Project Requirements: User Stories

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Project Requirements

1.   Brian has trouble falling asleep. He presses on his Monk app and goes under noises to find a sound to play to help him fall asleep.

2. John is having an anxiety attack and goes on the Monk app to listen to calming voices and speeches.

3. Sophia decides she wants to take a meditation break after doing some work. She opens up the monk app and goes under the guided meditation tab and presses on a 10 minute long meditation to do.

4. Raj has social anxiety. Before he goes out into the public to see friends, he uses the Monk app to gain self-confidence.

5. Sam is having a bad day at work and feeling down, he uses a monk app to cheer himself up.

6. Paul is looking for ways to get motivated to get in the gym, He goes on the monk app and goes under speeches section to listen to motivational speeches

7. Nina has family issues. In order to not hear her parents fight she puts in her headphones and listens to the Monk app that takes her mind off of reality and helps her think about positive thoughts.

8. Cassandra can't seem to find a way to lower her own anxiety after breaking up with her boyfriend. She listens to calming ocean wave sound clips to calm herself down and help her relax.

9. Paul just failed his exam and is feeling really down on himself. He goes on the Monk app to help him feel a bit better and to understand that failure is part of life.

10. Maya is disabled. She has a hard time getting through the day without feeling like people are judging her situation. She listens to the audio clips on the Monk app to build self-esteem so she can live her life to the fullest just like everyone else.

11. Lary recently had a family loose and feeling depressed, he uses a monk app to help deal with depression and get through hard times.