



Team Phoenix

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Introduction

Some psychological studies indicate that casual video games assist in treating stress-related medical disorders.

Moreover, research confirms that temporarily losing sight of real life and relaxing are associated with games, allowing them to relieve stress for many players.

Another scientific publication suggests that work-related fatigue can be countered by playing games, especially for individuals lacking social support.

A stress relief game is a simple game that is able to reduce your overall stress and anxiety level as well as improve your mood.

A short gaming activity takes your mind off your daily life problems and lets you escape from work, and social and relationship pressure.

Idea Brief

An game application for relieving mental stress and trauma.This app includes several mind soothing games and other features for relaxation of mind.

Goals

1. By using this app/game stressed out people feel relaxed.
2. To reduce your overall stress and anxiety level as well as improve your mood.
3. Meditative games
4. Games promoting breathing exercises.
5. Games with mental imagery relaxation.
6. Assigning tasks to users such as :
 - Take a walk in the sun.
 - Give yourself a hand massage.
 - Count backward
 - Stretch

Users will take this as a challenge and their interest increases for doing these.

7. We are also building a platform so that you could make friends and chat with them too, which allows you to connect with other people and work together toward a shared goal or compete in a friendly environment.
8. Allows them to build together, to be creative, to express themselves in the way that they feel most natural to express themselves.

Specifications

We are planning to use HTML,javascript,css,kotlin,flutter,etc.

Advantages

- Reduces suicidal tendency
- Reduces mental trauma
- Increases concentration
- Many more mental benefits.

Conclusion

Stress relief games are fun and relaxing. They allow you to divert your mind from the tensions of life as entering another realm.Video games are engaging and enjoyable, which reduces stress.

Gaming results in dopamine secretion, which makes you feel good.

Video games present a challenge and reward you for overcoming it, which leads to feelings of competence.

Gaming can create a flow state, which is similar to meditation.

Video games give you instant rewards, which help to reduce the stress of achieving long term goals.

Gaming can be an avenue for creativity and art, which can help to decompress.

Video games can result in meaningful social connections, which is a great way to unwind after a long day.