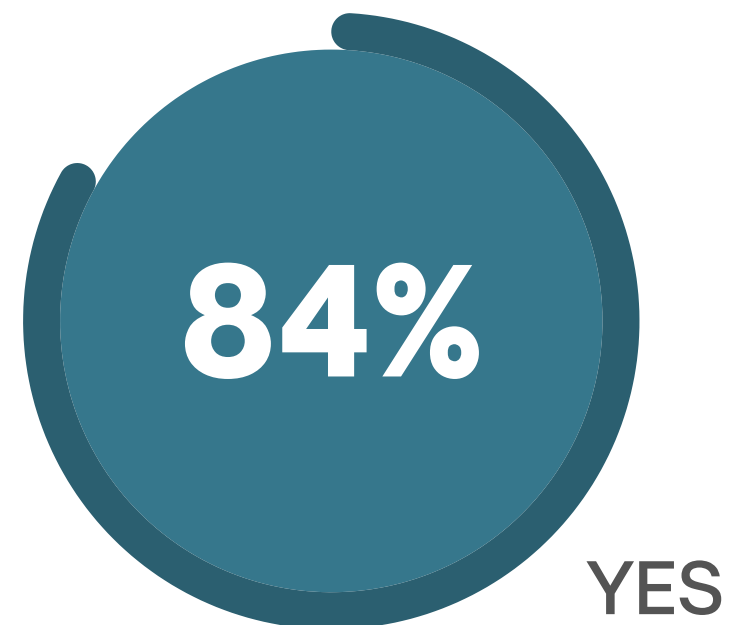
Stakeholder Management:

- A** Business Costumers
- B** Users
- C** Psychologists Associations
- D** Sponsors (ISEP)
- E** Team of Coaches and Teachers
- F** Competitors in Market
- G** Suppliers

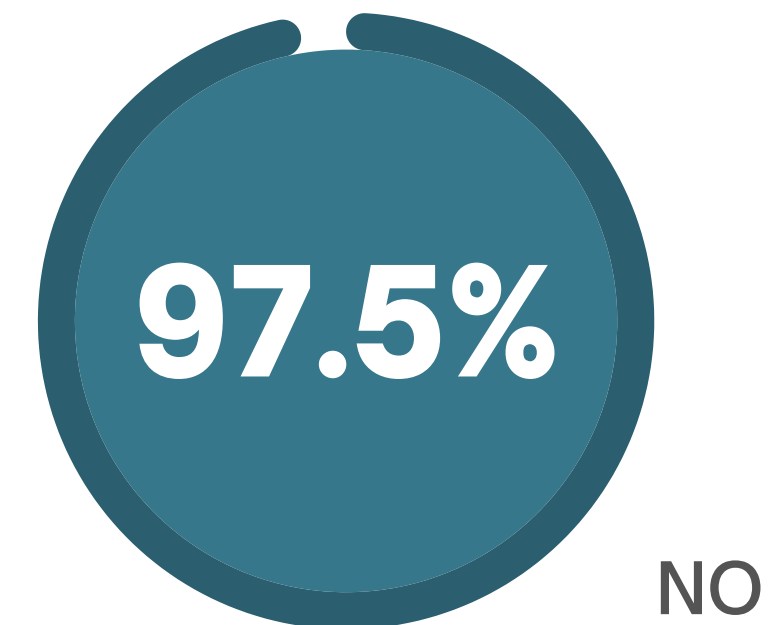


Survey

Have you had experience with the feeling of anxiety?



Do you have a smart companion or a device that support mental health issues?

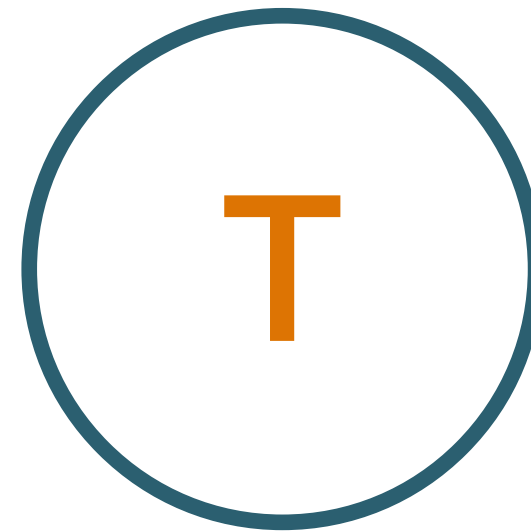
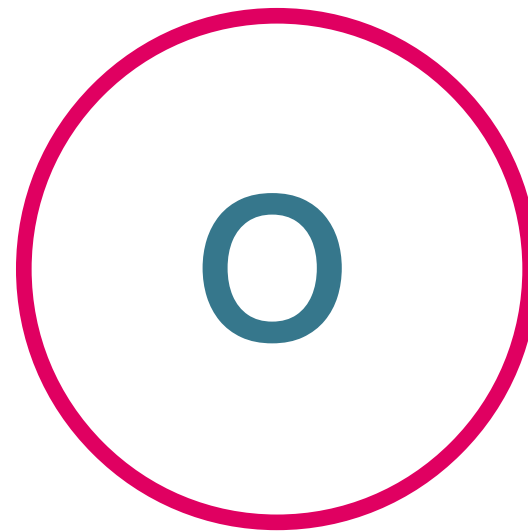


STRENGTHS

Immediate help after
tracking mood
Combinations of different
devices
Daily product
Taboo topic openly
discussable

OPPORTUNITIES

COVID-19 pandemic
triggers 25% increase
Earphones became very
common used item in
daily life

