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In recent times, a lot of people have lost their lives and the cause of their death has not been known. I see lots of people being quiet and lost in thought, even in a room filled with people.

If I could invent something, then it would definitely be a Mood Tracker, a portable device that can be used to track one's mood from anywhere and at any time.

Some months back, I saw a man in my neighborhood, sitting in front of his house alone and lost in thought. I passed by him and greeted him. He didn't respond. I began to wonder what he would have been thinking of that would disconnect him from his environment. A few days later, the news of his death filled the neighborhood.

The cause of death was not known as the autopsy result revealed nothing. His wife confirmed how he was always lost in thought and rarely communicated with her as to what was disturbing him. Then I thought, if there was a Mood Tracker, his wife would possibly have used it to know how he felt or know what was going through his mind and probably, would have prevented his death.

I envision a Mood Tracker, that will not only track a person's mood but also track a person's thoughts. Through this Tracker, some suicide could be prevented because if a person is having suicidal thoughts and the tracker is being used, his thoughts would be known and the people around him could help stop him from having such thoughts.

The usefulness and importance of my envisioned "Mood Tracker" cannot be overemphasized. It would help in tracking people's mood to know when they are sad, happy, depressed, or even when they are in trouble.

I understand that this Mood Tracker may have its own disadvantages. That is why, if I can eventually invent it one day, it would be regulated. This means that it would not be readily available at one's disposal. It would not be used for criminal activities. It will only be used when there is a dire need for it.

If I could invent something new, (the Mood Tracker), then, the world would be a better place and the mortality rate would be reduced. People would live happily knowing that they could know how their loved ones feel about their actions or inactions. Parents would live freely knowing that they could use the tracker to know when their children are in trouble. In the situation of depression, this tracker is not meant to replace the diagnosis of the Medical Practitioners, but it acts to complement it. That is, where a person is being diagnosed with depression, the tracker will only be used to confirm the diagnosis.

In conclusion, having diligently thought of something new to invent, I finally settled for a Mood Tracker because of its numerous benefits.