Mindful Breaks

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A website to help users take intentional, mindful breaks

Problem Statement:

Work and study for long periods of time can lead to burnout and fatigue from staring at a screen for long as well as running your mind at 100% to complete work, tasks, assignments.

Solution:

The solution? Mindful breaks. A pomodoro timer is designed to help balance productivity with self-care. Whatever you're trying to do, mindful breaks encourage You to take regular breaks as well as encourage more intentional rest methods.
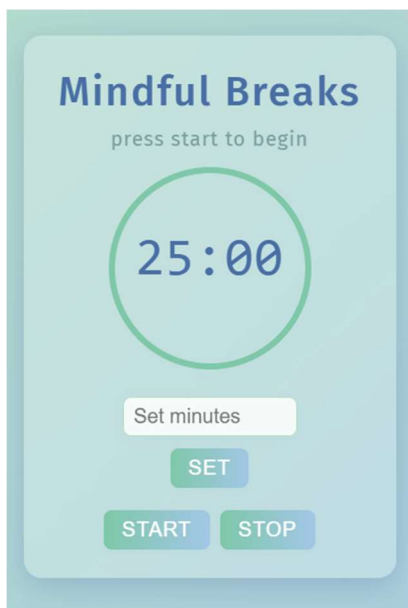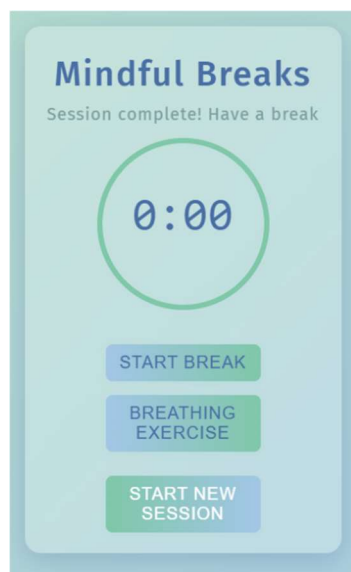
Screenshots/UI:

Figure 1 - timer page

Figure 1 - break selection page

Figure 3 - breathing exercise page

Tech Stack:

-   HTML/CSS
-   JavaScript
-   Git version control

Features:

-   **Pomodoro Timer:** Stay focused with a simple, beautiful timer.
-   **Custom Breaks:** Set break durations that suit your routine.

- **Breathing Exercises:** Calming animations to guide your breath and reduce stress.
- **Minimal UI:** Soothing and distraction-free interface.