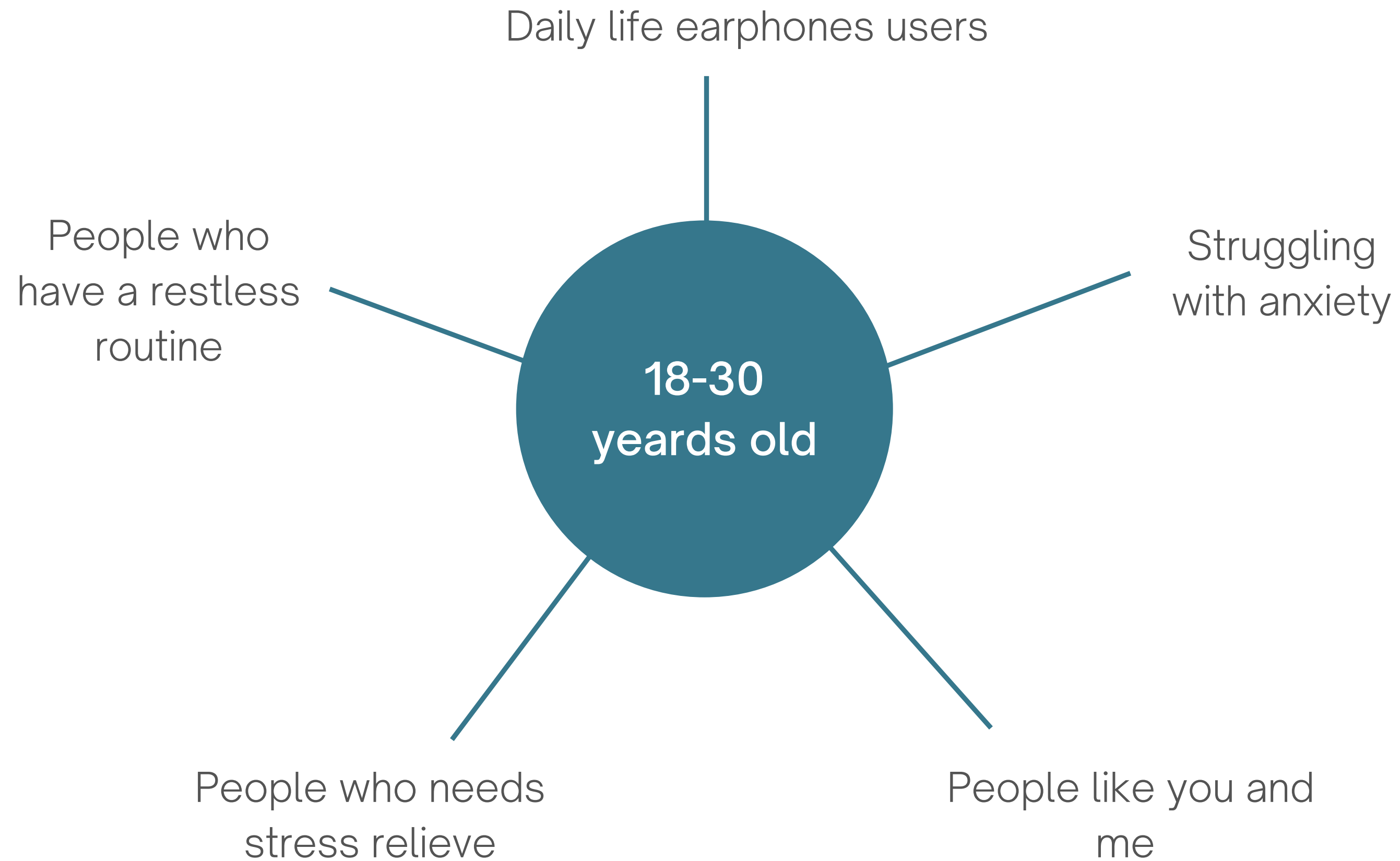


WEAKNESSES

Reach our target
audience in a specific way
Not always convenient or
fashionable
Too many gadgets

