

# **SELF-CARE DESIGN**

**A PROJECT REPORT**

*Submitted by*

*MS.*

**TEJASWINI**

**KOKANE**

*In partial fulfillment for the requirement of*

**EDUBRIDGE LEARNING COURSE**

*In*

**SOFTWARE TESTING**

**OCTOBER 2022**

## **BONAFIDE CERTIFICATE**

Certified that this project report “.....**SELF-CARE WEBSITE**.....” is the bonafide work of “.....**TEJASWINI KOKANE**.....” who carried out the project work under my supervision. Certified further that to the best of my knowledge the work reported herein does not form part of any other thesis or dissertation on the basis of which a degree or award was conferred on an earlier occasion on this or any other candidate.

**SIGNATURE**

**MOHANA PRIYA**

**SUPERVISOR**

**Submitted Project on 17<sup>TH</sup> OCT 2022**

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## **ABSTRACT**

### **Objectives**

There is extensive literature from various disciplines on *self-care*, an important aspect of nursing intervention via evaluation and education, but its meaning remains unprecise due to the difficulty integrating the diverse definitions developed over time across disciplines.

Therefore, it is vital to clarify the meaning of self-care and formulate the defining attributes, antecedents, and consequences to self-care.

## **INTRODUCTION**

The World Health Organization defines self-care as the ability of individuals, families and communities to promote, maintain health, and prevent disease and to cope with illness with or without the support of a health care provider. Self-care encompasses several issues including hygiene, nutrition, lifestyle, environmental and socio-economic factors. Promotion of self-care is a means to empower individuals, families and communities for informed health decision-making. It has the potential of improving the efficiency of health systems and contributing towards health equity.

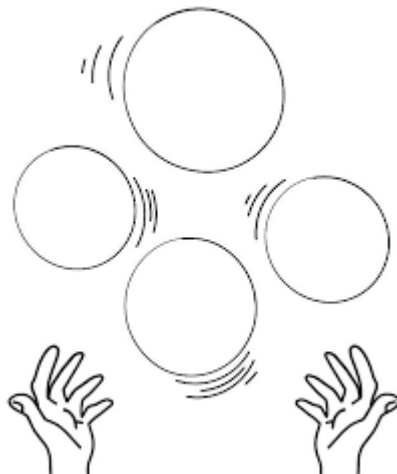
This website is designed to provide essential information related to human body and measures that need to be adopted to preserve and promote health as well as prevent disease. It contains information about what individuals can do themselves when illness strikes. It is an essential tool for community-based health workers and community health volunteers to promote health, prevent and control disease. The information in this website will also be useful for health professionals and the general public for adopting appropriate self-care practices.

## SELF-CARE PROCESS MODEL

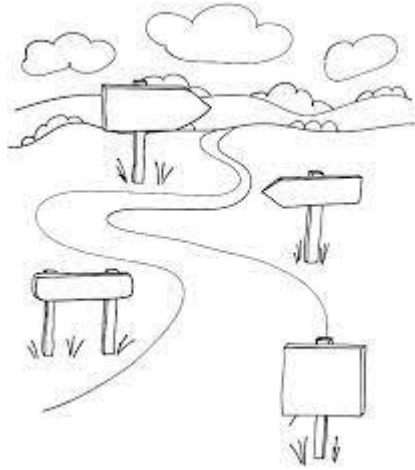
Your Favorite Thing's



What Balls are you juggling?



We all have fears. Use the signposts  
To name yours



Name the boxes below to describe yourself  
In 10 positive words



# SOFTWARE REQUIREMENT

## Notepad

Windows Notepad is a simple text editor for Windows; it creates and edits plain text documents.

## Front End

HTML, CSS, JavaScript are utilized to implement the frontend.

- **HTML:** HTML stands for **Hyper Text Markup language** is the standard markup language for creating Web pages.
- **CSS:** CSS stands for **Cascading Style Sheets**. It Describes how HTML elements are to be displayed on screen, paper, or in other media.
- **JavaScript:** An object oriented programming language commonly used to create interactive effects within web browsers.

## CODE

### Self-Care Page

```
<!DOCTYPE html>
```

```
<head>
```

```
<title>Self Care - Journal</title>
```

```
<meta charset="UTF-8">
```

```
<meta name="viewport" content="width=device-width,initial-scale=1.0">
```

```
</head>
```

```
<body>
```

```
<header>
```

<a href="SelfCare.html">



</a>

</header>

<hr>

<nav>

<table cellpadding="5" cellspacing="5">

<tr>

<td><a href=SelfCare.html>Home</a></td>

<td><a href=Habits.html>Habits</a></td>

<td><a href=Quotes.html>Quotes</a></td>

<td><a href=Books.html>Books</a></td>

</tr>

</table>

</nav>

</hr>

<h2 id="top"></h2>

<h2>Welcome - Well-Being & Self-Care!</h2>

<p>"Self-Care is the necessity to do things that are good for our physical ,emotional, or psychhological well-being"

