

mindspace

The conscious process of examining your thoughts, feelings, and behaviors to move beyond life on autopilot into intentional growth.

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Meet Team MindSpace



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Journaling: Practice in Action

Our app: MindSpace

MindSpace is a journaling app designed to build habit-forming self-reflection.

- Conscious Reflection: Helps users examine thoughts and behaviors instead of operating on autopilot.
- Scientific Framework: Backed by proven tools like the Day Reconstruction Method (DRM).
- Key Impact: Builds emotional regulation, sharper decision-making, and self-awareness.
- Core Goal: Turns a tedious, often-skipped habit into an engaging daily routine.

Tech Stack



Frontend

React 19 + Vite + Vanilla CSS



Sentiment Engine

Browser-Native DistilBERT (ONNX)



Backend NLP API

FastAPI , Uvicorn + spaCy (Python)



Database & Persistence

PostgreSQL + Docker

How We Solved the Challenges



Automated Mood Tracker

Lightweight LLM scores entries by valence and intensity, dynamically generating custom SVG emojis.



Guided Follow-Up Questions

Analyzes entries to ask targeted follow-up prompts, helping uncover root causes behind moods.



Gamification & Rewards

Consistent daily reflection unlocks rewards and items to customize a personalized character avatar.



Privacy & Cost Efficiency

Processed 100% locally on device. Runs offline with zero cloud server costs.

The Science: DRM Framework

Day Reconstruction Method (DRM)

DRM guides users to reconstruct their previous day episode by episode, systematically evaluating emotional responses across specific moments.

-  **Episode Breakdown:** Segments the day into discrete events (e.g., morning commute, team meeting).
-  **Pattern Recognition:** Rapidly reveals triggers—like stress spikes during commutes vs. calm during walks.
-  **Actionable Insight:** Forms the everyday scientific core behind the MindSpace application.

Practical Example

Morning Commute

Spikes stress level to 8/10 due to unexpected traffic.

Evening Walk

Restores emotional balance, reducing stress back to 2/10.



Thank you for your attention