

HOME

Happiness



Anger



Stress



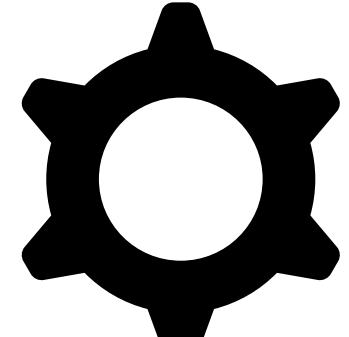
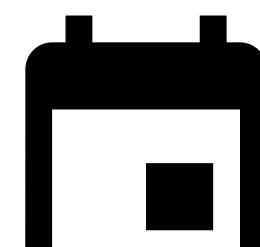
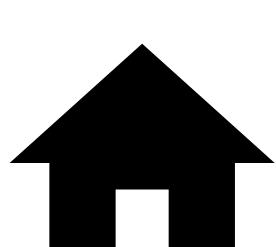
Energy



Worry



Save



YOUR DAY

100%

75%

50%

25%

0%

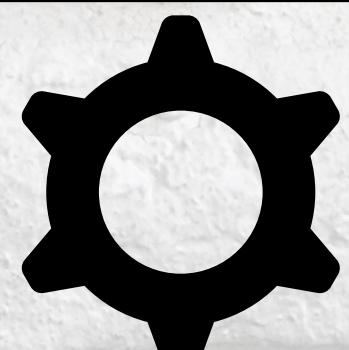
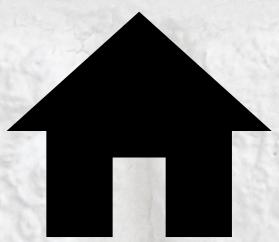
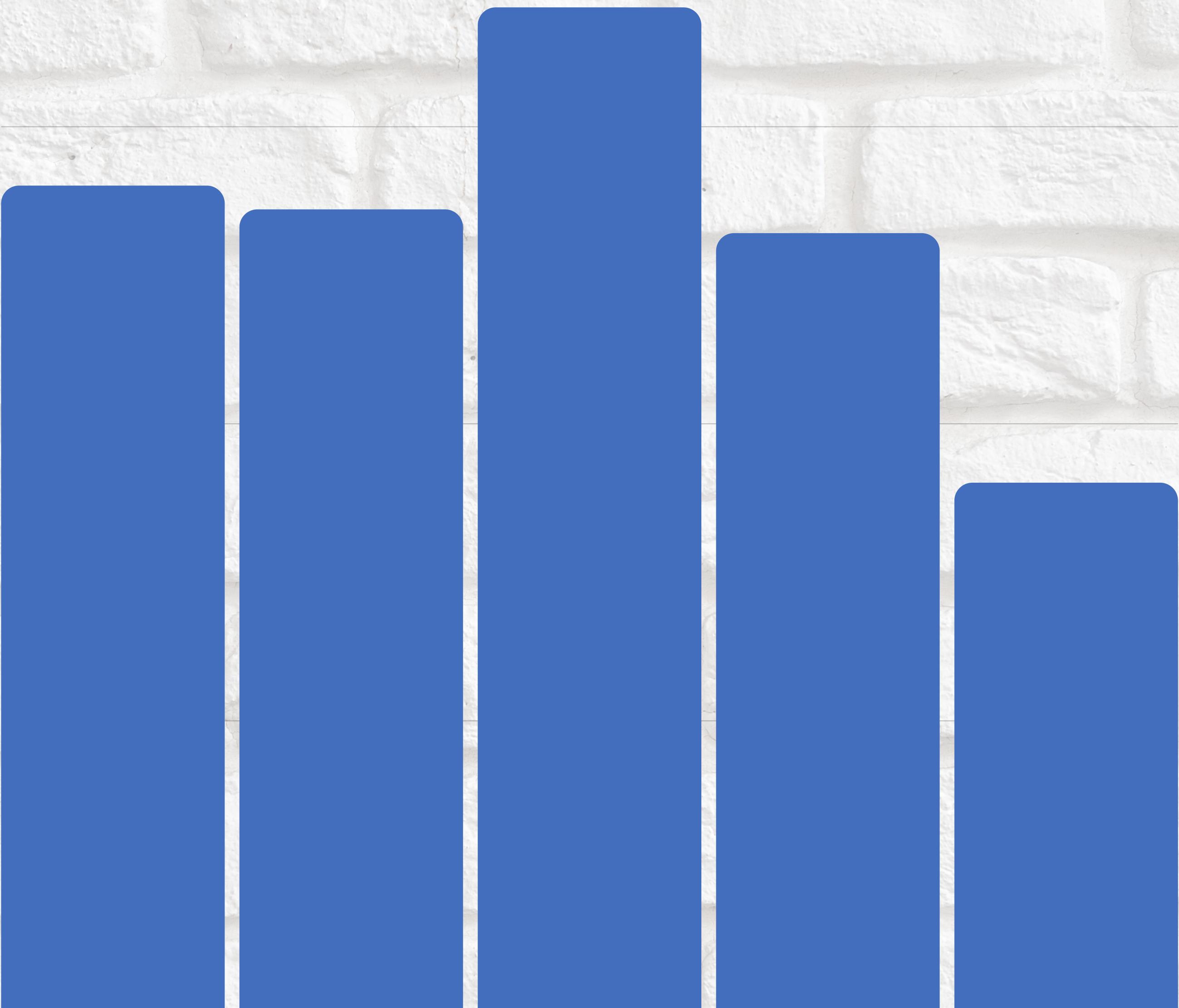
Happiness

