

Teens' Invention Aims to Comfort Anyone Experiencing 21st Century Stress

By Taylor A. Harrison

At Project Invent, part of our ongoing mission is to encourage young people to become their best selves. Teenagers are continually having to figure out how to navigate school, friends, family, social media, discovering their passions, all while unearthing who they truly are. We want to help them in their process of finding their place in the world.

An ongoing issue for all ages, in communities across the globe, is how we address and handle stress. Stress can wreak havoc on our bodies, causing our mental and physical health to suffer. We all benefit from openly discussing constructive ways to take better care of ourselves in order to avoid burnout. Healthy coping mechanisms are especially crucial for young people.

"Nearly every child in the country is suffering to some degree from the psychological effects of the pandemic. Suddenly everyone is talking about mental health. Parents, teachers and students are openly discussing it." - Sharon Hoover, co-director of the University of Maryland-based National Center for School Mental Health

The United States surgeon general warns young people are facing devastating mental health effects, as a result of the challenges experienced by their generation, including the coronavirus pandemic. Since March 2020, most of us, including teenagers, have had to adapt how we live our day to day lives.

A Project Invent team of San Mateo High School students wanted to help anyone experiencing stress, anxiety, and nervousness. They came together to participate in the design and development of Unwind. Unwind is a handheld device designed to reduce stress with a soothing pulse and calm light with the mission of being mindfulness in a tangible form.



“Unwind is the next generation stress ball. Our device is here to give you the confidence and comfort you need to accomplish what you know you are capable of. Unwind can be used during any kind of stressful or challenging situation. Unwind can provide the tangible calm you need. Studies have shown that feeling a slow, rhythmic pulse, has a significant calming effect in socially stressful situations. We hope Unwind’s versatility can destigmatize anxiety by allowing users to access our product in public and private spaces without inconveniencing themselves or those around them.” - [The Unwind Team](#)



No matter what career path or industry students choose in the future, Project Invent creates the opportunity for young people to learn new skills, collaborate with others that may have different backgrounds and abilities than them, experience failure in a safe environment and grow from it. Curiosity and perseverance are key to anyone’s success. We strive to uplift and instill confidence in our Team Members. They have the deep desire to make their community a better place. We provide them the tools and guidance to turn that into a reality.

Are you interested in participating? We would love to have you! Learn more about the process: For [Educators](#), For [Students](#), For Community [Partners](#), For [Volunteers](#).

References:

<https://projectinvent.org/projects/#unwind>

<https://unwind.design/>

<https://www.nytimes.com/2021/12/07/science/pandemic-adolescents-depression-anxiety.html>

<https://www.pewtrusts.org/en/research-and-analysis/blogs/stateline/2021/11/08/covid-harmed-kids-mental-health-and-schools-are-feeling-it>