

Mental well-being prompts



This resource is designed to assist in thinking through the factors that make for positive mental well-being and productivity experiences. By referring to these prompts, product creators can gain insights into what they should keep in mind when developing mental well-being inclusive products. It is important to recognize that while these prompts offer a valuable starting point, they do not cover all aspects. Effectively centering on mental wellbeing as you create requires direct engagement with target audiences.


Creating a calm and organized environment:

- Is the layout clutter-free, allowing people to absorb information easily?
- Is the information clearly organized, making it easy to find what is needed?
- Will people have a sense of control and autonomy over their interactions and settings?
- Are communication channels structured for efficient work, collaboration, and other forms of engagement?
- Is inbound information designed to be non-disruptive and are there customizable settings for how this information is received?
- Can people customize visual, auditory, and other sensory settings (e.g., themes, color scheme, motion, sounds)?
- Can content and data be easily organized and categorized?

Fostering focus and sustained attention:

- Are distractions and interruptions minimized to support maintaining their concentration?
- Are there tools that help people stay motivated and feel a sense of accomplishment?
- Is it possible for people to personalize their experience to enhance their concentration?
- Are there goal setting and tracking features?
- Are there built-in resources to support time management and productivity?
- Does the product promote taking breaks following periods of concentration?
- Does the product support integrations with productivity and well-being tools?

Delivering clear, actionable, and predictable information:

- Is information presented in a clear and comprehensible manner?
 - Is the user interface consistent, making it predictable and intuitive?
 - Are settings and options centralized and contextually relevant?
 - Are there in-the-flow tips to assist with understanding complex processes or functions?
 - Are the next steps easily discernible and actionable?
 - Is it possible for people to determine where they left off and what to do next?
 - Are there feedback and confirmation messages as actions or tasks are completed?
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Additional resources

Innovation and co-creation related content to drive accessible and inclusive product making.

[Accessibility innovation toolkit](#)

[How AI is being used to improve mental health \(Blog\)](#)

[Inclusive design toolkit](#)