</P>





**WHEN IN DISTRESS, USE MY SAFE SPACE TO DE-STRESS!**

<ol>

<li>“Until you value yourself, you won’t value your time. Until you value your time, you will not do anything with it.”— M. Scott Peck</li>

<li> “You have to believe in yourself when no one else does—that makes you a winner right there.”— Venus Williams </li>

</ol>

**Self Care Practices**

<ul>

<li>"Physical Self-care is taking care of your body."</li>

<li>"Mental Self-care starts with paying attention to how you talk to yourself."</li>

<li>"Emotional Self-care is about understanding your emotions."</li>

<li>"Spritual Self-Care is about connecting to the fact that your life has meaning and persuing your passion."</li>

<li>"Social Self-Care involves spending time with people you enjoy ."</li>

<li>"Financial Self-Care includes budgeting, Financial planning and managing Dept."</li>

</ul>

<br>

**Customer reviews**

30 global ratings

5 star:

**8**

4 star:

<meter value="6" min="0" max="10"></meter><br>

3 star:

<meter value="4" min="0" max="10"></meter><br>

2 star:

<meter value="2" min="0" max="10"></meter><br>

1 star:

<meter value="2" min="0" max="10"></meter><br><br>

<p><strong>Made With Love</strong></p>

<hr>

<footer>

<a href="https://www.youtube.com">

</a>

<br>

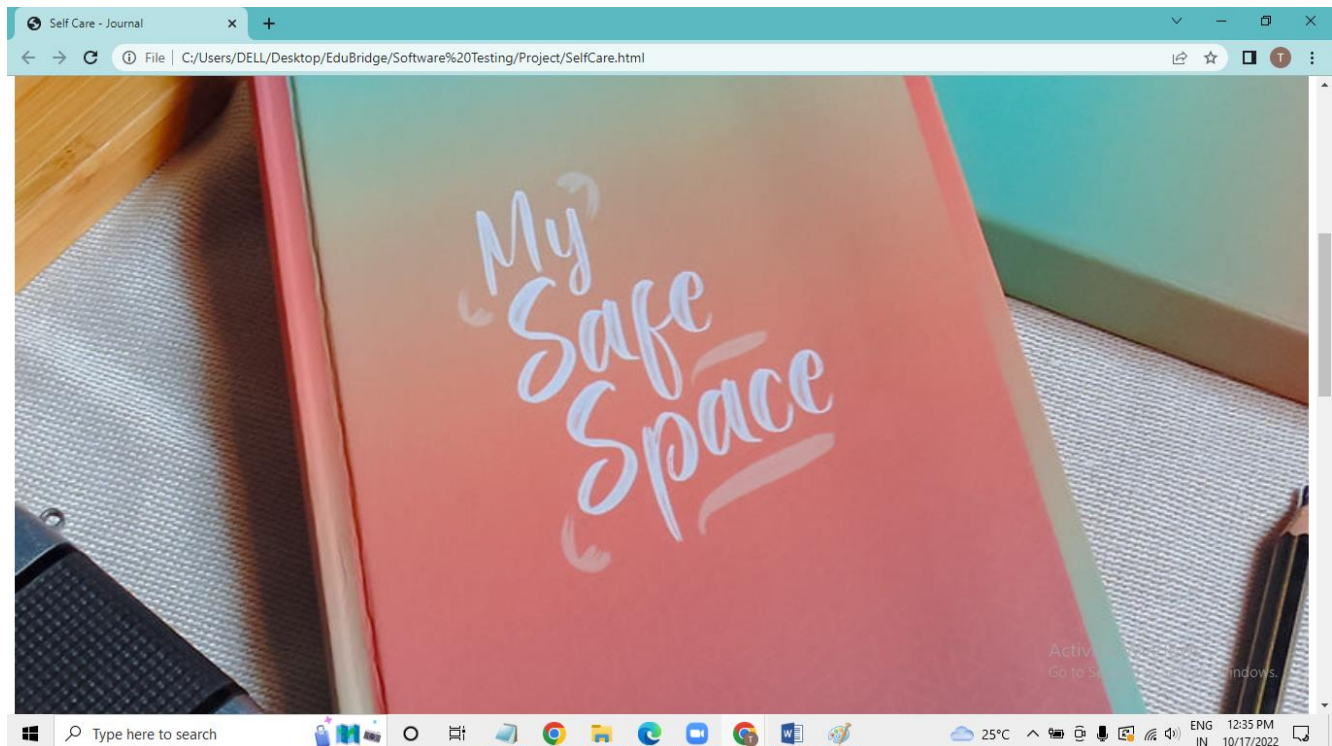
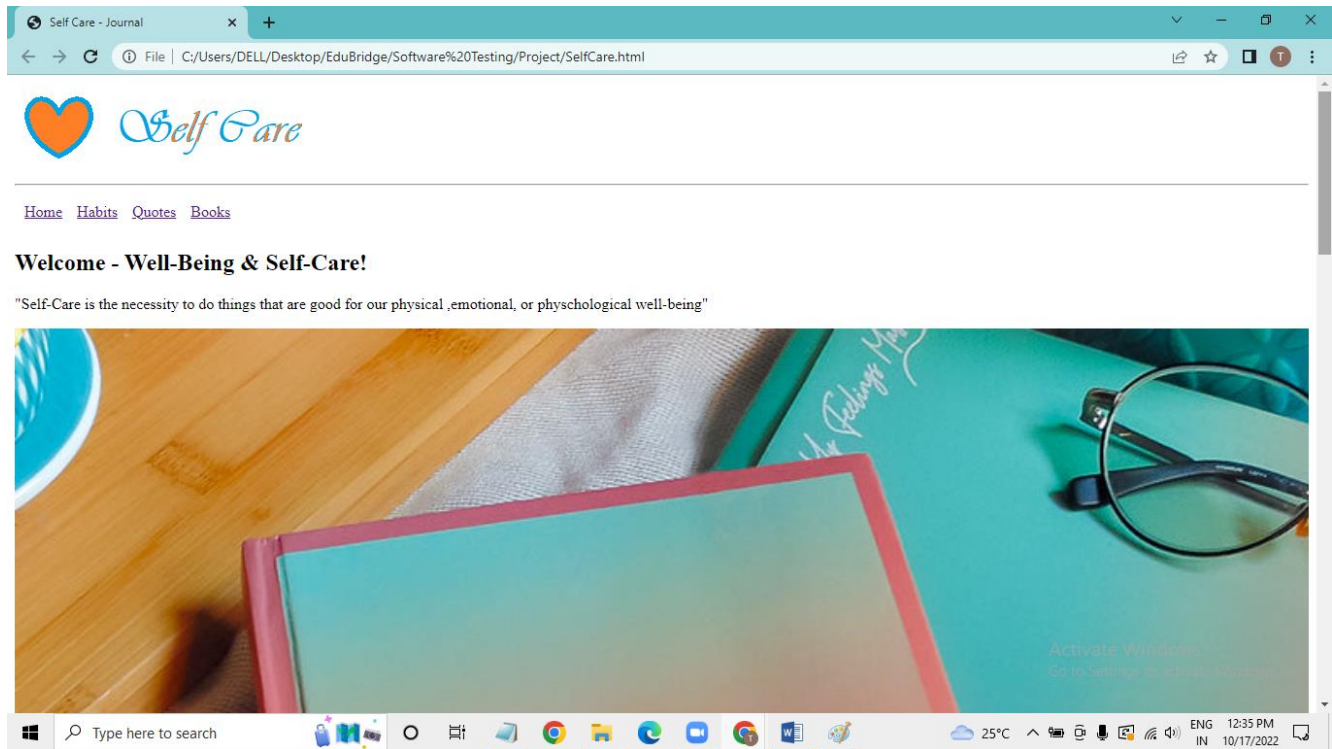
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</footer>

