

# Inner Peace Platform

---

Anna Tyshchyk

# Objectives

1. Website goals
2. Information sources
3. Sitemap
4. Form
5. Mobile Implementation
6. 404 page
7. Hosting

 Inner Peace Platform

[Blog](#) [Contact](#) [Events](#) [Meet Us](#) [Resources](#)

## Recent publications

**Navigating Anxiety in the Digital Age**



**Understanding the Link Between Diet and Mental Health**



**Parenting with Empathy**



## Upcoming Events



**Art Therapy Workshop**

You're invited to join us for an art therapy workshop! This is an opportunity to explore your creative side and use art as a tool for self-expression, relaxation and healing. No experience is necessary, and all materials will be provided. This workshop will be led by a licensed art therapist who will guide you through various techniques and exercises to help you tap into your inner artist.



**Outdoor Wellness Retreat**

May 20, 10:00AM  
Address here  
Join us for an invigorating outdoor wellness retreat to connect with nature and rejuvenate your mind and body.



**Peer Support Walks**

May 20, 10:00AM  
Address here  
Take a step towards mental wellness and join us for peer support walks in the community.



**Music Therapy Concert**

May 20, 10:00AM  
Address here  
Let the healing powers of music uplift your spirits at our upcoming music therapy concert.

## Our mission

At Inner Peace Platform, our mission is to raise awareness about mental health issues and provide resources and support to those who are struggling. We believe that mental health is just as important as physical health, and that everyone deserves access to quality care and treatment.

Through our website, we aim to provide a safe and welcoming space for individuals to learn about mental health, share their experiences, and connect with others who are going through similar challenges. We offer a wide range of resources, including guides, articles, and expert advice, to help people better understand mental health conditions and find the support they need.

[Learn More](#)



2046 N. Sheridan  
Chicago, IL  
60640 | 773.967.54-13  
2024 © All rights reserved.  
info@innerpeaceplatform.org

**Contact**  
Events  
Meet Us  
Get Help

**Resources**  
Podcasts  
Videos  
Books

# Website goals

- 1) Promote mindfulness and emotional well-being
- 2) Address sensitive topics related to mental health
- 3) Assist with personal growth



# Information sources

## Images

<https://www.pexels.com/>

<https://www.svgrepo.com/>

<https://unsplash.com/>

## Content

<https://www.nimh.nih.gov/health>

<https://www.healthline.com/>

<https://www.ncbi.nlm.nih.gov/>

## Other media

<https://youtu.be/FjHGZj2IjBk?si=yGZaop-wiCznqqiB>

<https://www.youtube.com/@HealthyGamerGG/videos>

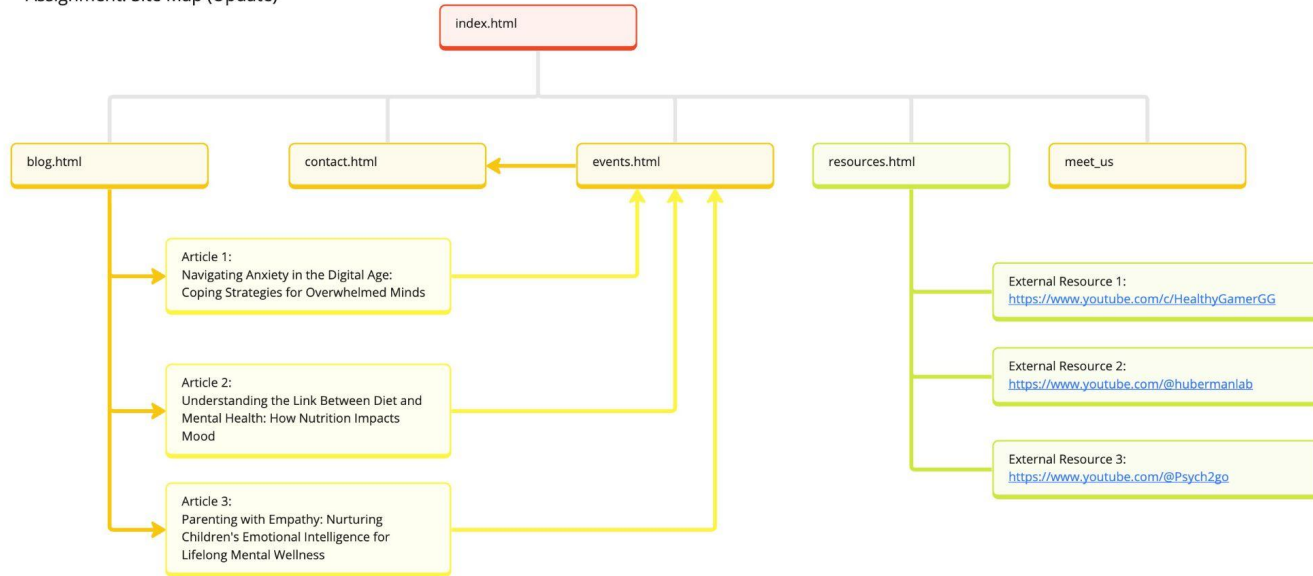
<https://www.youtube.com/@hubermanlab/videos>

