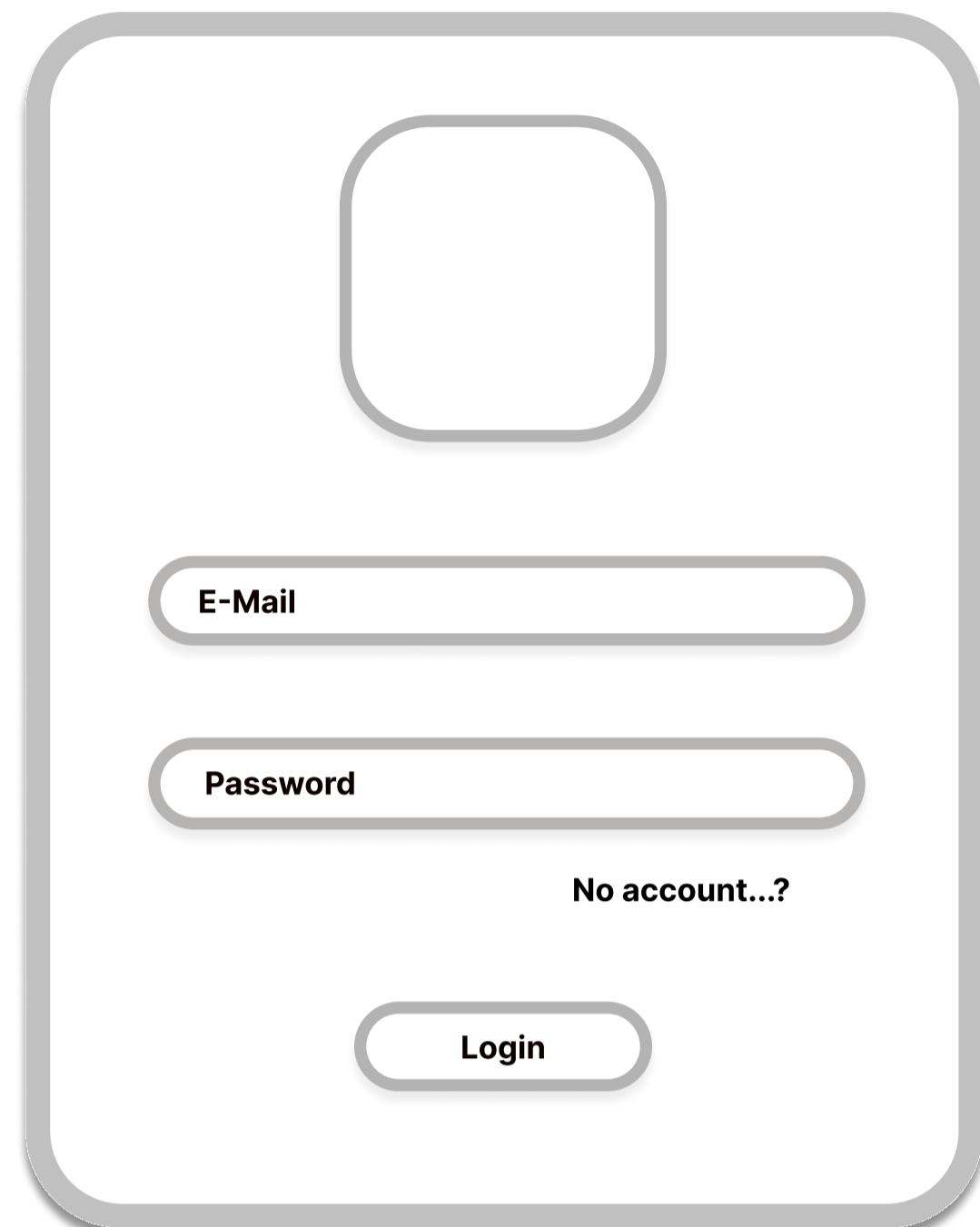


# Heading

**Discription about the  
content**

**Track your emotions, conquer your stress**

**Empowers students to be their best**



# Track your emotions, conquer your stress

Empowers students to be their best

Email

Password

Profile-name

Age

Gender

.....