<p><a href="#top"> top of the page</a></p>

</body>

## Screenshots:



Self Care - Journal

File | C:/Users/DELL/Desktop/EduBridge/Software%20Testing/Project/SelfCare.html

**WHEN IN DISTRESS, USE MY SAFE SPACE TO DE-STRESS!**


1. "Until you value yourself, you won't value your time. Until you value your time, you will not do anything with it."— M. Scott Peck
2. "You have to believe in yourself when no one else does—that makes you a winner right there."— Venus Williams


**Self Care Practices**


- "Physical Self-care is taking care of your body."
- "Mental Self-care starts with paying attention to how you talk to yourself."
- "Emotional Self-care is about understanding your emotions."
- "Spiritual Self-Care is about connecting to the fact that your life has meaning and pursuing your passion."
- "Social Self-Care involves spending time with people you enjoy."
- "Financial Self-Care includes budgeting, Financial planning and managing Dept."


**Customer reviews**


30 global ratings

5 star: 

4 star: 


3 star: 

2 star: 

1 star: 

**Made With Love**

---

 Activate Windows  
Go to Settings to activate Windows.

Type here to search

25°C

ENG IN 12:35 PM 10/17/2022


Self Care - Journal


File | C:/Users/DELL/Desktop/EduBridge/Software%20Testing/Project/SelfCare.html


- "Emotional Self-care is about understanding your emotions."
- "Spiritual Self-Care is about connecting to the fact that your life has meaning and pursuing your passion."
- "Social Self-Care involves spending time with people you enjoy."
- "Financial Self-Care includes budgeting, Financial planning and managing Dept."


**Customer reviews**


30 global ratings

5 star: 

4 star: 


3 star: 

2 star: 

1 star: 

**Made With Love**

---

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Go to Settings to activate Windows.

