Soul Compass

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Stress is a very widespread issue

What is stress?

Stress is the natural response of our body when faced with a challenge or demand perceived as excessive.

In a study of 2018 done in the UK **74%** of the participants reported to have **felt so stressed** that they were not able to cope with it

Average stress level of US adults was 4.9 out of 10 in 2019, it **rose to 5.9 in 2020** due to the pandemic

What does Soul Compass do?

Soul Compass helps the user to monitor and relieve stress by doing three tasks:

1. It monitors how the stress level of the user changes over time by measuring its heart beat rate

2. When it detects a high stress level, the app suggests an activity to immediately help the user to calm down

3. Soul compass helps the user to make it a habit of doing relaxing activities on a daily basis to reduce stress in the long run
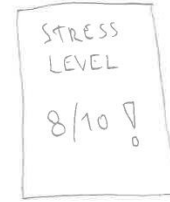
USER FEELING STRESSED

USER CHECKS THE
APP TO TEST STRESS LEVEL

APP MEASURES STRESS
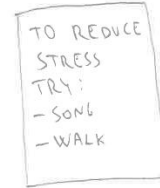LEVEL AND GIVES FEEDBACK
TO THE USER

STRESS
LEVEL
(TEST)

STRESS
LEVEL
8/10 !

ONCE THE ACTIVITY
IS COMPLETED, THE APP
ASKS THE USER TO TEST
STRESS LEVEL AGAIN

USER CHOSES
ACTIVITY : WALKING

IF STRESS LEVEL IS
HIGH, IT SUGGESTS WAYS
TO RELAX: MUSIC, WALKING

STRESS
LEVEL
(TEST)

COMPLETE
200 STEPS
~
10/200

TO REDUCE
STRESS
TRY:
- SONG
- WALK

THE APP GIVES FEEDBACK

IF STILL HIGH, SUGGEST OTHER ACTIVITIES

STRESS
LEVEL
5/10 √

IF LOW, GOAL ACCOMPLISHED

Thank you!