Sign in?

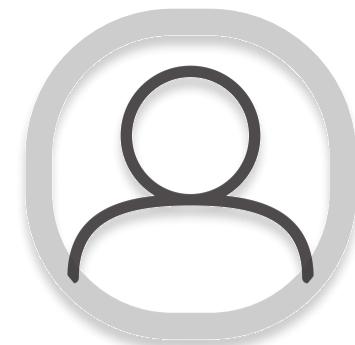
Get started

[\*\*Dashboard\*\*](#)

[\*\*Track\*\*](#)

[\*\*Analyse\*\*](#)

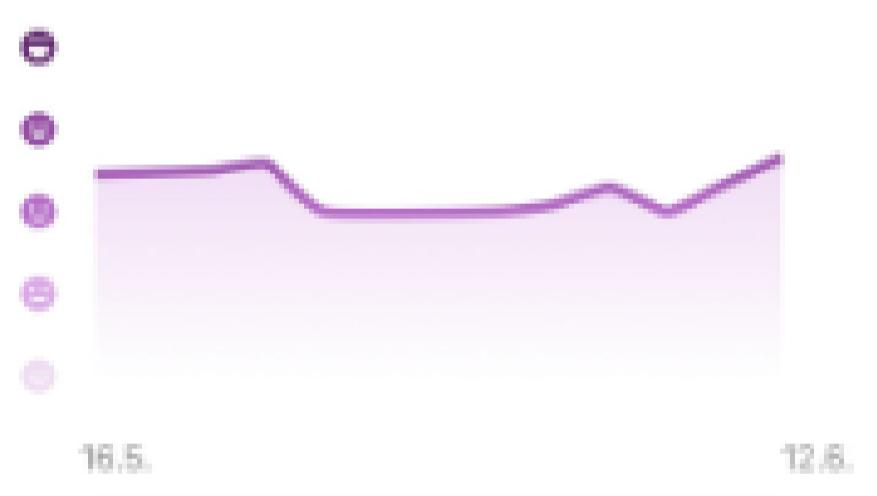
[\*\*Blog\*\*](#)



**Status about your current well-being**

**Personal message (e.g. health tips, morning greetings)**

**Stimmungsdiagramm**  
Stimmungsveränderungen im Zeitverlauf



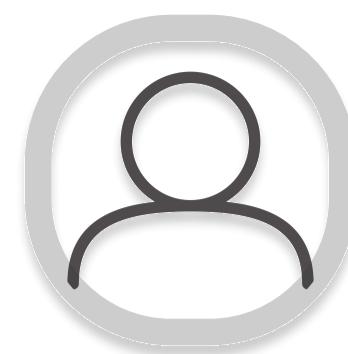
**Graphs/Chart with developments  
about health data**

