

ANCHOR MIND

User Manual – Instructions & Features

1. First Steps

Anchor Mind is your digital companion for promoting mindfulness and analyzing your activity management. The dashboard provides a central overview of your data.

Account & Settings

Tap the  **Gear Icon** in the top right corner to customize the app:

- **Personalization:** Choose your language, color theme, and appearance (Light/Dark mode).
- **Activation:** Switch on the "**Daily Reflection**" toggle here to enable the evening check-in.
- **Reminders:** Enable the push reminder and set your preferred time.
- **Support:** Access help, privacy policy, and support email (my.anchor-mind@gmail.com).

2. Daily Check-in (Evening)

Rate your day in the evening using three metrics: **Pain, Fatigue, and Mood** (scale 0–10).

- Tap the current day on the dashboard or heatmap, or tap the  **Moon Icon** .
- Adjust the sliders to reflect your perceived levels.
- Once saved, the balance is immediately visualized in your heatmap.

3. Recording Activities

Document specific activities to understand patterns in your daily life:

- Use the  **Lightning Icon** to create a new entry.
- Enter the title, date, time, duration, and your level of **satisfaction**.
- The activity is directly added to your **Activity Heatmap**.
- **Log Later:** You can also tap directly on a date in the calendar to add entries retroactively.

4. Journal & Knowledge

Anchor Mind distinguishes between personal reflection and education:

Journal (Scroll)

- Record thoughts or triggers via text or **Voice Input** (microphone icon).
- Use the **Flag** to mark important entries for export.
- You can choose to export only your journal entries if desired.

Knowledge (Book)

- Access the **Pacing Compass** and educational content.
- Information on body awareness, recovery, and sustainable pacing.

5. Understanding Heatmaps

Heatmaps use an intuitive color scale (Green = stable/low, Red = high load):

- **Activity Heatmap:** Shows the average intensity of your activities.
- **Daily Balance Heatmap:** Visualizes the average of your evening check-ins.

6. Exporting Data

Use the **Share Icon** to create reports for yourself or your healthcare providers:

- **PDF Report:** A structured monthly report (optional: includes flagged journal entries).
- **QR Code:** Generates a local view for therapists (no cloud upload required).

7. Reminders & Support

- **Buddy Mode:** Gentle impulses and phrases throughout the day to promote self-care.
- **Time-Out Buddy:** Start a 95-second pause with mindfulness texts via the



Wind/Wave Icon .

Anchor Mind – Visualizing progress together.
Support & Contact: my.anchor-mind@gmail.com