# Sitemap

Student: Anna Tyshchyk

Date: 04/23/2024


Assignment: Site Map (Update)



# Form


The Inner Peace Platform offers a Contact page that serves as a one-stop destination for users to ask questions, suggest changes and provide feedback.


While it may not be the most efficient way to collect data due to its lack of specificity, I've chosen to keep it this way for the sake of the project's size.


 Inner Peace Platform

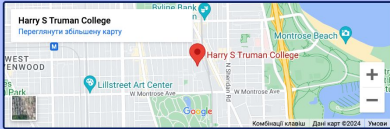
[Blog](#) [Contact](#) [Events](#) [Meet Us](#) [Resources](#)

### Get in touch

 +47 333 78 901

 [jsmith@gmail.com](mailto:jsmith@gmail.com)

 [mbrown@gmail.com](mailto:mbrown@gmail.com)



**First name:**

**Last name:**

**Phone number:**

**Email:**





**Your message:**  

We want to hear you...

4940 N Michigan  
Chicago, IL  
(773) 888-88-88  
2024 © All rights reserved.  
[ramon1@trumancc.edu](mailto:ramon1@trumancc.edu)

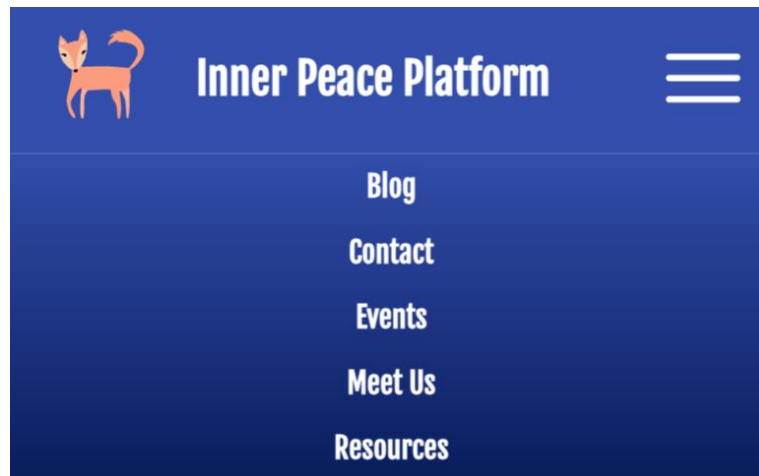
[Contact](#)  
[Events](#)  
[Meet us](#)  
[Get Help](#)

[Resources](#)  
[Podcasts](#)  
[Videos](#)  
[Books](#)

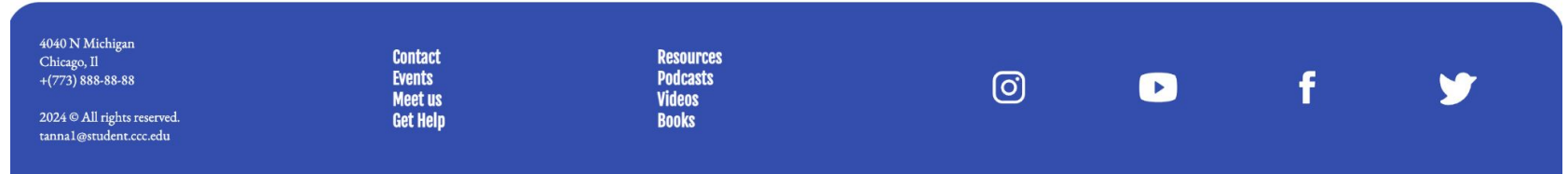
# Desktop VS Mobile Implementation

## Header and navigation



# Desktop VS Mobile Implementation

## Footer





# Desktop VS Mobile Implementation

## Resources page

 Inner Peace Platform

Blog Contact Events Meet Us Resources



### Healthy Gamer

Dr. K. "Healthy Gamer", is a psychiatrist blending mental health expertise with gaming.

