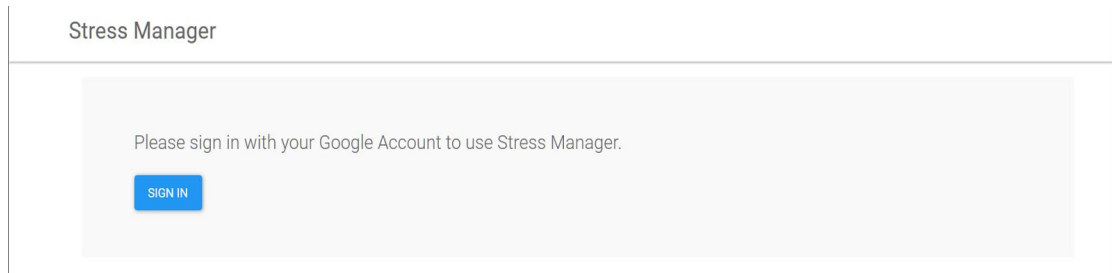# Instructions:
How to use Stress Manager

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Using any browser navigate to the address: https://stressmanager.herokuapp.com

Stress Manager

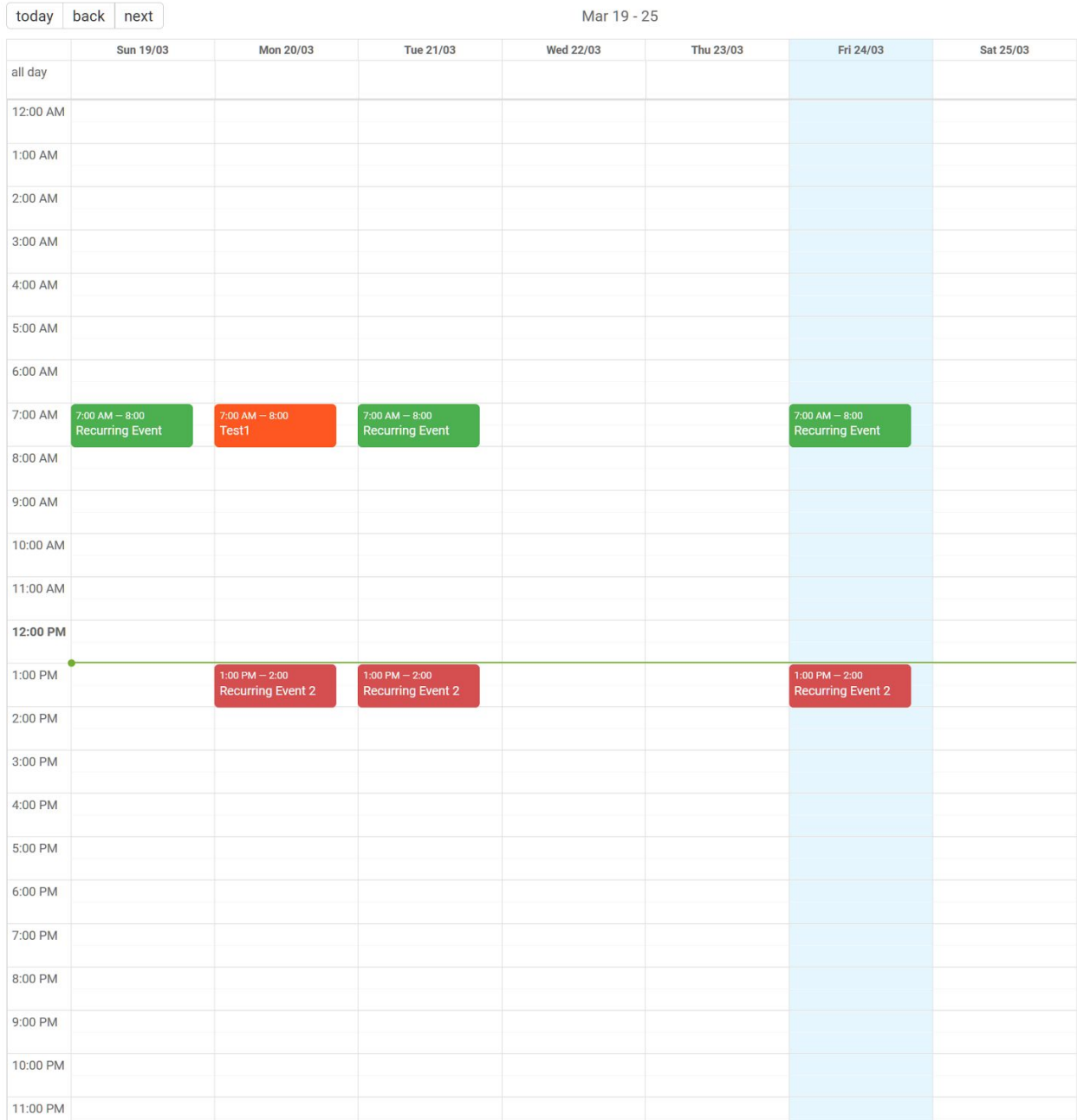Please sign in with your Google Account to use Stress Manager.

SIGN IN

1. Sign-In

a. Select 'SIGN IN'. This redirects you to a Google sign in page. You can use your own Google account, or use a temporary account we created: otesting69@gmail.com Password: *otesting*. Feel free to log into the Google calendar and make new events for testing.

b. After signing in, a page similar to the one shown below will be displayed. The color of the event corresponds to its stress rating. The default view is of the current week.