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[top of the page](#)

Type here to search

25°C

ENG IN 12:40 PM 10/17/2022

## Habits Page

```
<!DOCTYPE html>
```

```
<head>
```

```
<title>Habits</title>
```

```
<meta charset="UTF-8">
```

```
<meta name="viewport" content="width=device-width,initial-scale=1.0">
```

```
</head>
```

```
<body>
```

```
<header>
```

```
<a href="SelfCare.html">
```

```

```

```
</a>
```

```
</header>
```

```
<body >
```

```
<hr>
```

```
<nav>
```

```
<table cellpadding="5" cellspacing="5">
```

```
<tr>
```

```
<td><a href=SelfCare.html>Home</a></td>
```

```
<td><a href=Habits.html>Habits</a></td>
```

```
<td><a href=Quotes.html>Quotes</a></td>
```

<td><a href=Books.html>Books</a></td>

</tr>

</nav>

</table>

<hr>

<h2>Habits</h2>



<br>

<section>

<h4>Do Something Just for Fun</h4>

<p>Crank up the music and dance. Laugh with your kids. Play a game. Write. Buy flowers. Follow your passions. Attend a fun event. The real <abbr title="Return on Investment">ROI</abbr>? A better, more energized, happier self.</p>

</section>

<section>

<h4>Be Adventurous</h4>

<p>Get outside your comfort zone. Be brave. Challenge yourself. Whether that be a backpacking trip, trying a new activity, or pushing yourself physically, mentally or emotionally, you'll feel proud, confident and strong.</p>

</section>

<section>

<h4>Treat Yourself and Your Body</h4>

<p>When you look good, you feel good. Get a haircut, have your nails done, enjoy a facial, manicure or pedicure. When we take care of how we look physically, we feel better emotionally.</p>

</section>

<section>

<h4>Spend Time with Those You Love</h4>

<p>Schedule a date night with your partner, a special day with your kiddo or happy hour with your BFF. Studies prove that people who socialize often have higher levels of happiness. This doesn't have to be face-to-face; sometimes a phone call is all you need (and can fit in!). </p>

</section>

<section>

#### <h4>Express Gratitude</h4>

<p> In order to live a life we love, we must first love the life we live. Research continues to surface on the science and benefits of gratitude. Being grateful is one of the simplest, yet most powerful, things you can do to take care of yourself.</p>

</section>

<br>

<hr>

<video width="500" height="450" controls>

<source src="C:\Users\DELL\Desktop\EduBridge\Software Testing\Project\video.mp4" type="video/mp4">