He's known for interviews on Twitch and YouTube about burnout, depression, and addiction.

His mission: break mental health stigmas and foster a healthier gaming community.

Beyond online, he's a licensed physician and psychiatrist.

He advocates for balanced lifestyles prioritizing mental, physical, and emotional health.

Through content, he promotes self-awareness, resilience, and growth.



You Can Think Your Way To Happiness  
Apr 31 · HealthyGamerGG  
Save on Spotify



### Dr. Huberman Lab

Dr. Huberman Lab is a neuroscience platform founded by Dr. Andrew Huberman.

It provides insights into brain science, optimizing performance, and well-being.

His lab explores techniques for improving sleep, focus, and emotional regulation.

Through podcasts, videos, and articles, Dr. Huberman Lab shares actionable tips.

It's known for its accessible explanations and evidence-based approaches.

Dr. Huberman's work bridges neuroscience with practical applications.



GUEST SERIES | Dr. Matt Walker: Improve C  
May 1 · Huberman Lab  
Save on Spotify



### On Purpose Podcast

Jay Shetty's podcast offers wisdom and insights on personal growth and fulfillment.

It features interviews with thought leaders, celebrities, and experts in various fields.

Topics include mindfulness, productivity, relationships, and spirituality.

Jay shares practical advice for living a purposeful and meaningful life.

His conversations explore both successes and struggles, offering relatable lessons.

The podcast aims to inspire listeners to unlock their potential and find happiness.



Tiffany Haddish: 4 Ways to Navigate  
May 6 · On Purpose with Jay Shetty  
Save on Spotify



### Psych2Go

Psych2Go is an educational platform focusing on psychology and mental health.

It delivers content through articles, videos, and illustrations, making psychology accessible.

Topics range from mental disorders and therapy techniques to self-care and relationships.

Psych2Go aims to destigmatize mental health and promote understanding and empathy.

Its content combines research-based information with engaging and relatable storytelling.

The platform caters to a wide audience, including students, professionals, and anyone interested in psychology.




Depression: 5 Important Things You Need ...  
Apr 22 · Psych2Go  
Save on Spotify

©2024 All Rights Reserved  
Chicago, IL  
+1 312 555-1234


Contact Us  
Privacy Policy  
Terms of Service  
Get Help

Resources  
Podcasts  
Videos  
Blog

 Inner Peace Platform

Blog Contact Events Meet Us Resources



### Healthy Gamer

Dr. K. "Healthy Gamer", is a psychiatrist blending mental health expertise with gaming.


He's known for interviews on Twitch and YouTube about burnout, depression, and addiction.

His mission: break mental health stigmas and foster a healthier gaming community.


Beyond online, he's a licensed physician and psychiatrist.

He advocates for balanced lifestyles prioritizing mental, physical, and emotional health.

Through content, he promotes self-awareness, resilience, and growth.



You Can Think Your Way To Happiness  
Apr 31 · HealthyGamerGG  
Save on Spotify



### Dr. Huberman Lab

Dr. Huberman Lab is a neuroscience platform founded by Dr. Andrew Huberman.


It provides insights into brain science, optimizing performance, and well-being.

His lab explores techniques for improving sleep, focus, and emotional regulation.


Through podcasts, videos, and articles, Dr. Huberman Lab shares actionable tips.

It's known for its accessible explanations and evidence-based approaches.

Dr. Huberman's work bridges neuroscience with practical applications.



GUEST SERIES | Dr. Matt Walker: Improve C  
May 1 · Huberman Lab  
Save on Spotify



### On Purpose Podcast

Jay Shetty's podcast offers wisdom and insights on personal growth and fulfillment.

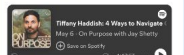
It features interviews with thought leaders, celebrities, and experts in various fields.