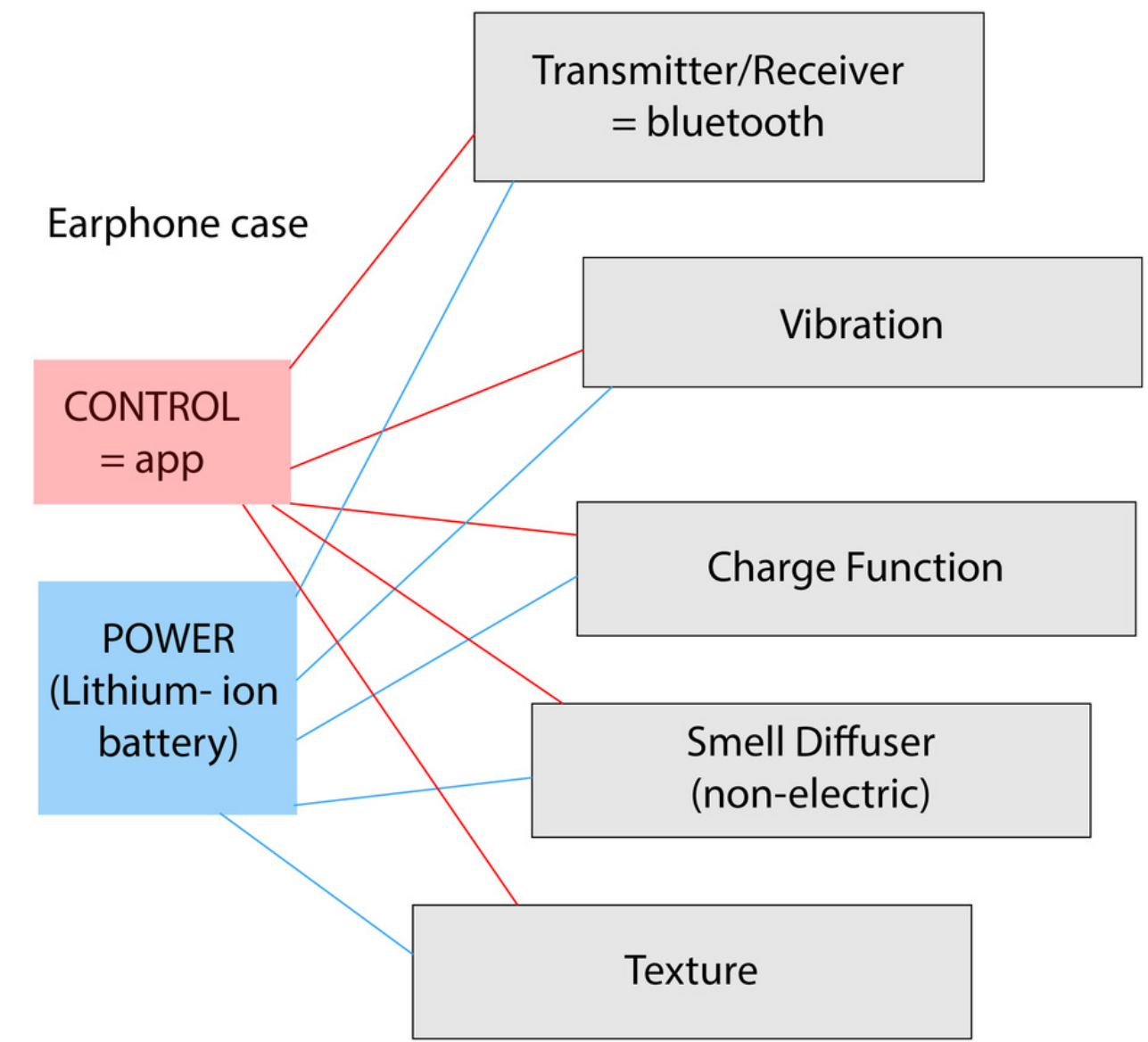
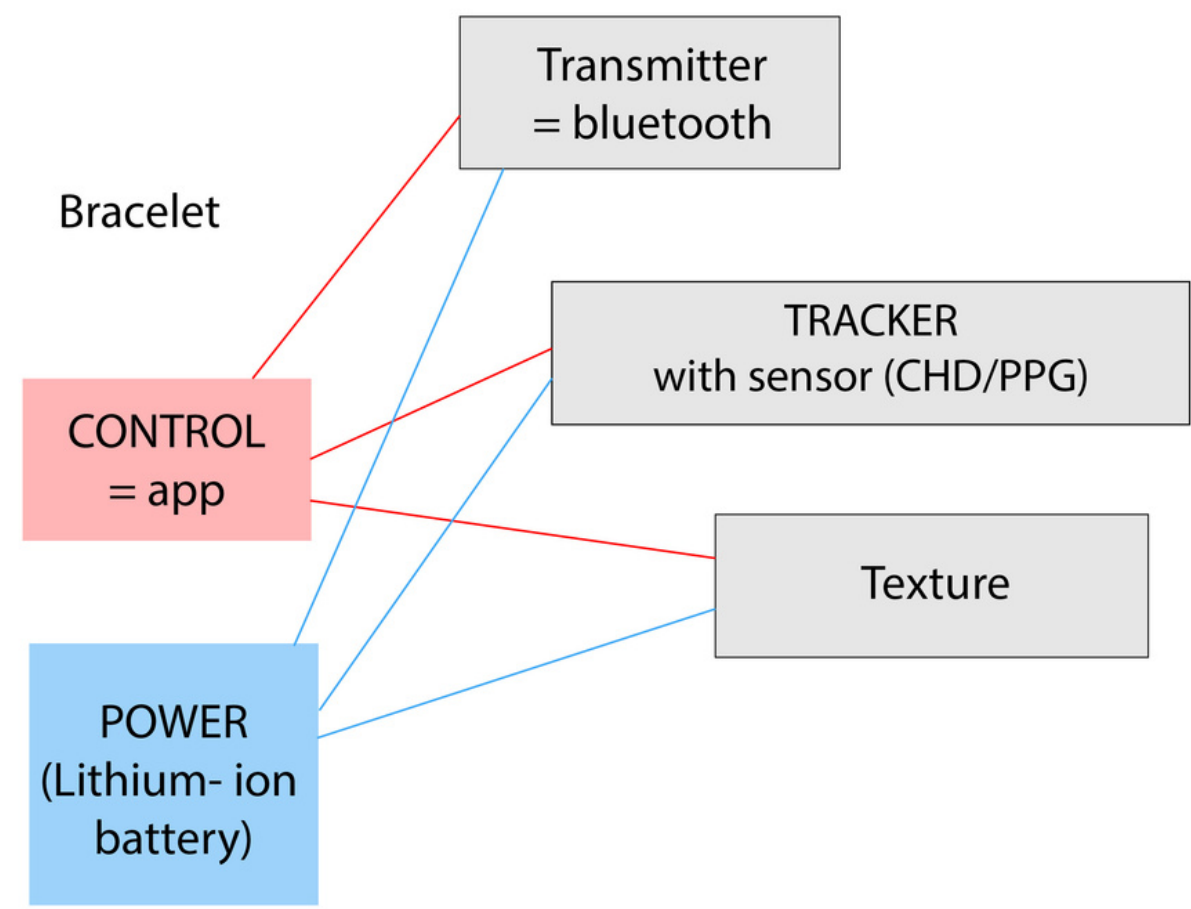
THREATS

Anxiety is a topic no one
likes to talk about/hard to
talk about
Highly technical product
creates a high price

