

An aerial photograph of a large, intricate maze made of dense, green, rounded hedges. A narrow, winding water channel flows through the maze, reflecting the sky and the surrounding greenery. The hedges are topped with small red flowers, adding a splash of color to the vibrant green. The overall scene is bright and well-lit, suggesting a sunny day.

# GPS for the Soul: An App for Stress Management

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STUDENT NAME

NR 361

COURSE PROJECT  
MILESTONE 3

SPRING SESSION

## Patient

### Scenario:

S.F, 30-year-old male.

S.F is a healthy 30-year-old male, with no prior medical history. He recently moved to a new city to start a new job. He is hoping this new job will help advance his career. His new job is in a fast-paced environment at a large well-known company. S.F has never left his hometown before. He now lives in a city where he does not know anyone and is far from his family and friends. His friends and family make up a great support system back in his hometown.

Since moving and starting his new job, S.F has recently started experiencing these symptoms: insomnia, upset or “nervous” stomach, mild chest pain with palpitations, feeling easily overwhelmed, constant worrying, and feeling disorganized in his new role at work. When experiencing these symptoms, S.F has an elevated HR and BP.

S.F states that he is feeling overwhelmed dealing with so many new transitions at once. He wants to excel in his new job and feels he needs to prove himself to his co-workers and bosses. S.F states he feels that these new situations are creating an immense amount of stress in his life. S.F also states it is difficult for him to deal with all this change without his family and friends close by.

*Patient  
Scenario  
continued...*

S.F states that the constant worrying he is experiencing is making it difficult to quiet his mind and relax easily.

He is starting to see how these symptoms are affecting him at work. He is more forgetful, disorganized, and having trouble focusing.

S.F states he is aware that many of these symptoms and feelings he is experiencing are common signs of stress.

He states he has never felt this amount of stress and change in his life and is looking for new healthy ways to manage his stress.

S.F knows that overtime stress can take a major toll on the body and would like to learn these strategies to manage stress in order to keep himself healthy mentally and physically.

S.F is very interested in ways to manage and relieve his stress in order to have and maintain a healthy lifestyle.

He states he is ready and willing to make changes and incorporate new healthy habits into his life in order to better manage his stress.

# GPS for the Soul App

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- ❖ The purpose of this app is to help users better balance their lives.
- ❖ The app allows users to measure stress levels, follow interactive meditation, breathing guides, and use other personalized tools that aim to encourage harmony, balance, stress awareness and management (HuffPost Wellness, 2017).



- ❖ This app is intended for anyone who is looking to benefit from ways to decrease stress in their life.
- ❖ The app was created by the Founder of the Huffington Post, Arianna Huffington.
- ❖ According to the HuffPost website, the app is still under production and development. There is no official release date according to the HuffPost article.
- ❖ HuffPost states this app will be available on the App Store for Apple devices and the Android app store for Android devices.



# Patient Teaching: GPS for the Soul App



This simple app is user friendly, easy to navigate, accommodating to different learning styles from beginners to experts, and visually appealing (HealthAdvocate Blog, 2015).



Once the app is downloaded it is ready to use immediately, there are no requirements to make a login or register (HealthAdvocate Blog, 2015).



The user has to ability to set daily reminders for meditation, have access to a variety of resources from credible experts in the field, and have access to extensive information for any type of stressor (HealthAdvocate Blog, 2015). This allows the user to gain knowledge about stressors and triggers.

*Patient  
Teaching  
continued...*

The user can save their favorite articles, guides, videos, meditations, and breathing exercises by the experts that contribute to the app for easy access for times when the user is feeling stressed.

The user is also able to create their own “guide” using personalized photos, images, and quotes to help relax, recharge, and reframe their thoughts (HealthAdvocate Blog, 2015).

This all allows the user to have multiple options available to them to guide them through their stress relief. Letting them recognize what works for them.

# *Patient Teaching continued...*

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- ❖ When using the heart rate sensor, the patient should be aware of accuracy. The patient should seek medical attention if experiencing tachycardia, palpitations, chest pain, or difficulty breathing.
- ❖ The patient should be aware of when to seek medical attention if they start to experience worsening symptoms of anxiety, depression, or other mental health diagnoses.
- ❖ The patient should be aware that since there is no login or username requirements for this app, privacy may be an issue if they are uploading personal photos when creating their own guides.

# Evaluation

S.F recognizes feeling overwhelmed and utilizes deep breathing and meditation guides on the app to relieve overwhelming feelings.

S.F misses his family and friends, when feeling unsupported, overwhelmed, or stressed, S.F will utilize the personalized guide he created with photos of family and friends.

S.F will practice a daily meditation, and set a daily reminder using the app. Schroeder (2017), states in her article that research by Shapiro, Astin, Bishop, & Cordova (2005), showed not only the cognitive benefits of meditation but also the stress-reducing effects of meditation.





## *Evaluation continued....*

- ❖ Utilizing this app, S.F will experience less stress symptoms and verbalize symptom management using the GPS for the Soul app.
- ❖ S.F will be able to recognize his stress triggers, feelings and symptoms of stress, and be able to manage these symptoms and triggers using meditation, deep breathing, and guides on the GPS for the Soul App.
- ❖ GPS for the Soul will provide S.F with the proper stress relief tool of mindfulness, meditation, and deep breathing so he can use these resources to alleviate his stress symptoms anytime, anywhere.
- ❖ S.F will learn more about stress management and relief by utilizing the resources written and provided by experts on the GPS for the Soul app.
- ❖ This app will equip S.F with the tools he stated he desired to better manage stress in order to live a healthy lifestyle and decrease the possible negative outcomes of unmanaged stress.

# References:

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