</video>

<h4>About Good habits - Eat good Feel good</h4>

<br>

<br>

<hr>

<footer>

<a href="https://www.youtube.com">

</a>

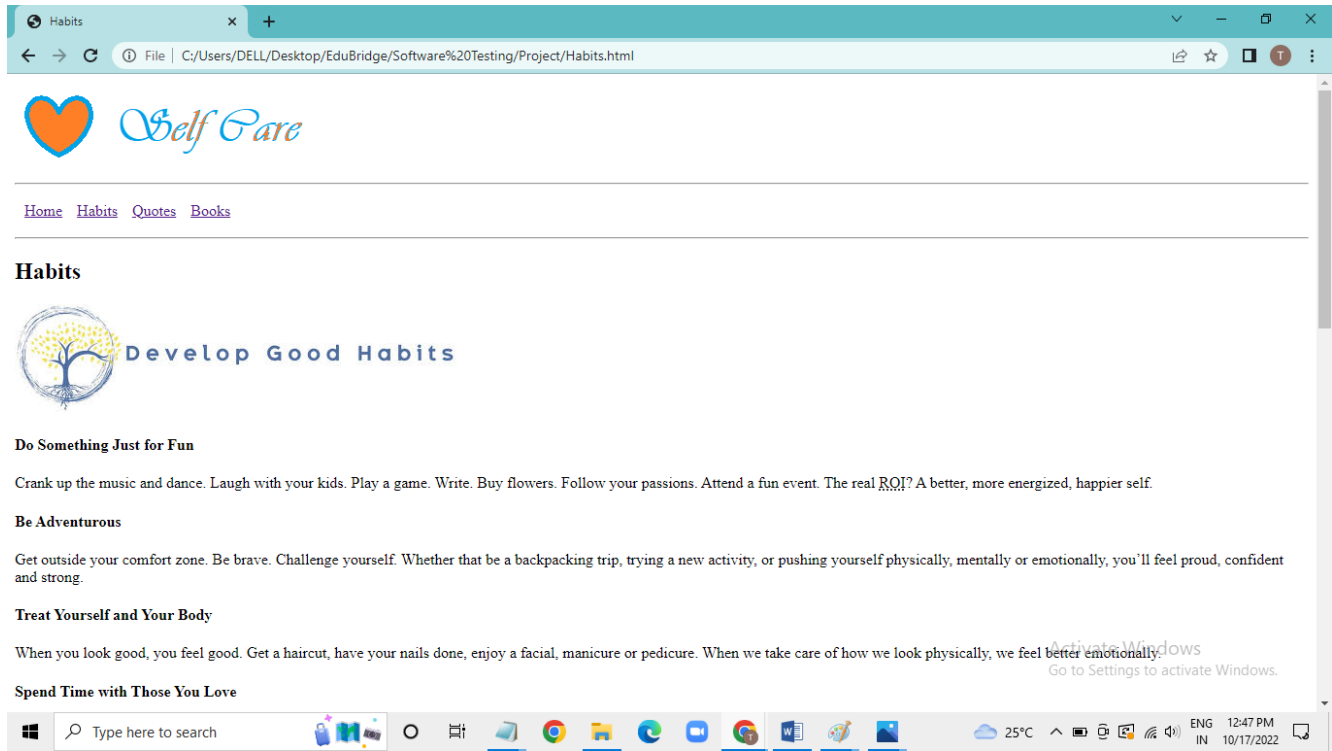
<br>

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</footer>

</body>

## Screenshots:





Habits


File | C:/Users/DELL/Desktop/EduBridge/Software%20Testing/Project/Habits.html

Spēnd Time with Those You Love

Schedule a date night with your partner, a special day with your kiddo or happy hour with your BFF. Studies prove that people who socialize often have higher levels of happiness. This doesn't have to be face-to-face; sometimes a phone call is all you need (and can fit in!).

Express Gratitude

In order to live a life we love, we must first love the life we live. Research continues to surface on the science and benefits of gratitude. Being grateful is one of the simplest, yet most powerful, things you can do to take care of yourself.



0:00 / 0:22

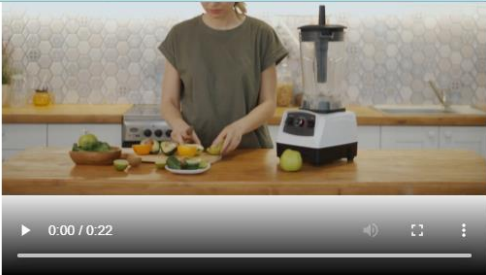
Activate Windows  
Go to Settings to activate Windows.

Type here to search

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Habits

File | C:/Users/DELL/Desktop/EduBridge/Software%20Testing/Project/Habits.html



0:00 / 0:22

About Good habits - Eat good Feel good



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Activate Windows  
Go to Settings to activate Windows.

Type here to search

25°C 12:47 PM 10/17/2022

## Quotes Page:

```
<!DOCTYPE html>
```

```
<head>
```

```
<title>Quotes</title>
```

```
<meta charset="UTF-8">
```

```
<meta name="viewport" content="width=device-width,initial-scale=1.0">
```

```
</head>
```

```
<style>
```

```
aside {
```

```
  width: 30%;
```

```
  padding-left: 30px;
```

```
  margin-left: 30px;
```

```
  float: right;
```

```
  font-style: italic;
```

```
  background-color: lightgray;
```

```
}
```

```
</style>
```

```
<style>
```

```
table,
```

```
th,
```

```
td {
```

```
  border: 1px solid black;
```

```
  border-collapse: collapse;
```

```
  padding: 15px;
```

```
  cellspacing="5";
```

```
  cellpadding="5";
```

```
}
```

</style>

</head>

<body >

<header>

<a href="SelfCare.html">



</a>

</header>

<hr>

<nav>

<table cellpadding="5" cellspacing="5">

<tr>

<td><a href=SelfCare.html>Home</a></td>

<td><a href=Habits.html>Habits</a></td>

<td><a href=Quotes.html>Quotes</a></td>

<td><a href=Books.html>Books</a></td>

</tr>

</nav>

</table>

<hr>

<h2>Quotes</h2>



<br>

<br>

<br>

<table>

<tr>

<th>Paraphase</th>

<th>Epigrammatist</th>

</tr>

<tr>

<th>“Talk to yourself like you would to someone you love.”</th>

<th>Brene Brown</th>

</tr>

<tr>

<th>“Self-discipline is self-caring.”</th>

<th>M.Scott Peck</th>

</tr>

<tr> <th>“Adopt the pace of nature: her secret is patience.”</th> <th>Ralph Waldo Emerson</th> </tr>
---

<tr> <th>“Be faithful to that which exists within yourself.”</th> <th>Andre Guide</th> </tr>
---

</table>

<aside>

<h1 id="Folk">Hi Folk!</h1>  
<p>I'm Tejaswini Kokane</p>  
<br>  
<p>Since 2022 I've Written about Self esteem and Happiness and much more.</p>

</aside>

<br>

<br>

<p style="color:Tomato"><Strong>Sound that bring you comfort and connection</Strong></p>

<audio controls>

<source src="C:\Users\DELL\Desktop\EduBridge\Software Testing\Project\Audio.mp3"  
type="audio/mpeg" type="audio/mp3">