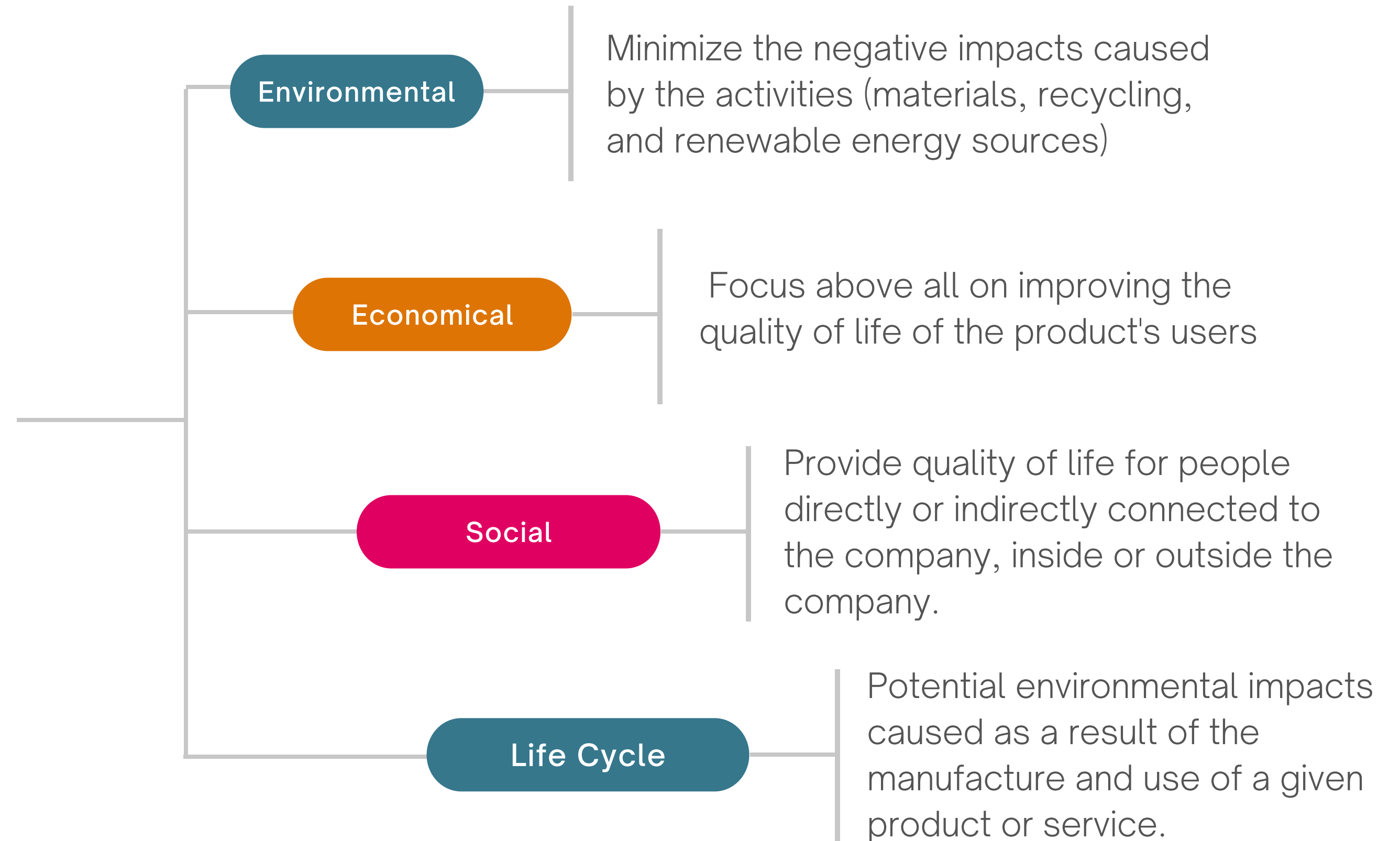




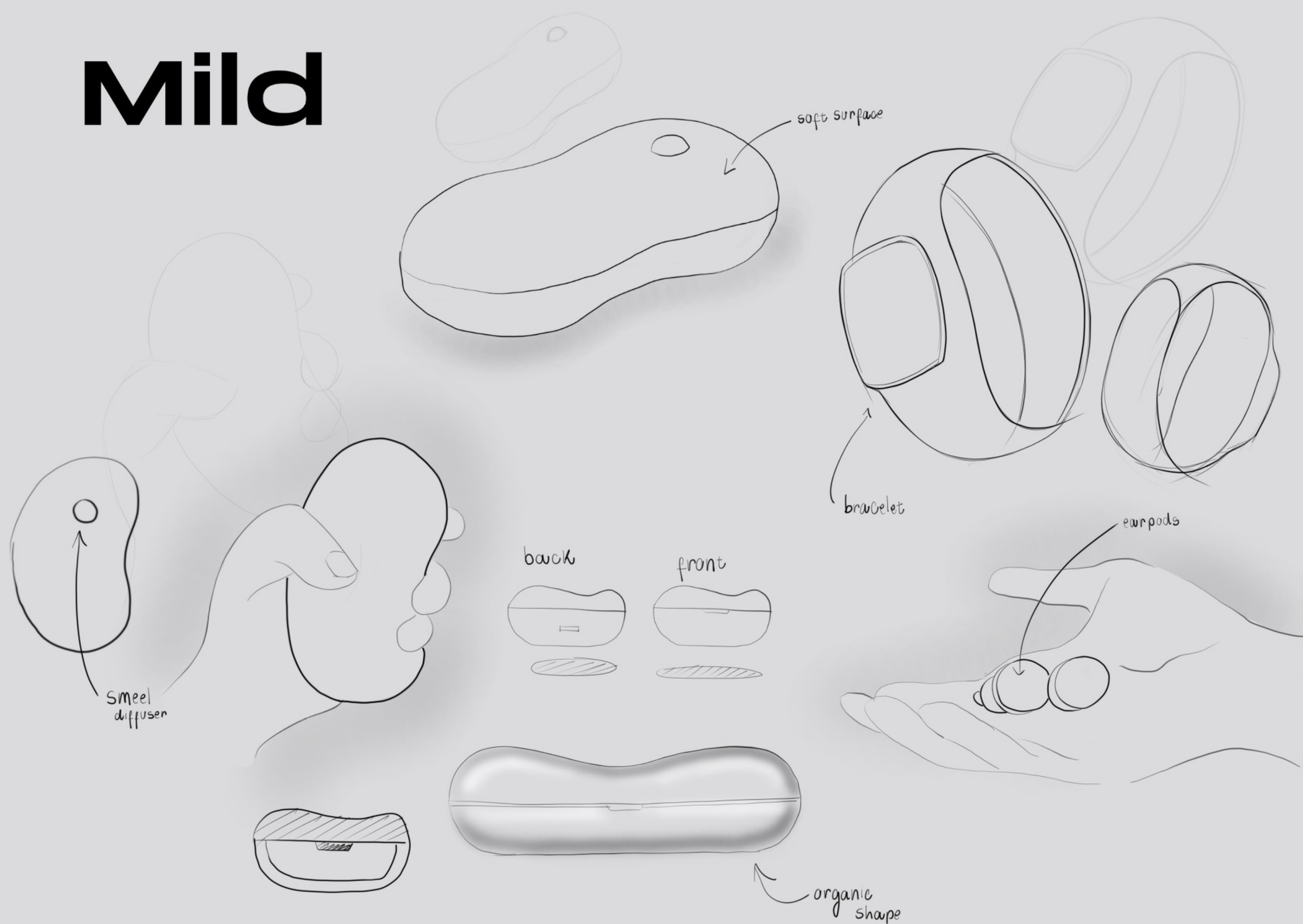
Blackbox