Profile

Track

Analyse

Blog



## Daily survey about your health status

# filtering by specific data

# Graphs and Charts with health data

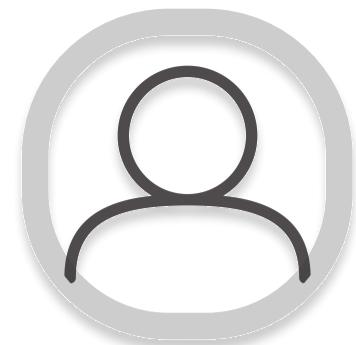


Profile

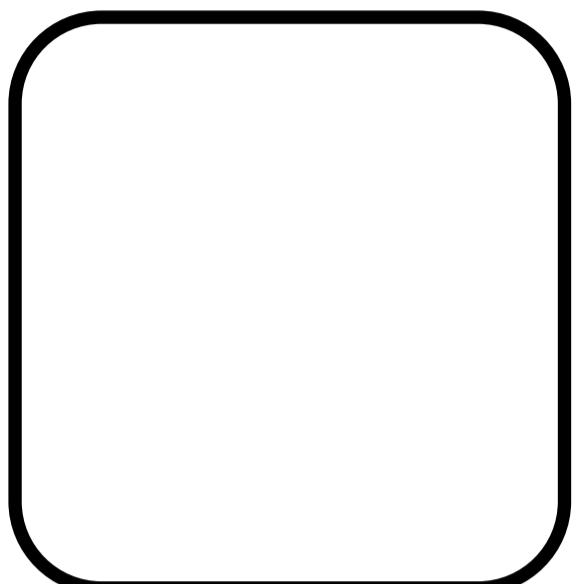
Track

Analyse

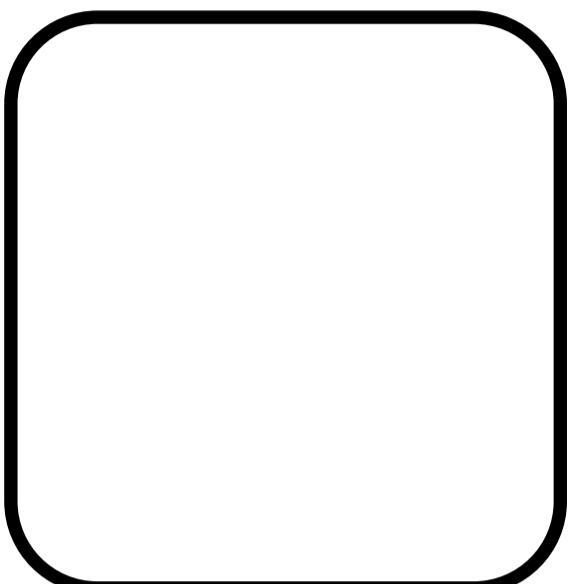
Blog



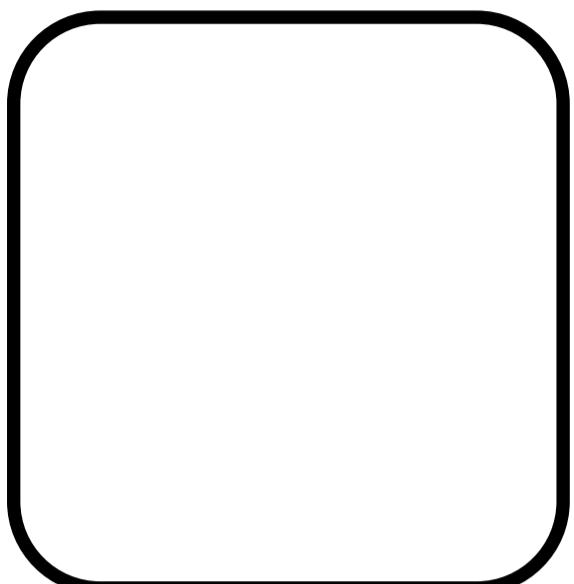
### Topic 1



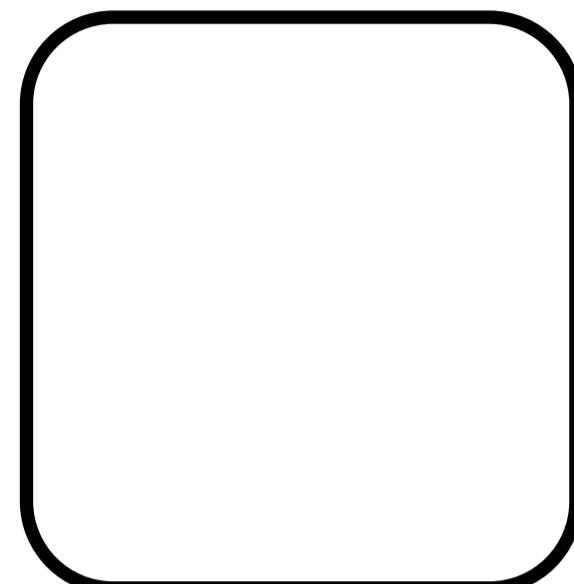
Blog 1



Blog 2



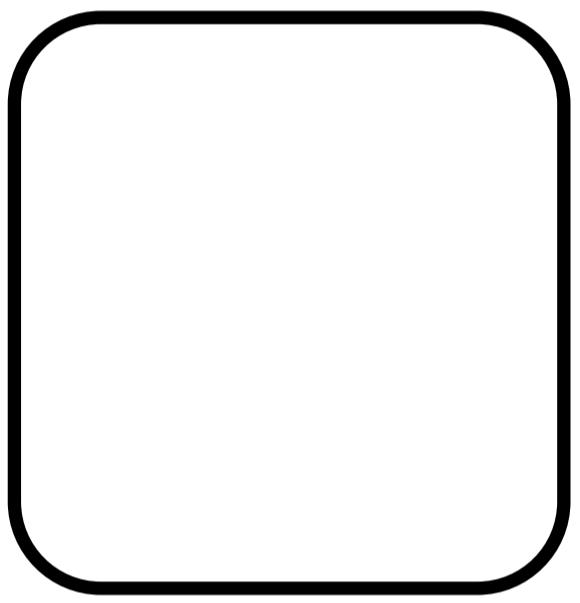
Blog 3



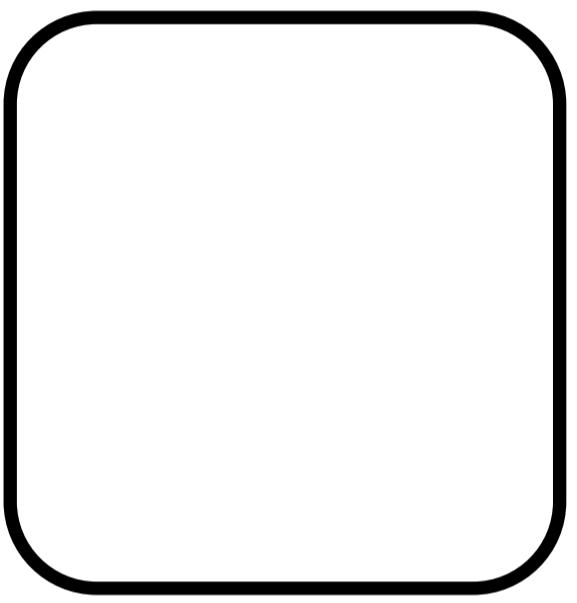
Blog 4



### Topic 2

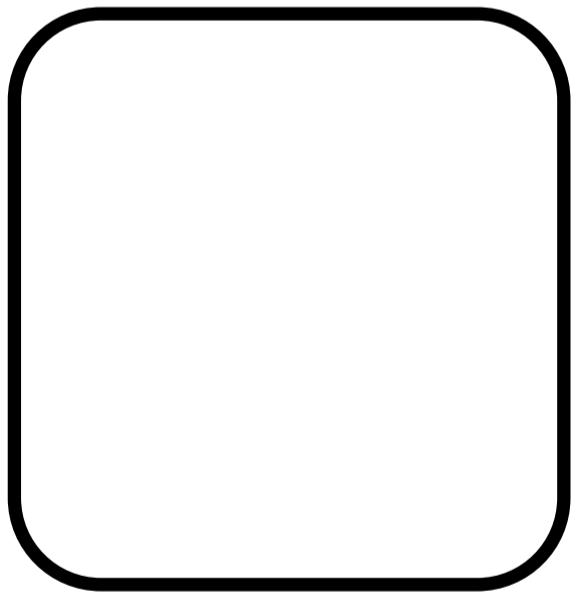


Blog 1

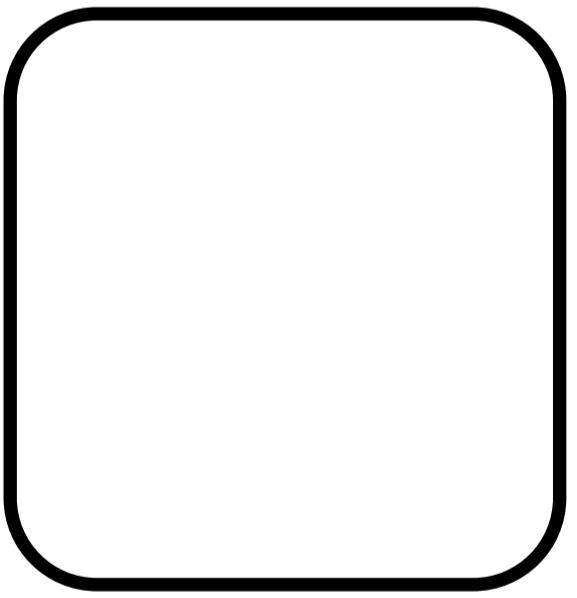


Blog 2

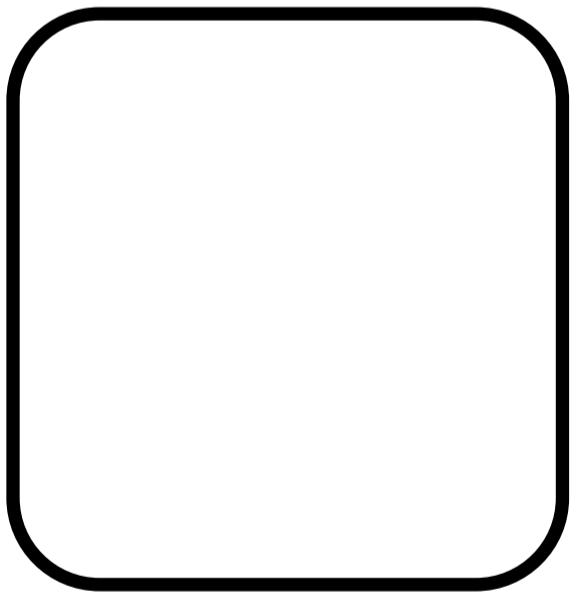
### Topic 3



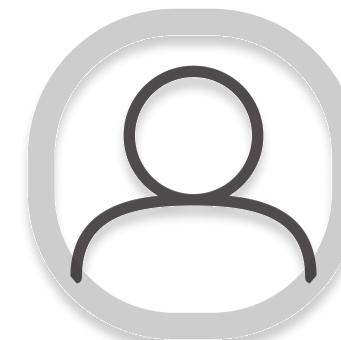
Blog 1



Blog 2



Blog 3

[Profile](#)[Track](#)[Analyse](#)[Blog](#)