Stress Manager

Tools ▾

today	back	next			Mar 19 - 25			

	Sun 19/03	Mon 20/03	Tue 21/03	Wed 22/03	Thu 23/03	Fri 24/03	Sat 25/03
all day							
12:00 AM							
1:00 AM							
2:00 AM							
3:00 AM							
4:00 AM							
5:00 AM							
6:00 AM							
7:00 AM	7:00 AM – 8:00 Recurring Event	7:00 AM – 8:00 Test1	7:00 AM – 8:00 Recurring Event			7:00 AM – 8:00 Recurring Event	
8:00 AM							
9:00 AM							
10:00 AM							
11:00 AM							
12:00 PM							
1:00 PM		1:00 PM – 2:00 Recurring Event 2	1:00 PM – 2:00 Recurring Event 2			1:00 PM – 2:00 Recurring Event 2	
2:00 PM							
3:00 PM							
4:00 PM							
5:00 PM							
6:00 PM							
7:00 PM							
8:00 PM							
9:00 PM							
10:00 PM							
11:00 PM							

    c. **Note:** Any unrated events will be displayed as orange. Once events are rated, the following color spectrum applies.
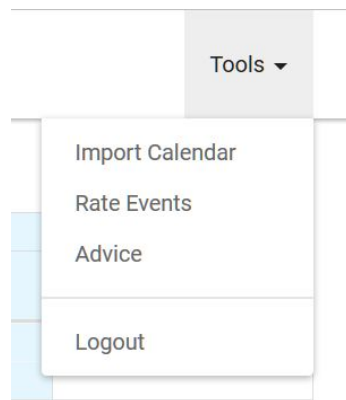

2. Calendar Navigation

    a. The buttons **'today'**, **'back'**, and **'next'** can be used to navigate the calendar.

3. Tools

    a. Selecting **'Tools'** in the navigation bar will display the following options:

4. Import Calendar

    a. Selecting '**Import Calendar'**, from the Tools drop-down, will take you to the page displayed below. Here you can select different calendars, that you created, to import into the stress manager. By default, your default Google calendar is

imported.

b. **Note:** If you try to select '**SUBMIT**' without selecting a calendar, the following error message will be displayed. Although a calendar is shown, it is not actually selected yet.
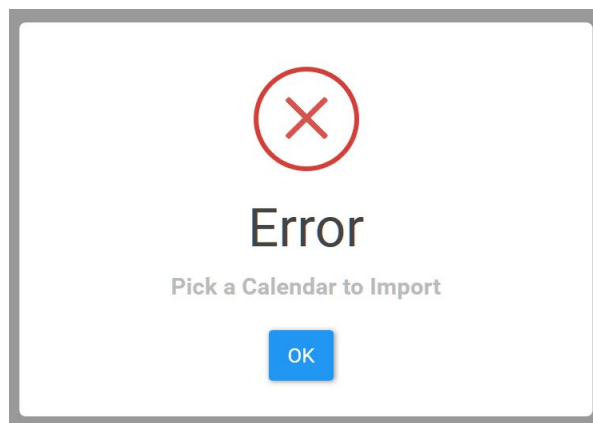
c. **Note:** Clicking '*Stress Manager*' in the navigation pane will redirect you back to the calendar page.

5. Rate Events

a. Selecting **'Rate Events'**, from the Tools drop-down, will take you the the page displayed below. On this page, you rate how stressful an event makes you. Only the events for the current week are displayed.

b. **Note:** Clicking 'Stress Manager' in the navigation pane will redirect you back to the calendar page.

6. Advice

a. Selecting **'Advice'**, from the Tools drop-down, will display a popup, like the one shown below, that will display some advice based on the current day of the week.
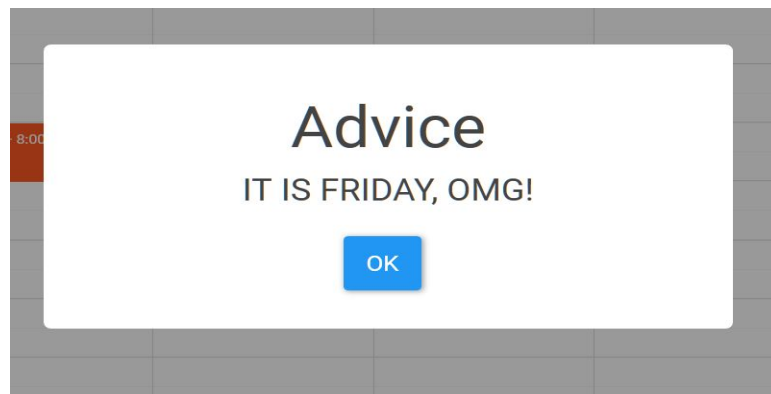
Note: The advice for each day is as follows:

Sun. - "Go for a walk. It is really nice outside"
Mon. - "Be the best you, you can be"
Tue. - "Don't let the week get you down. There is always the weekend!"
Wed. - "Don't give up! You are almost there!!"
Thu. - "Well, time to go to the Cactus"
Fri. - "IT IS FRIDAY, OMG!"
Sat. - "Treat yourself to something today. You have had a hard week."

7. Logout

a. Selecting **'Logout'**, from the Tools drop-down, will return you to the initial sign in page.
b. **Note:** Your login credentials will be remembered unless you delete your browser cookies, or use an incognito window.