</audio>

<hr>

<footer>

<a href="https://www.youtube.com">

</a>

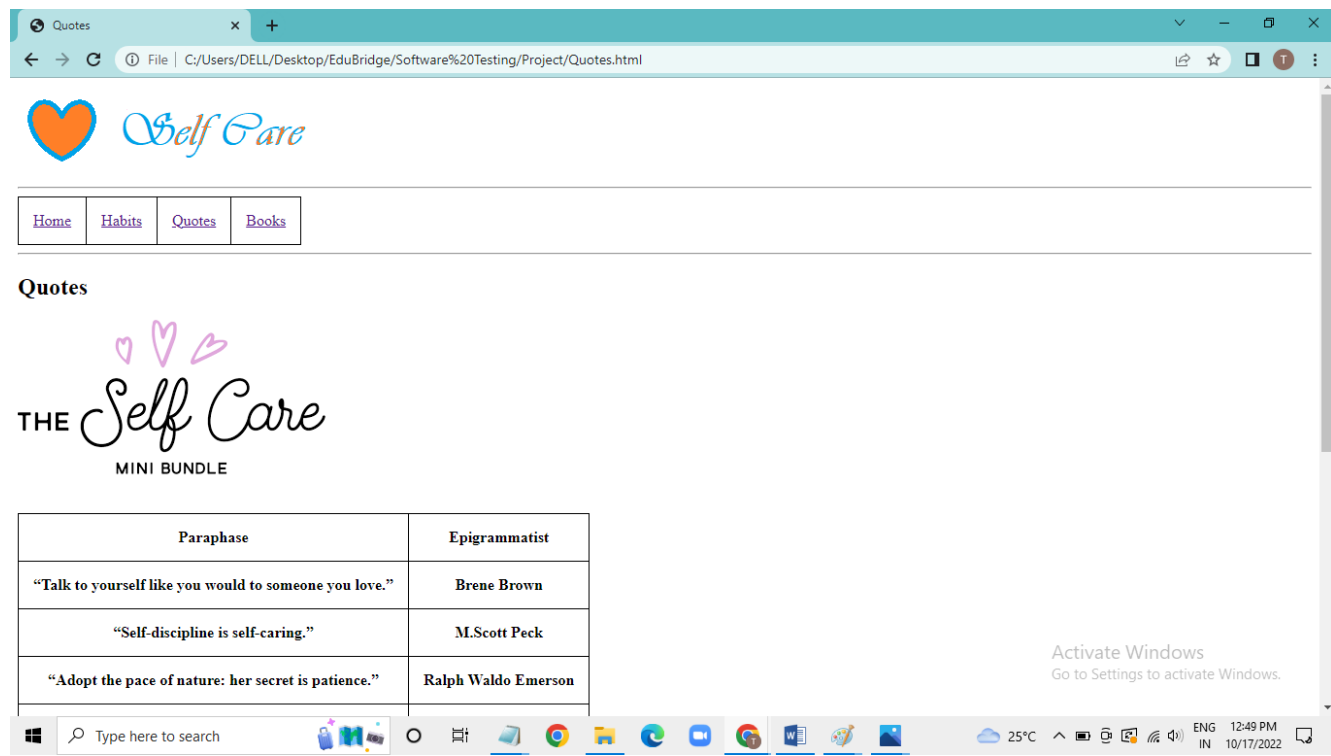
<br>

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</footer>

</body>

## Screenshots:



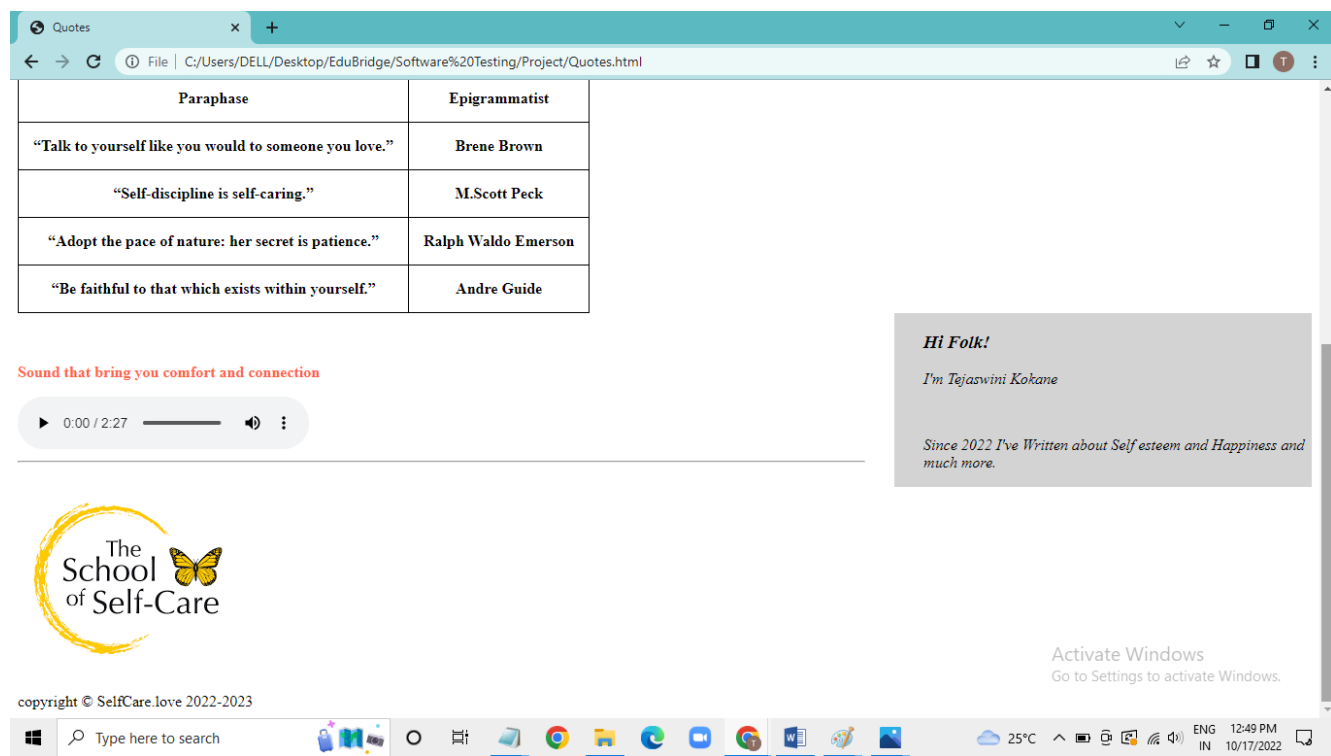
Quotes

Home Habits Quotes Books

THE Self Care  
MINI BUNDLE

Paraphase	Epigrammatist
"Talk to yourself like you would to someone you love."	Brene Brown
"Self-discipline is self-caring."	M.Scott Peck
"Adopt the pace of nature: her secret is patience."	Ralph Waldo Emerson

Activate Windows  
Go to Settings to activate Windows.



Quotes

Home Habits Quotes Books

THE Self Care  
MINI BUNDLE

Paraphase	Epigrammatist
"Talk to yourself like you would to someone you love."	Brene Brown
"Self-discipline is self-caring."	M.Scott Peck
"Adopt the pace of nature: her secret is patience."	Ralph Waldo Emerson
"Be faithful to that which exists within yourself."	Andre Guide

Sound that bring you comfort and connection

0:00 / 2:27

Hi Folk!  
I'm Tejaswini Kokane

Since 2022 I've Written about Self esteem and Happiness and much more.

The School of Self-Care

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Activate Windows  
Go to Settings to activate Windows.

Books Page:

```
<!DOCTYPE html>
```

```
<head>
```

```
<title>Books</title>
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```
<meta charset="UTF-8">
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```

```
</head>
```

```
<body>
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<header>
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<a href="SelfCare.html">
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</a>
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</header>
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</header>
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<hr>
```

```
<nav>
```

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<table cellpadding="5" cellspacing="5">
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<tr>
```

```
<td><a href=SelfCare.html>Home</a></td>
```

```
<td><a href=Habits.html>Habits</a></td>
```

```
<td><a href=Quotes.html>Quotes</a></td>
```



<td><a href=Books.html>Books</a></td>