Topics include mindfulness, productivity, relationships, and spirituality.


Jay shares practical advice for living a purposeful and meaningful life.

His conversations explore both successes and struggles, offering relatable lessons.

The podcast aims to inspire listeners to unlock their potential and find happiness.



Tiffany Haddish: 4 Ways to Navigate  
May 6 · On Purpose with Jay Shetty  
Save on Spotify



### Psych2Go

Psych2Go is an educational platform focusing on psychology and mental health.


It delivers content through articles, videos, and illustrations, making psychology accessible.

Topics range from mental disorders and therapy techniques to self-care and relationships.

Psych2Go aims to destigmatize mental health and promote understanding and empathy.

Its content combines research-based information with engaging and relatable storytelling.

The platform caters to a wide audience, including students, professionals, and anyone interested in psychology.







Depression: 5 Important Things You Need ...  
Apr 22 · Psych2Go  
Save on Spotify

©2024 All Rights Reserved  
Chicago, IL  
+1 312 555-1234

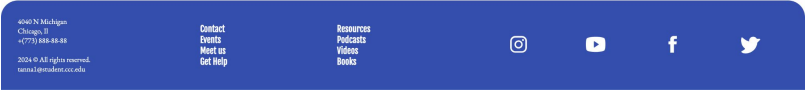
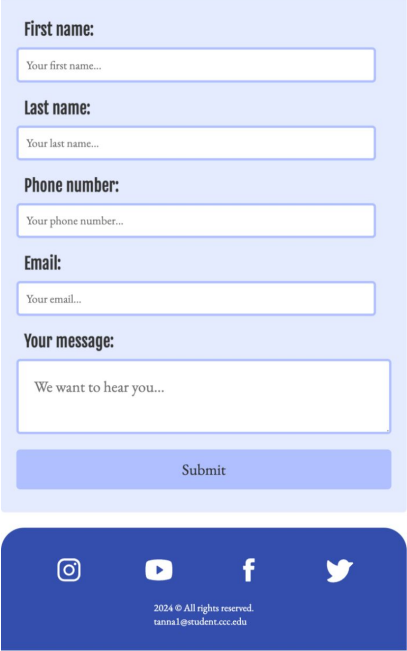
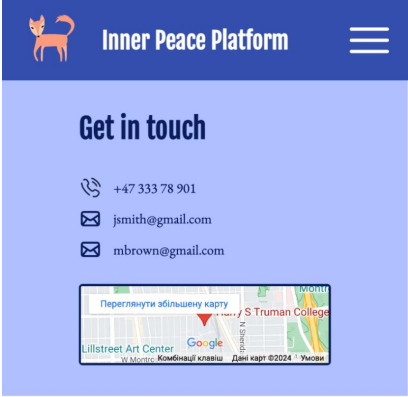
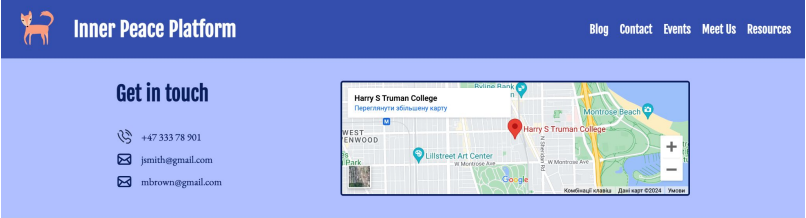
Contact Us  
Privacy Policy  
Terms of Service  
Get Help

Resources  
Podcasts  
Videos  
Blog

# Desktop VS Mobile Implementation

## Form



# 404 page



Inner Peace Platform

[Blog](#) [Contact](#) [Events](#) [Meet Us](#) [Resources](#)



**Oops! So empty here...**  
Reload your page or try again later

2546 N Sheridan  
Chicago, IL  
+(773) 987-54-53

2024 © All rights reserved.  
tanna1@student.ccc.edu

[Contact](#)  
[Events](#)  
[Meet us](#)  
[Get Help](#)

[Resources](#)  
[Podcasts](#)  
[Videos](#)  
[Books](#)