## Topic 1

# Blog 1

**Meditation is a transformative practice that holds the key to relaxation and stress relief. By dedicating a few minutes each day to meditation, you can experience a profound sense of calm, inner peace, and improved well-being. Let's explore a more detailed step-by-step guide on how to meditate for relaxation and stress relief:**

1. **Find a peaceful sanctuary:** Begin by seeking out a quiet and serene space where you can immerse yourself in tranquility. This could be a cozy corner in your home, a tranquil garden, or even a local park. Creating an environment free from distractions is essential to enhance your meditation experience.
2. **Choose a comfortable posture:** Find a position that allows you to be both relaxed and alert. While sitting cross-legged on a cushion or mat is a common meditation posture, feel free to adapt it to suit your individual needs. You can also sit on a chair with your feet flat on the ground, or even lie down if sitting is uncomfortable for you.
3. **Close your eyes and focus inward:** Gently close your eyes and turn your attention inward. Begin by taking a few deep, conscious breaths, inhaling slowly through your nose and exhaling through your mouth. Allow your breath to return to its natural rhythm and become aware of the sensation of each breath as it flows in and out of your body.



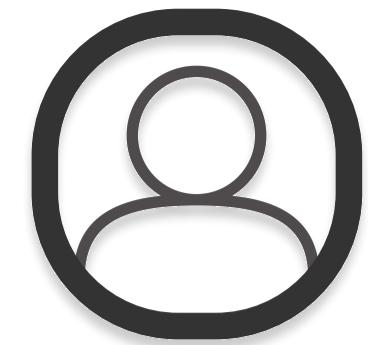
Autor | Date

**Profile**

**Track**

**Analyse**

**Blog**



## **Personal data**

**Name**

**Date of Birth**

**Sex**

**Height**

**Weight**

**Semester**