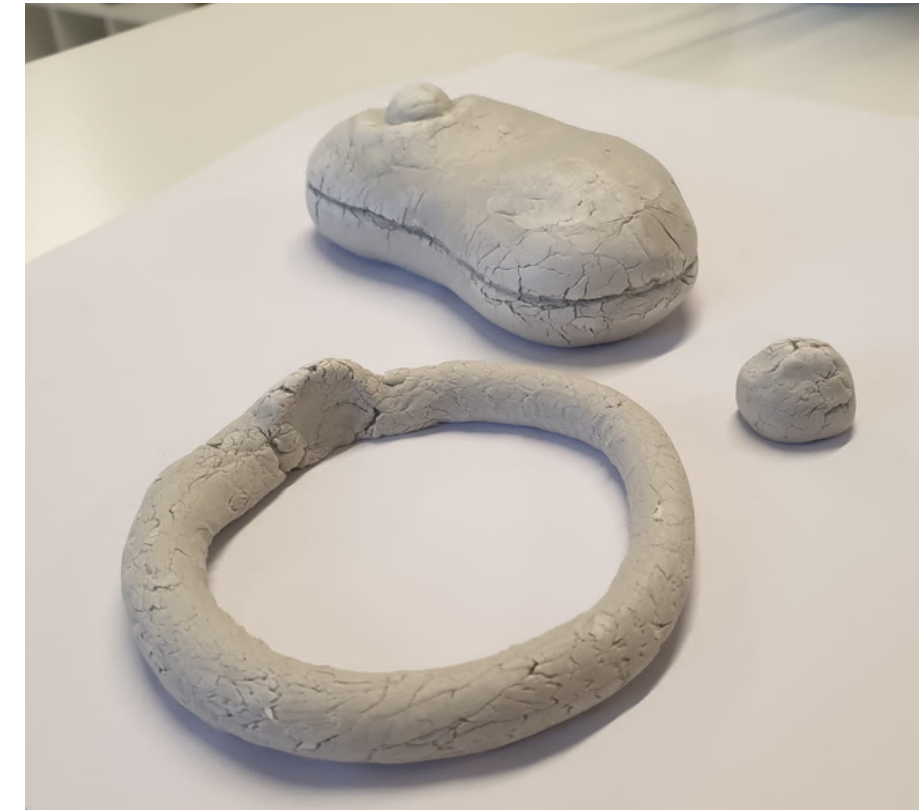
Eco-efficiency Measures for Sustainability