Inner Peace Platform

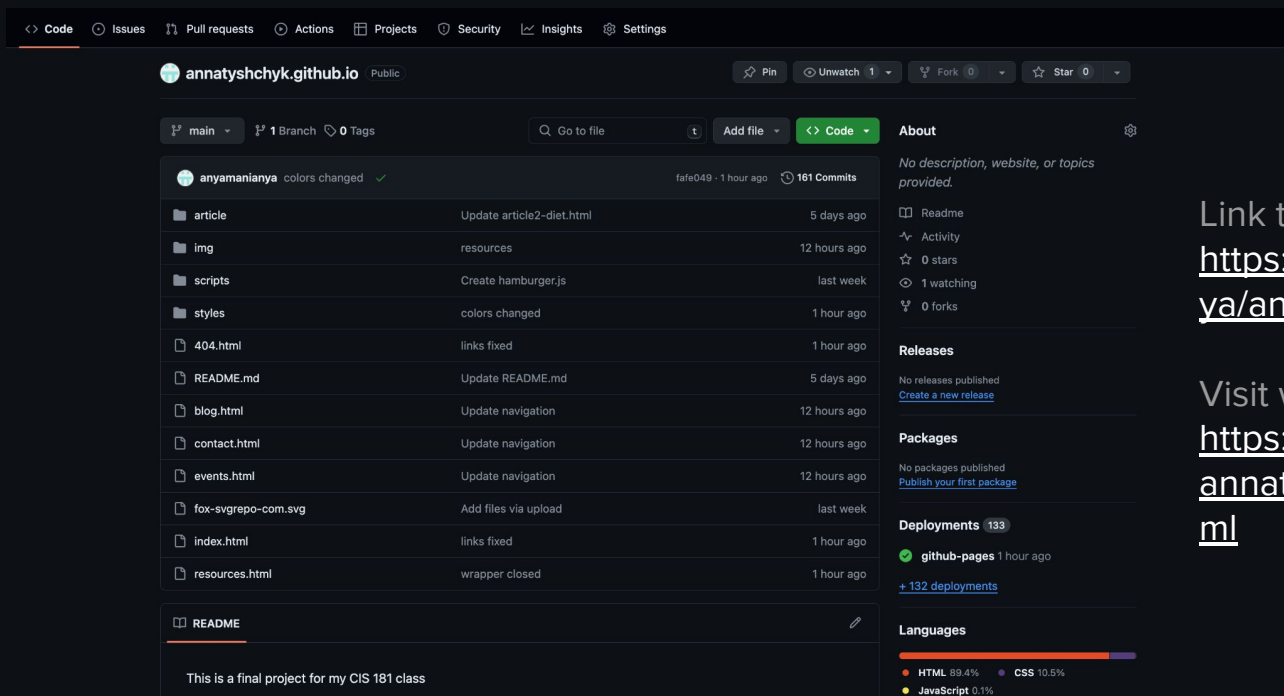


**Oops! So empty here...**  
Reload your page or try again later



2024 © All rights reserved.  
tanna1@student.ccc.edu

# Where the website lives?



The screenshot shows the GitHub repository page for `anyamania.github.io`. The repository is public and has 161 commits. The file list includes:

File	Commit Message	Time
article	Update article2-diet.html	5 days ago
img	resources	12 hours ago
scripts	Create hamburger.js	last week
styles	colors changed	1 hour ago
404.html	links fixed	1 hour ago
README.md	Update README.md	5 days ago
blog.html	Update navigation	12 hours ago
contact.html	Update navigation	12 hours ago
events.html	Update navigation	12 hours ago
fox-svgrepo-com.svg	Add files via upload	last week
index.html	links fixed	1 hour ago
resources.html	wrapper closed	1 hour ago

The README file is visible at the bottom, stating: "This is a final project for my CIS 181 class".

On the right side, the "About" section states: "No description, website, or topics provided." The "Releases" section states: "No releases published. Create a new release". The "Packages" section states: "No packages published. Publish your first package". The "Deployments" section shows 133 deployments, with the latest being "github-pages" 1 hour ago. The "Languages" section shows a bar chart with the following data:

Language	Percentage
HTML	99.4%
CSS	10.5%
JavaScript	0.1%

Link to repo:

<https://github.com/anyamania/annatyshchyk.github.io>

Visit website:

<https://anyamania.github.io/annatyshchyk.github.io/index.html>