

ABSTRACT

Panic attacks can occur at any time and anywhere. A person who experiences a sudden panic attack at first can't think of what they should do to reduce the panic attack that appears suddenly. This incident is related to the title of this final project, namely 'Mindfulness Application Design to Overcome Panic Attacks in Daily Life' with the problem formulation of how to overcome panic attacks that occur in everyday life by using one of the materials in the Visual Communication Design course, i.e. UI/UX. The purpose of this design is to provide information and the symptoms that occur when someone has a panic attack and how to design the information interactively for its users. In this planning, the scope of the problem is someone who is 15-30 years old with the female and male gender. The age range used is the age range of a person who can be said to be the productive age range and susceptible to disease. The method used is interviewing someone who has experienced a panic attack, as well as a literature study in collecting the data needed to make this final project design.

Keyword: *Panic attack, UI/UX, Visual Communication Design*