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**COLLEGE OF ENGINEERING**  
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Approved by AICTE & Affiliated to Anna University  
ISO 9001:2015 & ISO 14001:2015 Certified Institution  
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## **DEPARTMENT OF ELECTRONICS AND COMMUNICATION ENGINEERING**

### **STRESS MANAGEMENT**

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### **Elite Training Project 1 Report**

**Java Programming**

**Submission Date: 25/04/2023**

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## SUMMARY

Stress can be defined as a state of worry or mental tension caused by a difficult situation. Stress is a natural human response that prompts us to address challenges and threats in our lives. Everyone experiences stress to some degree. The way we respond to stress, however, makes a big difference to our overall well-being. Stress leads to many health problems, such as high blood pressure, heart disease, obesity, and diabetes. Stress management is very important because stress weakens a person's emotionally, as well as physical health. Stressful situations can also cause or exacerbate mental health conditions, most commonly anxiety and depression, which require access to health care. When we suffer from a mental health condition, it may be because our symptoms of stress have become persistent and have started affecting our daily functioning, including at work or school. Stress management helps break the hold stress has on one's life, so that a person can be happier, healthier, and more productive. If one is living with high levels of stress, his/her entire well-being is at risk because it narrows the ability to think clearly, function effectively, and enjoy life. Get some exercise and play some games.

For the stress problem we have innovated a java programming language. So, we created a game. This stress management in java is a console based application created using java programming language. In that specifically we used switch cases namely case1, case2, case3 and case4. Each case has coding for each option. This system is a simple mini project and compiled in Code. In that game there are four options. They are Fun quiz, Funny jokes, Storyteller, and connection. If you have stress, you can use our "STRESS MANAGEMENT GAME". It can be helpful for you to less your stress. If you are playing this game select the options to play. If you selected a "FUN QUIZ" you have some funny quiz to answer, then you selected "FUNNY JOKES" you have some jokes to come out of your stress then you have another option that is "STORYTELLER" "you have some stories to motivate yourself. The last option is "CONNECTION" you can think out of your stress.

## SCREEN SHOTS

```
WELCOME BUDDIE
Please select any option given below
[1]Fun Quiz
[2]Funny Jokes
[3]Story Teller
[4]Connection Game
Enter Your Choice : 1

-----
Welcome to the TextGame!
What's your name? KEERTHI
Hi KEERTHI, let's get started!
Instruction :
    In this game, you will be presented with a series of scenarios.
    For each scenario, you will have to choose between two options.
    Your goal is to pick the option that will lead to a positive outcome.
.....Let's begin!.....
Scenario 1: You're stuck in traffic and running late for a meeting.
Do you A) honk your horn and try to weave through traffic
      B) take a deep breath and accept that you'll be a little late?
select any option :B
Great choice! Your score is now 10
Scenario 2: Your boss asks you to work overtime on a Friday night.
Do you A) decline and suggest working on the project on Monday
      B) agree to work overtime?
select any option :A
Another great choice! Your score is now 20
Scenario 3: You're feeling stressed and overwhelmed.
Do you A) take a break and do something you enjoy
      B) keep pushing yourself to get everything done?
select any option :A
Smart choice for self-care! Your score is now 30
Congratulations KEERTHI! You completed the game with a score of 30
Thanks for playing and remember to take care of yourself!
To continue Press 1 :
To Stop Press 2 :
1
WELCOME BUDDIE
```

```
WELCOME BUDDIE
Please select any option given below
[1]Fun Quiz
[2]Funny Jokes
[3]Story Teller
[4]Connection Game
Enter Your Choice : 2

-----
Girl : Nice mobile,where did you buy?
Boy : I won this in running race!
Girl:How many persons participated.
Boy: Mobile owner, Police and Me
To continue the joke Press 1 :
To Stop the joke Press 2 :
1
Girlfriend : Would like to be the best sun in my life?.
Boy : Aww! Yes!
Girlfriend : Good then stay 92,935,700 miles away from me.
To continue Press 1 :
To Stop Press 2 :
1
WELCOME BUDDIE
Please select any option given below
[1]Fun Quiz
[2]Funny Jokes
[3]Story Teller
[4]Connection Game
Enter Your Choice : 3

-----
Lets start the Story
Once upon a time, there was a farmer who was constantly stressed about his crops. One day, he decided to take a break and go for a walk in the countryside. As he walked, he realized that the beauty of nature had a calming effect on him. From that day on, he made it a habit to take regular walks and enjoy the peacefulness of the outdoors, which helped him manage his stress and worries.
MORAL : ENJOY EVERY MOMENT :)
To continue Press 1 :
To Stop Press 2 :
1
```

```
input
[1]Fun Quiz
[2]Funny Jokes
[3]Story Teller
[4]Connection Game
Enter Your Choice : 4
-----
Welcome to the Connection Game
Let's begin!.....
Instruction : Connect the movies using related dialogues
Question 1: BLOODY SWEET
A)VIKRAM 🍌
B)LEO 🍌
C)LOVE TODAY ❤️
B
Great choice! Your score is now 10
Question 2: SOLLUNGA MAMAKUTTY
A)VIKRAM 🍌
B)LEO 🍌
C)LOVE TODAY ❤️
C
Great choice! Your score is now 20
Question 3: ROLEX AVAN PERU DHILLI
A)VIKRAM 🍌
B)LEO 🍌
C)LOVE TODAY ❤️
A
Great choice! Your Final score is 30
Thanks for playing and remember to take care of yourself!
The End.....
To continue Press 1 :
To Stop Press 2 :
2
(: _____ :)

...Program finished with exit code 0
Press ENTER to exit console.
```

