



# AIR Space

## 0.4 Release Notes

July 29<sup>th</sup>, 2022

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## 0.4– AIR Space Release Notes

### Overview

[Added a Starting Point Call Out Element](#)

**Aligned the Slider Range Colour with Past Check-In Colours**

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[Make Resources Page Practice Logic Match Mental Muscle Page](#)

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[Added the Optimism, Confidence and Control Modules](#)

[Badges no Longer Locked After an Exercise has Been Completed](#)

[Updated Exercise Outline Title](#)

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## Resources Page Practice Exercises Page Updated

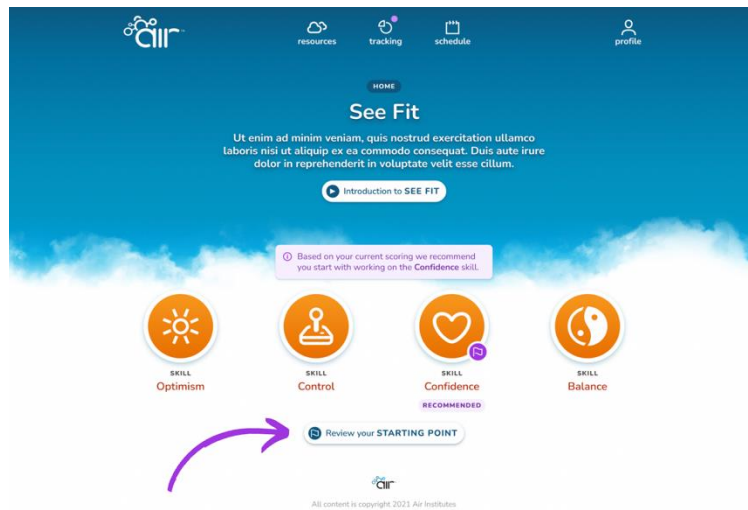
## See, Think, Feel and Act Interface Videos Added and Uploaded

## Home Page Video Updated

### Detail

#### ADDED A STARTING POINT CALL OUT ELEMENT

- Users will now be able to quickly access and review their starting point for each Mental Muscle by clicking the 'Review your STARTING POINT' button at the bottom of each Mental Muscle page.



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### ALIGNED THE SLIDER RANGE COLOUR WITH CHECK-IN HISTORY COLOURS

- The check-in sliders score colours now align with numbers that appear in the check-in history

Date	STRESS	ENERGY	MOOD
2022 Jul 26	10	10	😊
2022 Jul 20	4	7	😊
2022 Jul 18	4	9	😊
2022 Jul 14	1	4	😊

### Daily Resilience Check-In ✕ close

Tune in. What's your **STRESS** level today?

low  high

Tap in. How's your **ENERGY** level?

low  high

Feel your feelings. What's your **MOOD** like?

😞  😐  😊  😄  😊

Get curious. What's on your mind?

**SUBMIT**

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## IMPLEMENTED TIME ESTIMATES FOR ACTIVITIES

- Within each of the activities, a time estimate will now be displayed for how long each exercise will take.

### Exercise Outline ✕ close

**FUNDAMENTALS**  
**Introduction to Decision Making**  
12 minutes

- Decision Making Warm-Up 10 min
- Definitions and Personal Impact 10 min
- Positioning Decision Making in Resilience 10 min
- What types of decisions do you struggle with? 10 min
- Decision Making in Action 10 min
- Value Considerations 10 min

## UPDATED THE 'YOUR PROFILE' SECTION

- Users will now be able to access all of AIR Space's release notes, by following a link that is available under the Profile menu located in the Contact Help tab.

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## Your Profile



WELCOME BACK

**Amelia**

[Your Account Settings](#)

[Your Achievements](#)

[Your Journey](#)

[FAQ & Support](#)

[Release Notes](#)

[Sign Out](#)

### UPDATED THE JOURNEY PAGE

- Rather than having an exercise that appears in the 'ready to reflect' section on the journey pages that re-directs the user back to the associated skill interface page, users will be directed back to the journey page.

### MADE RESOURCE PAGE PRACTICE LOGIC MATCH MENTAL MUSCLE PAGE

- The 'Practice your Exercises' logic now mirrors how it works in the learning flow

### FIXED ACTIVE PRACTICE EXERCISES

- Practice exercises now appear active and ready to begin if someone already completed the exercise in the learning flow.

### FIXED THE ERROR ON THE TRACKING PAGE

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- Additional levels (21-50) have been added to the tracking page to ensure that a user does not reach the highest possible number of points collected, which results in a bug.

#### ADDRESSED BUGS CAUSING CRASHES

- Numerous bugs that have been causing crashes have been fixed.

#### ADDED THE OPTIMISM, CONFIDENCE AND CONTROL MODULES

- The optimism, confidence and control modules have been added to the See Fit domain.

#### BADGES NO LONGER LOCKED AFTER AN EXERCISE HAS BEEN COMPLETED

- As a user progresses in a skill, the badges will no longer appear locked on the mental muscle main screen.

#### UPDATED EXERCISE OUTLINE TITLE

- The outline title has changed from 'Exercise Outline' to 'Outline'.

#### SEE, THINK, FEEL AND ACT INTERFACE VIDEOS ADDED AND UPLOADED

- New interface videos have been added and uploaded for all four of the mental muscles.

#### HOME PAGE VIDEO UPDATED

- Updated the home page with a new video.

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