Alexis:

1. I think "the unknown" builds a really frightening atmosphere. You're already off to a great start with having the scene mostly dark except for the light around the player.

2. I think adding sound would be the simplest way to help build stress. (as well as implementing the UI you have at the bottom). If you were to add a simple heart beat sound effect to that, it might help keep the player on edge. Also, I'm not sure if you intended to have the enemy drop out as soon as the game started, but I think letting the player wander at least a little bit before the enemy appears would really help give the player a false sense of security.

3. I'm not sure what you are referring to about safe zones. The enemy stopped following me after I went over to the first area with trees and I didn't see it after that.

4. If you are looking for royalty free music (and some sound effects as well) Fesliyan studios is a great place to start looking. You can also check out YouTube audio library. Both are mega cheesy, but they're royalty free.
   https://www.fesliyanstudios.com/

5. Because the enemy has a pretty good range for hunting you, I would maybe stun the enemy for a second and give the player the opportunity to try to "get away" (which they can't really do because they are so slow ;))

Great game!