Mild



Clay model



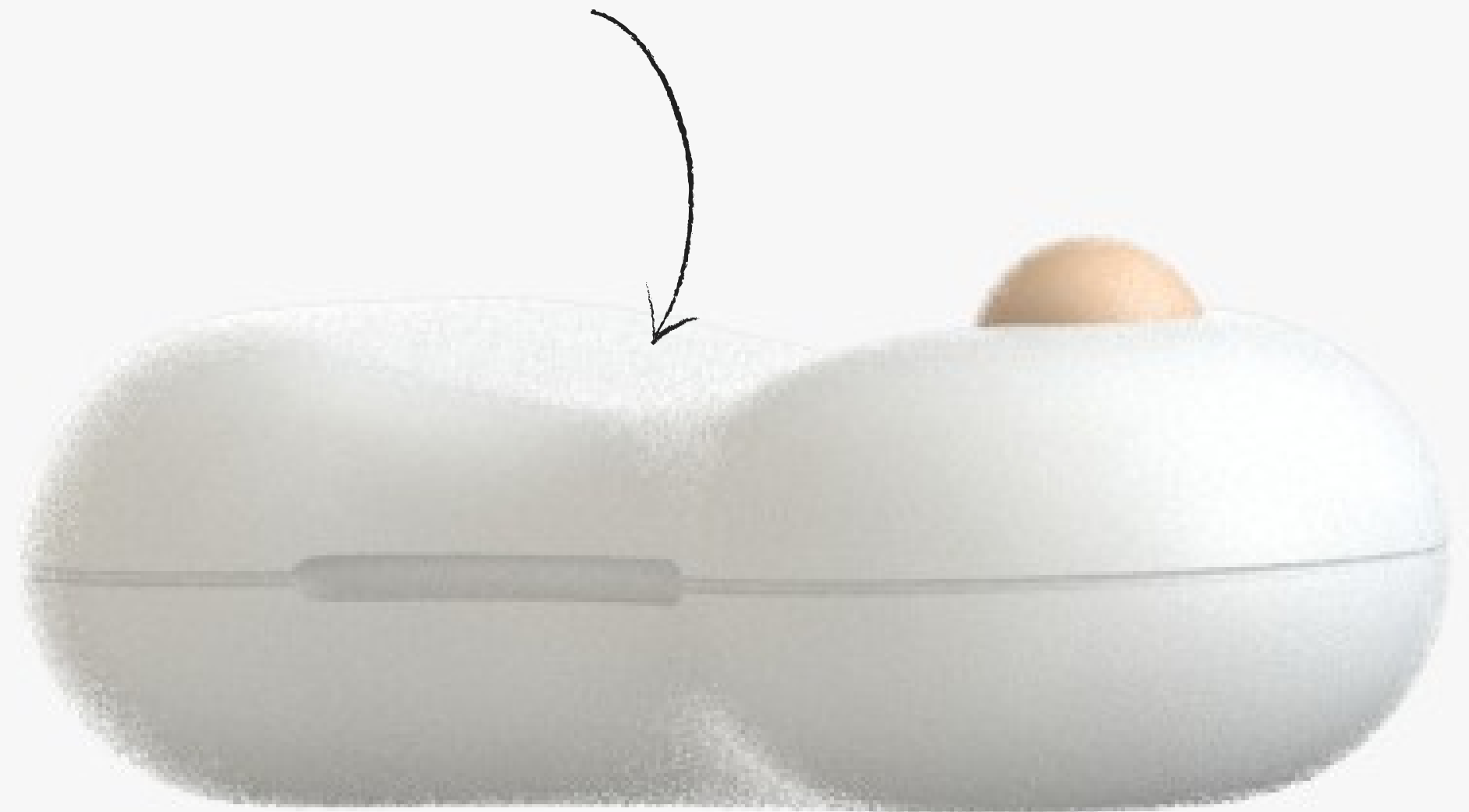
3D Model

movable ceramic ball
that diffuses smell



soft texture

ergonomic shape
to place hand and thumb



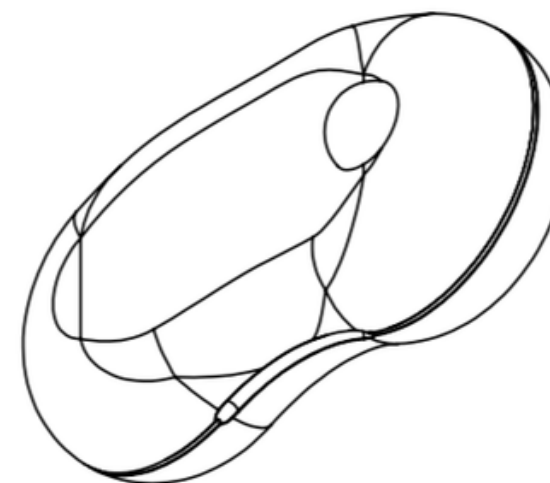
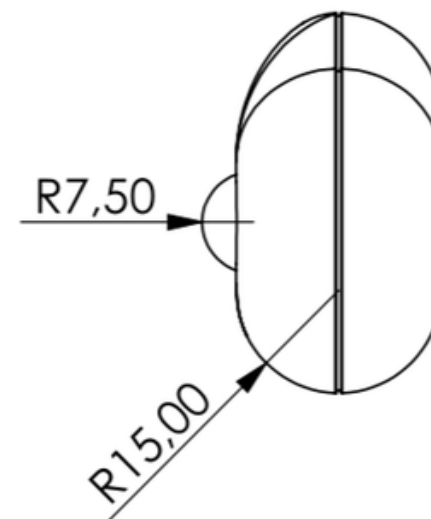
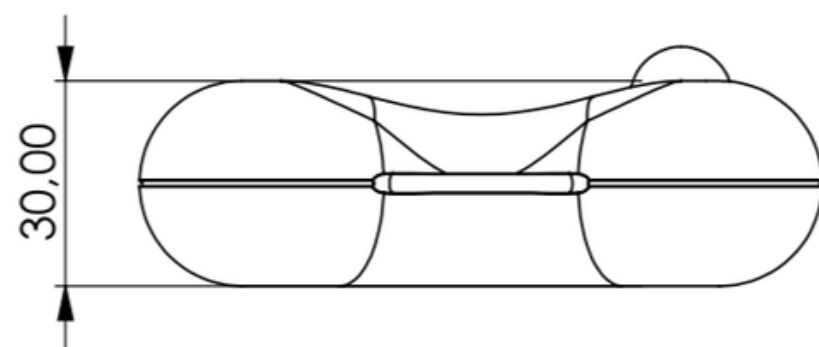
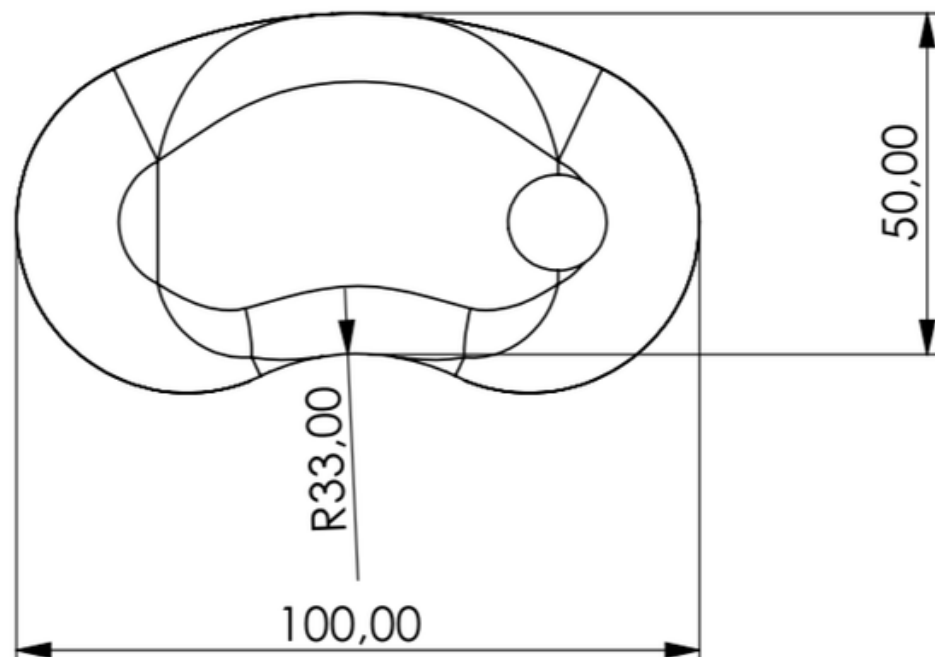