## SOURCE CODE

```
/******
STRESS MANAGEMENT
******/
import java.util.*;
public class Main
{
    public static void main(String[] args) {
        Scanner sc=new Scanner(System.in);
        int ch;
        do{
            System.out.println("WELCOME BUDDIE");
            System.out.println("Please select any option given below");
            System.out.print(" [1]Fun Quiz \n [2]Funny Jokes \n [3]Story Teller \n [4]Connection Game\n");
            System.out.print("Enter Your Choice : ");
            int choice=sc.nextInt();
            switch(choice){
                /////////////// Fun Game //////////////////////////
            case 1:
                {
                    int score = 0;
                    System.out.println("-----");
                    System.out.println(" Welcome to the TextGame! ");
```

```

System.out.print("What's your name? ");
String name = sc.next();
System.out.println("Hi " + name + ", let's get started!");
System.out.println("Instruction :");
System.out.println(" In this game, you will be presented with a series of scenarios.");
System.out.println(" For each scenario, you will have to choose between two options.");
System.out.println(" Your goal is to pick the option that will lead to a positive outcome.");
System.out.println(" .....Let's begin!.....");
System.out.println("Scenario 1: You're stuck in traffic and running late for a meeting.");
System.out.println("Do you A) honk your horn and try to weave through traffic \n B) take a deep breath and
accept that you'll be a little late?");
    System.out.print("select any option :");
    String answer1 = sc.next();
    if (answer1.equalsIgnoreCase("b")) {
        score += 10;
        System.out.println("Great choice! Your score is now " + score);
    } else {
        System.out.println("Hmm, not the best choice. Your score is still " + score);
    }

    System.out.println("Scenario 2: Your boss asks you to work overtime on a Friday night.");
    System.out.println("Do you A) decline and suggest working on the project on Monday \n B) agree to work
overtime?");
    System.out.print("select any option :");
    String answer2 = sc.next();
    if (answer2.equalsIgnoreCase("a")) {
        score += 10;
        System.out.println("Another great choice! Your score is now " + score);
    } else {
        System.out.println("Not the best choice for your work-life balance. Your score is still " + score);
    }

    System.out.println("Scenario 3: You're feeling stressed and overwhelmed.");
    System.out.println("Do you A) take a break and do something you enjoy \n B) keep pushing yourself to get
everything done?");
    System.out.print("select any option :");
    String answer3 = sc.next();
    if (answer3.equalsIgnoreCase("a")) {
        score += 10;
        System.out.println("Smart choice for self-care! Your score is now " + score);
    } else {
        System.out.println("It's important to prioritize your mental health. Your score is still " + score);
    }

    System.out.println("Congratulations " + name + "! You completed the game with a score of " + score);
    System.out.println("Thanks for playing and remember to take care of yourself!");
}break;
////////// FUNNY JOKE //////////
    case 2:
        System.out.println("-----");
        System.out.println("Girl : Nice mobile,where did you buy? \nBoy : I won this in running race!
\nGirl:How many persons participated.\nBoy: Mobile owner, Police and Me");