</tr>

</nav>

</table>

<hr>

<table cellpadding="10">

<tr>

<td valign="top" width="15%">



</td valign="top">

<td>

Your Second Life Begins When You Realize You Only Have One: The novel that has made over 2 million readers happier.THE INTERNATIONAL BESTSELLER: 2 million copies sold worldwide! A charming, feel-good and universal story of one woman’s journey from boredom and dissatisfaction to happiness and fulfilment.Random House presents the audiobook edition of Your Second Life Begins When You Realize You Only Have One by Raphaelle Giordano, read by Fiona Hardingham.

</td>

</tr>

<tr>

<td valign="top" width="15%">



</td valign="top">

<td>

The Comfort Book

by Matt Haig

From the bestselling author of The Midnight Library, Matt Haig offers warmth and reassurance, reminding us to slow down and appreciate the beauty and unpredictability of existence. An

essential book for anyone in search of hope, looking for a path to a more meaningful life, or in need of a little encouragement.

</td>

</tr>

<tr>

<td valign="top" width="15%">



</td valign="top">

<td>

You've probably heard phrases like, "You can't love anyone else until you love yourself" and "You can't take care of anyone else until you've taken care of yourself." These phrases are grounded in truth. Boost your confidence to live an authentic life in line with your values;- Expand your self-worth & feel at ease saying 'No' to things that don't serve you. This Self-Love Workbook for Women is perfect for any woman and promotes gratefulness, mindfulness, positivity, self-care, self-compassion, and self-love!

</td>

</tr>

<tr>

<td valign="top" width="15%">



</td valign="top">

<td>

You've probably heard phrases like, "You can't love anyone else until you love yourself" and "You can't take care of anyone else until you've taken care of yourself." These phrases are grounded in truth. Boost your confidence to live an authentic life in line with your values;- Expand your self-worth & feel at ease saying 'No' to things that don't serve you. This Self-Love Workbook for Women is perfect for any woman and promotes gratefulness, mindfulness, positivity, self-care, self-compassion, and self-love!