D

C

B

A



D

C

B

A

WENN NICHT ANDERS DEFINIERT:
BEMASSUNGEN SIND IN MILLIMETER
OBERFLÄCHENBESCHAFFENHEIT:
TOLERANZEN:
LINEAR:
WINKEL:

OBERFLÄCHENGÜTE:

ENTGRATEN
UND SCHARFE
KANTEN
BRECHEN

ZEICHNUNG NICHT SKALIEREN

ÄNDERUNG

	NAME	SIGNATUR	DATUM		
GEZEICHNET					
GEPRÜFT					
GENEHMIGT					
PRODUKTION					
QUALITÄT					

BENENNUNG:

Headphonecase
Mild_DSTRS

ZEICHNUNGSNR.

A4

WERKSTOFF:

ABS + Ceramic

GEWICHT:

MASSSTAB:1:1

BLATT 1 VON 1

Mild

TO CALM YOU DOWN WHEN YOU NEED IT.



MILD TRACKS YOUR
MOOD AND ANXIETY
LEVEL CONSTANTLY SO
YOU GET HELP BEFORE
YOU EVEN NOTICE YOU
NEED IT.

FOR PEOPLE LIKE YOU AND ME
STRUGGLING WITH ANXIETY

isep
Instituto Superior de
Engenharia do Porto

Mild Tracks anxiety level all
day long by the use of a
tracker on your wrist

Mild plays music, calming
sounds or breathing
pasties to your needs

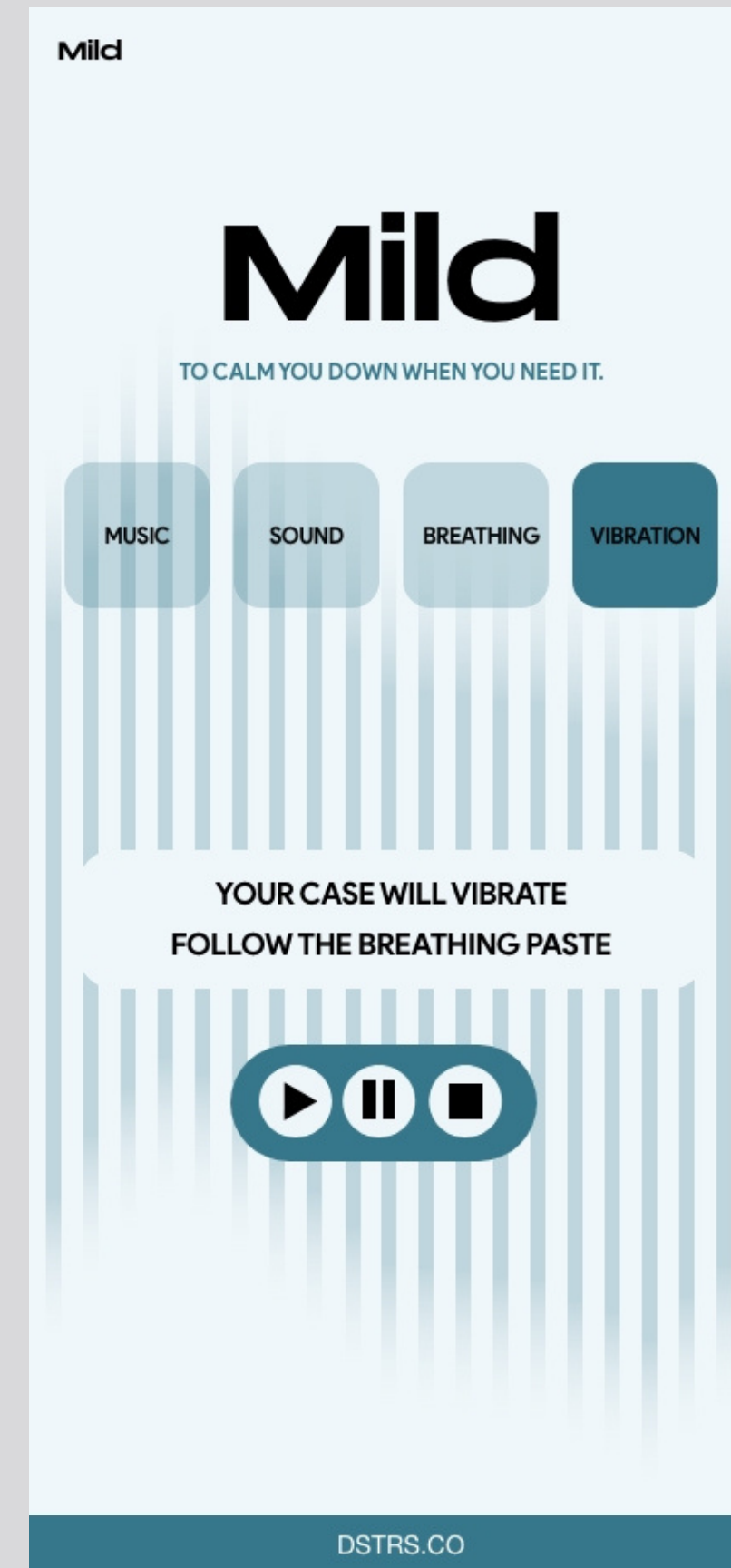
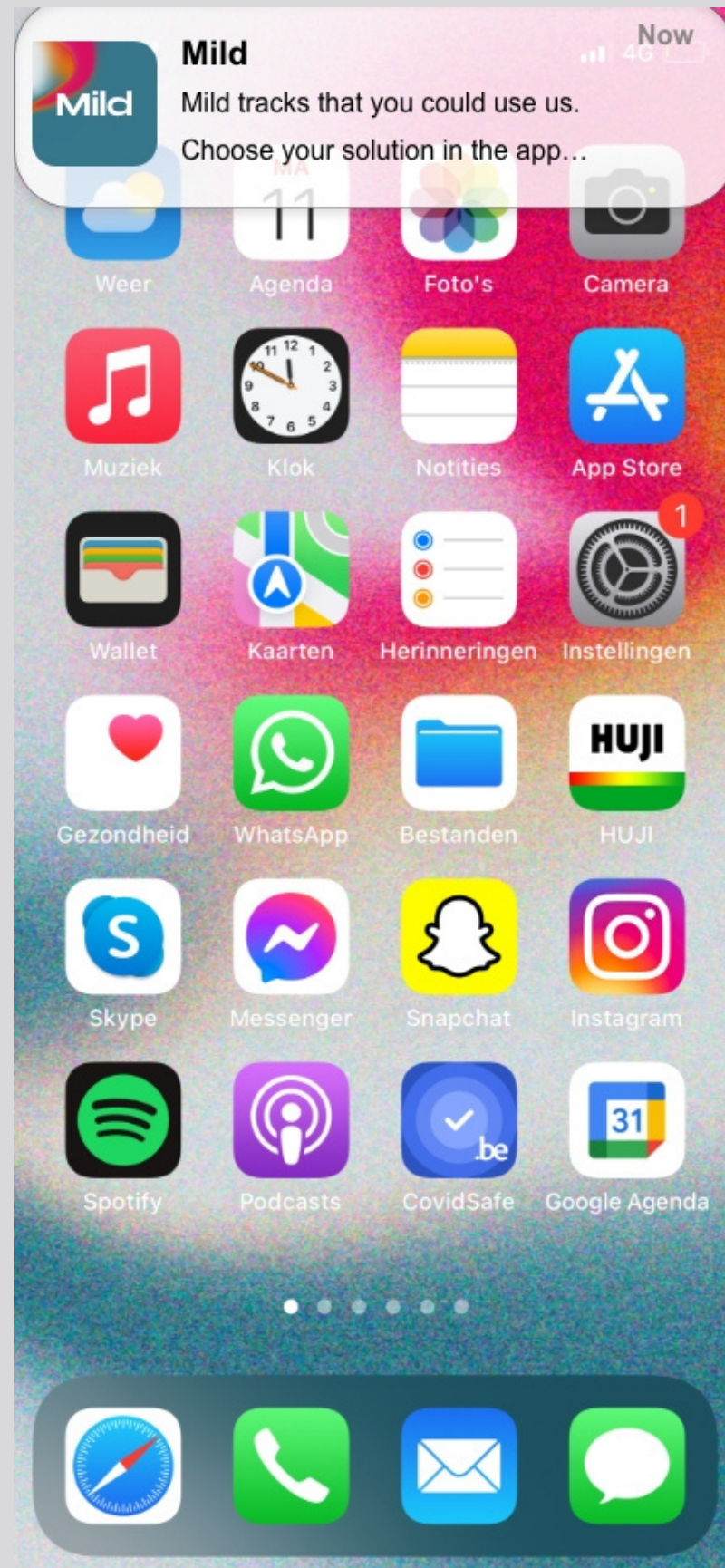
Mild Includes a case that