```

```

        System.out.println("To continue the joke Press 1 :");
        System.out.println("To Stop the joke Press 2 :");
        ch=sc.nextInt();
        if(ch==1){
            System.out.println("Girlfriend : Would like to be the best sun in my life?.\nBoy : Aww! Yes!
\nGirlfriend : Good then stay 92,935,700 miles away from me.");
        }
        break;
////////// Story Teller //////////
case 3:
    System.out.println("-----");
    System.out.println("Lets start the Story");
    System.out.println("Once upon a time, there was a farmer who was constantly stressed about his crops.
One day, he decided to take a break and go for a walk in the countryside. As he walked, he realized that the
beauty of nature had a calming effect on him. From that day on, he made it a habit to take regular walks and
enjoy the peacefulness of the outdoors, which helped him manage his stress and worries.");
    System.out.println(" MORAL : ENJOY EVERY MOMENT :)");
    break;
//////////CONNECTION GAME //////////
case 4:
    int score = 0;
    System.out.println("-----");
    System.out.println("Welcome to the Connection Game");
    System.out.println("Let's begin!.....");
    System.out.println("Instruction : Connect the movies using related dialogues");

    System.out.println("Question 1: BLOODY SWEET\n A)VIKRAM 🔥 \n B)LEO 🍫 \n C)LOVE
TODAY ❤️");
    String answer1 = sc.next();
    if (answer1.equalsIgnoreCase("B")) {
        score += 10;
        System.out.println("Great choice! Your score is now " + score);
    } else {
        System.out.println("Sorry Wrong choice!. Your score is still " + score);
    }

    System.out.println("Question 2: SOLLUNGA MAMAKUTTY\n A)VIKRAM 🔥 \n B)LEO 🍫 \n
C)LOVE TODAY ❤️");
    String answer2 = sc.next();
    if (answer2.equalsIgnoreCase("C")) {
        score += 10;
        System.out.println("Great choice! Your score is now " + score);
    } else {
        System.out.println("Sorry Wrong choice!. Your score is still " + score);
    }

    System.out.println("Question 3: ROLEX AVAN PERU DHILLI\n A)VIKRAM 🔥 \n B)LEO
🍫 \n C)LOVE TODAY ❤️");
    String answer3 = sc.next();
    if (answer3.equalsIgnoreCase("A")) {
        score += 10;
        System.out.println("Great choice! Your Final score is " + score);
    }

```

```

        } else {
            System.out.println("Sorry Wrong choice!. Your Final score is " + score);
        }
        System.out.println("Thanks for playing and remember to take care of yourself!");
        System.out.println(" The End.....");
        break;
    }
    System.out.println("To continue Press 1 :");
    System.out.println("To Stop Press 2 :");
    ch=sc.nextInt();
}while(ch==1);
    System.out.println("(:
_____ :)");
}

```

## CONCLUSION

we can conclude that there are signs of stress among the employees & such stress is affecting their behaviors, it can be controlled & reduced effectively. we can control our stress levels with relaxation techniques and our project is such a technique which reduces stress through some funny task.