Anger

Stress

Energy

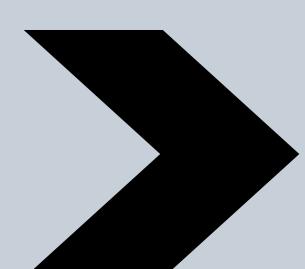
Worry



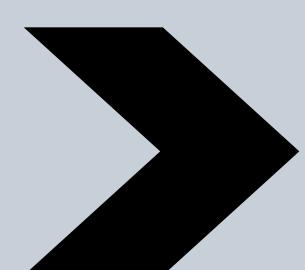
FOR YOU

You seem stressed, try this advice!

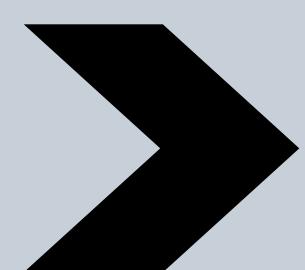
Exercise



Laugh



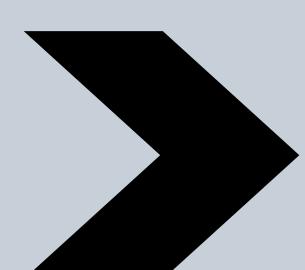
Caffeine



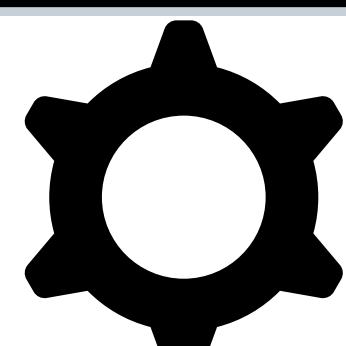
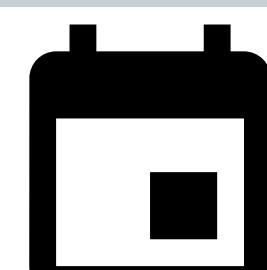
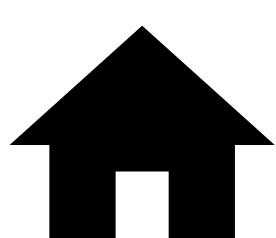
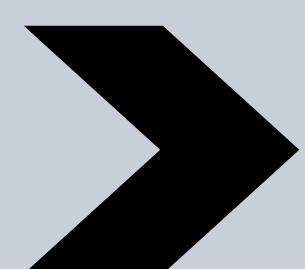
Chew Gum

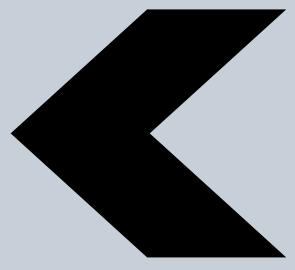


Mindfulness



Music





Exercise

Exercise is one of the most important things you can do to combat stress.

People who exercise regularly are less likely to experience anxiety than those who don't exercise.

Try to find an exercise routine or activity you enjoy, such as walking, dancing, rock climbing or yoga. Activities - such as walking or jogging - that involve repetitive movements of large muscle groups can be particularly stress relieving.