can be used to calm you
down by vibrations,
distraction tools, smell and
a soft feel

Mild has perfect noise-
cancelling and a
transparency mode

All to be controlled easily by
an app on your phone

EARPHONES-CASE-TRACKER

BY DSTRS
METAL CARE COMPANY
SMART COMPANION



Mild

Mild

TO CALM YOU DOWN WHEN YOU NEED IT.

MUSIC

SOUND

BREATHING

VIBRATION

LISTEN TO THE BREATHING THAT MILD PLAYS
AND BREATHE WITH ME



DSTRS.CO

Mild

Mild

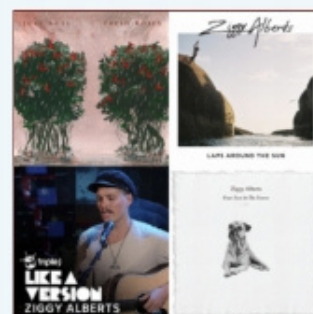
TO CALM YOU DOWN WHEN YOU NEED IT.

MUSIC

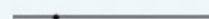
SOUND

BREATHING

VIBRATION



Fresh Roses
Juke Ross



THE MUSIC MILD PLAYS FOR YOU IS TAILORED TO YOUR
MOOD AND STATE OF ANXIETY

DSTRS.CO

Mild

Mild

TO CALM YOU DOWN WHEN YOU NEED IT.

MUSIC

SOUND

BREATHING

VIBRATION

RAIN DROPS

THE CALMING SOUNDS MILD PLAYS FOR YOU ARE TAILORED
TO YOUR MOOD AND STATE OF ANXIETY



DSTRS.CO

Go check out our
app to experience
it yourself

Thank you for the
attention