</td>

</tr>

</table>

<br>

<br>

<hr>

<h3><Strong>Do you have any feedback for us?</Strong></h3>

<br>

<form>

<fieldset>

<legend>Personal Details</legend>

<p>

<label>

Salutation

<br />

<select name="salutation">

<option>--None--</option>

<option>Mr.</option>

<option>Ms.</option>

<option>Mrs.</option>

<option>Dr.</option>

<option>Prof.</option>

</select>

</label>

</p>

<p>  
<label>First name: <input name="firstName" /></label>  
</p>

<p>  
<label>Last name: <input name="lastName" /></label>  
</p>

<p>  
Gender :  
<label><input type="radio" name="gender" value="male" /> Male</label>  
<label><input type="radio" name="gender" value="female" /> Female</label>  
</p>

<p>  
<label>Email:<input type="email" name="email" /></label>  
</p>

<p>  
<label>Date of Birth:<input type="date" name="BirthDate"></label>

</p>

<p>

<label>

Give us a review:

<br />

<textarea name="Give us a review" cols="30" rows="3"></textarea>

</label>

</p>

<p>

<!--<button type="submit">Submit</button>-->

<button onclick="alert('Hey, thanks for the feedback.')">Submit</button>

</p>

</fieldset>

</form>

<br>

<br>

<hr>

<footer>

<a href="https://www.youtube.com">

</a>

<br>

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</footer>

</body>


## Screenshots:

Books

File | C:/Users/DELL/Desktop/EduBridge/Software%20Testing/Project/Books.html


# Self Care

[Home](#) [Habits](#) [Quotes](#) [Books](#)



**YOUR SECOND LIFE BEGINS WHEN YOU REALIZE YOU ONLY HAVE ONE**  
RAPHAELLE GIORDANO

Your Second Life Begins When You Realize You Only Have One: The novel that has made over 2 million readers happier. THE INTERNATIONAL BESTSELLER: 2 million copies sold worldwide! A charming, feel-good and universal story of one woman's journey from boredom and dissatisfaction to happiness and fulfilment Random House presents the audiobook edition of Your Second Life Begins When You Realize You Only Have One by Raphaele Giordano, read by Fiona Hardingham.



**The Comfort Book**  
Matt Haig  
Author of The Midnight Library

The Comfort Book by Matt Haig From the bestselling author of The Midnight Library, Matt Haig offers warmth and reassurance, reminding us to slow down and appreciate the beauty and unpredictability of existence. An essential book for anyone in search of hope, looking for a path to a more meaningful life, or in need of a little encouragement.


Activate Windows  
Go to Settings to activate Windows.

Type here to search

25°C 12:53 PM 10/17/2022


Books

File | C:/Users/DELL/Desktop/EduBridge/Software%20Testing/Project/Books.html



**Self-Love Workbook for Women**  
Melissa Hill

You've probably heard phrases like, "You can't love anyone else until you love yourself" and "You can't take care of anyone else until you've taken care of yourself." These phrases are grounded in truth. Boost your confidence to live an authentic life in line with your values;- Expand your self-worth & feel at ease saying 'No' to things that don't serve you. This Self-Love Workbook for Women is perfect for any woman and promotes gratefulness, mindfulness, positivity, self-care, self-compassion, and self-love!



**The Beautiful Little Things**  
Melissa Hill

You've probably heard phrases like, "You can't love anyone else until you love yourself" and "You can't take care of anyone else until you've taken care of yourself." These phrases are grounded in truth. Boost your confidence to live an authentic life in line with your values;- Expand your self-worth & feel at ease saying 'No' to things that don't serve you. This Self-Love Workbook for Women is perfect for any woman and promotes gratefulness, mindfulness, positivity, self-care, self-compassion, and self-love!

Do you have any feedback for us?

Activate Windows  
Go to Settings to activate Windows.

Personal Details

Type here to search

25°C 12:53 PM 10/17/2022

Books

File | C:/Users/DELL/Desktop/EduBridge/Software%20Testing/Project/Books.html

Do you have any feedback for us?

Personal Details

Salutation  
--None--

First name:

Last name:

Gender : ☐ Male ☐ Female

Email:

Date of Birth:  mm/dd/yyyy

Give us a review:

The School

Activate Windows  
Go to Settings to activate Windows.

Type here to search

25°C

ENG IN 12:53 PM 10/17/2022

## CONCLUSION

1. See the letter Q, I think of quotes. I am always a big fan of having inspirational words, quotes, mottos in my life to keep me motivated and to remind me of the important things in life.
2. R is for reading. Many students at Hopkins are overloaded with work and readings for class. Changing that up and reading a book just for pure enjoyment can be a great way to care for yourself and do something you enjoy.
3. Organize is for O. Do it any way you want, but organizing yourself is a great way to make sure that your self-care is firmly part of your schedule.
4. For S, I think of seeking support. Asking for help can be really really tough. People will often do this in all kinds of ways, like making a joke about it, hoping someone will notice. Everyone needs help for something or other at some point in time. There is no shame in that.
5. T is talking. My mum always told me that a problem shared is a problem halved and I still believe that to this day. Talking to someone can be an amazing way to take care of yourself.





