



# Team Accidental Hackers

## Sukoon: Your Stress Relief Destination

Sukoon is a comprehensive platform dedicated to helping you find personalized and effective ways to manage stress. Our mission is to empower you with the tools and resources you need to achieve true inner peace and tranquility.

# Personalised Stress Relief with ML-powered SVD Model

Sukoon's cutting-edge SVD (Singular Value Decomposition) model leverages machine learning to analyze your unique stress factors and provide tailored recommendations. By answering a few simple questions, you can unlock a personalized stress relief plan that addresses your specific needs.

# General Stress Relief Techniques

1

## Audio Therapy

Immerse yourself in soothing soundscapes and music to calm the mind and alleviate tension.

2

## Reading Therapy

Escape into the pages of a captivating book and let your worries melt away.

3

## Yoga Therapy

Engage in gentle, mindful movements to promote physical and mental relaxation.

4

## Laughing Therapy

Embrace the therapeutic power of laughter to release endorphins and reduce stress.

5

## Audio Therapy

Get personalized audio recommendations based on your preferences

6

## Reading Therapy

Read inspiring articles, books, to help you stay motivated and positive.

7

## Yoga Therapy

Explore various practices to cultivate inner peace, clarity, and a greater sense of well-being

8

## Laughing Therapy

Cultivate a sense of presence and joy by practicing mindful laughter techniques.

9

## Talking Therapy



# Audio Therapy

1

## Nature Sounds

Immerse yourself in the soothing sounds of nature, such as crashing waves, rustling leaves, or birdsong, to induce a state of calm and relaxation.



2

## Personalized Audio

Get personalized audio recommendations based on your preferences and experiences using generative AI.



# Reading Therapy



## Motivational Articles

Read inspiring articles to help you stay motivated and positive.



## Books

Explore our selection of books to help you find peace and inspiration.



## Articles

Discover a variety of articles on topics such as mindfulness, self-care, and stress management.

# Yoga Therapy

1

## Asanas

Engage in a sequence of gentle, mindful yoga poses to promote physical and mental relaxation.

2

## Breathwork

Practice deep, controlled breathing techniques to calm the mind and reduce stress levels.

3

## Meditation

Explore various meditation practices to cultivate inner peace, clarity, and a greater sense of well-being.





# Laughing Therapy



## Comedy

Enjoy a good laugh by watching stand-up comedy, funny movies, or sharing jokes with loved ones.



## Social Laughter

Participate in laughter yoga or laughter clubs to experience the therapeutic power of shared laughter.



## Mindful Laughter

Cultivate a sense of presence and joy by practicing mindful laughter techniques.

# Talking Therapy

## Counseling

Connect with a professional counselor or therapist to explore the root causes of your stress and develop personalized coping strategies. Benefit from the expertise and insights of experienced mental health professionals.

## Support Groups

Join a supportive community of individuals facing similar challenges, and gain valuable perspectives from group discussions and shared experiences. Benefit from the collective wisdom and support of fellow participants.

## Journaling

Engage in the practice of expressive writing to process your thoughts and emotions.

## Coaching

Work with a life coach who can offer guidance and expertise in helping you set achievable goals, overcome obstacles, and develop a more resilient mindset.



# Contributors

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