



Team Phoenix

Introduction

Some psychological studies indicate that causal 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.

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.

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.