History

All time

100%

75%

50%

25%

0%

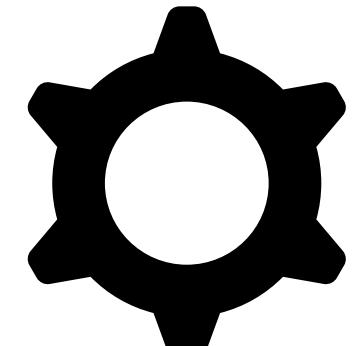
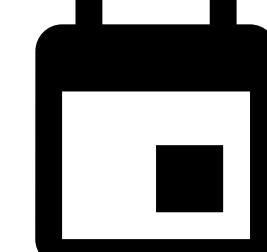
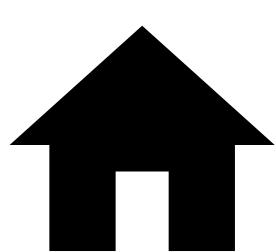
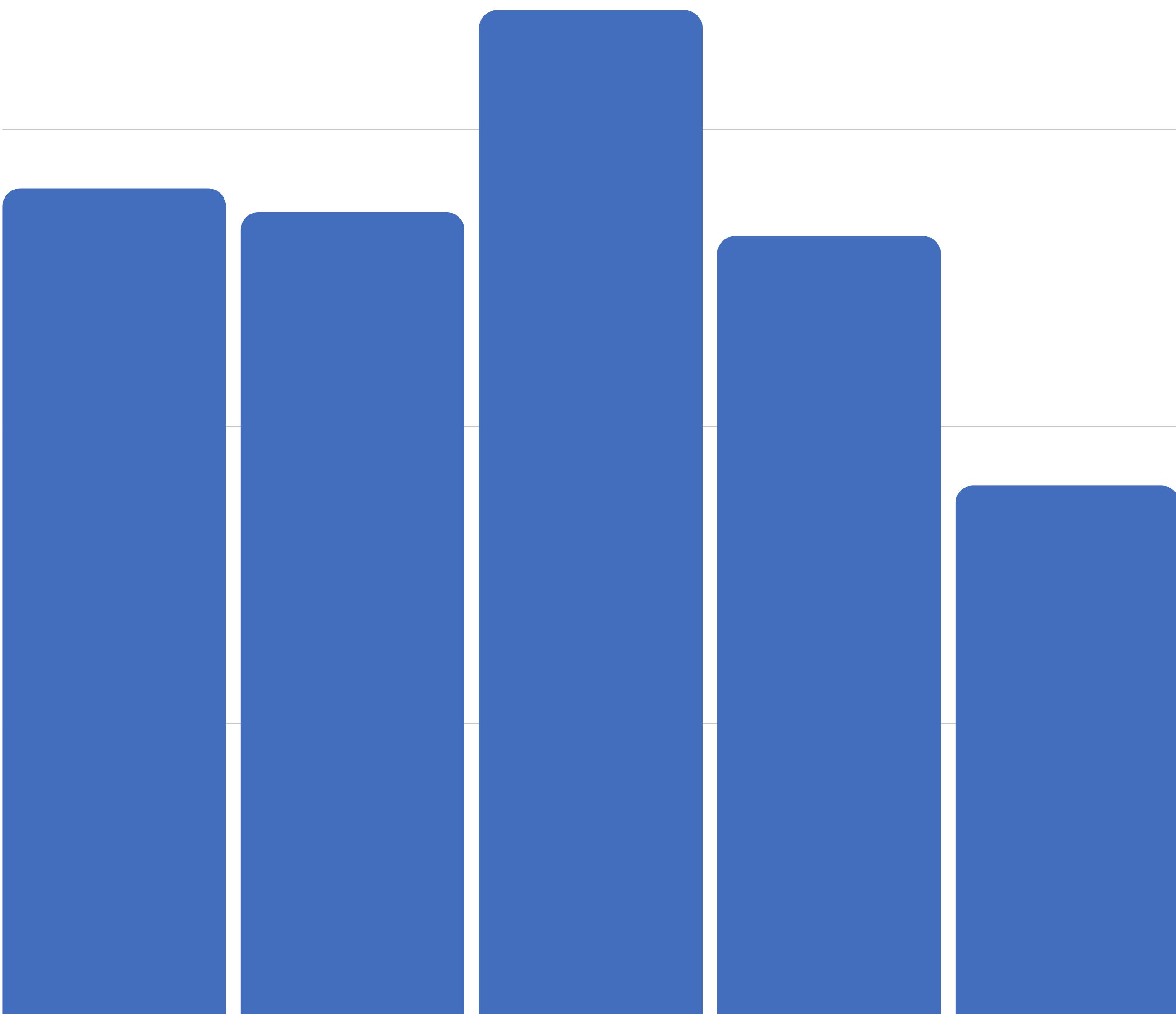
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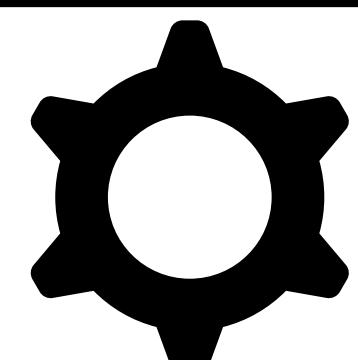
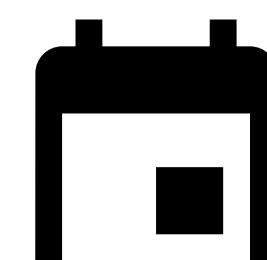
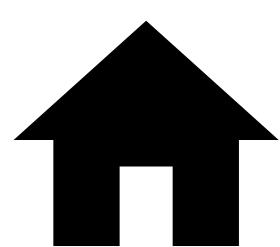
Worry



Settings

Dark mode  (On)

About



About

Devs: Two kids from Cardiff. Version: 0.1.1 Proudly made with 0, 0, 0, 0, 0, 0, 0, and built on 0.

Website: ionizedelectric.github.io

Contact us:

Charlie

Abbas

