Thought Pod

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Thought Pod is a platform that makes the practice of "self-care" collaborative

A Thought Pod is a group of friends who opt-in to receive prompts that encourage them to go beyond the superficial and explore emotions and empathy in a safe space.

Thought Pod allows users to choose the platform they want to use to exchange their thoughts, how often they receive prompts, and the topics that they focus on.

They will have access to tips from mental health practitioners to assist them through each pod session.

Channel Options: Text, Instagram, Email, Postcard, video calls, etc.

Example Topics: Empathy, Stress, Anxiety, Relationships, Cohabitation, Work Life, Mindfulness, Grief, Joy

WHOM IS IT FOR?

People who want to develop empathy and learn to connect with loved ones beyond the small talk.

WHY IS IT RELEVANT?

We found that in quarantine people from all walks of life are struggling to support friends and loved ones emotionally while caring for their own mental state. A communication tool like Thought Pod is designed to remove the awkwardness out of these interactions and provide people with the space and tools to dive deep and work through these confusing times together.

WHAT IS NEEDED TO IMPLEMENT THE IDEA?

Central Web Platform
Chat/Videochat Platforms
Web/Mobile Apps
Social media handles

WHO CAN CONTRIBUTE?

UI/UX designers
Web/Mobile Apps developers
Mental Health Practitioners
Social Media gurus