### Name: Elizabeth Imoh -Akpan

**School:** Refiners High School

**Class:** JSS1

### If I Were to Invent Something New

If I were to invent something, I would create a device called the ‘MindBalancer’ to help people with their mental health. The MindBalancer would look like a stylish bracelet and would monitor and improve mental well-being using advanced sensors and AI (artificial intelligence).

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make healthy choices. Mental health is important at every stage of life, from childhood, adolescence, through adulthood.

The MindBalancer would have several important features. Firstly, it would monitor the mental state of the user. It would track brain activity and detect signs of stress, anxiety, and mood changes using non-invasive sensors. Secondly, it would provide personalized help. The device would learn from the user's data to offer customized suggestions like relaxation techniques and breathing exercises.

Additionally, the MindBalancer would have a companion mobile app. This app would show mental health trends, provide resources like guided meditations, and let users set goals. It would also offer customized options, supporting different languages, age groups, and cultural backgrounds. Moreover, the device would offer features for specific mental health conditions.

Privacy and security would be key components of the MindBalancer. Users information would be coded and stored securely, giving users full control over their information and sharing options.

The MindBalancer would help people manage their mental health, reduce stigma, and provide mental health professionals with real-time data. This invention will lead to a healthier and happier society.

Written by Elizabeth Imoh Akpan