

Mental Health Tracker

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Introduction

A comprehensive mental health tracker is designed to support your journey towards emotional well-being. You can easily track your moods, manage stress, and cultivate healthier habits.

Problem Statement

In today's fast-paced world, mental health issues such as stress, anxiety, and depression are becoming increasingly common, yet many individuals struggle to identify, track, and manage their mental health over time. Traditional methods of seeking help, like therapy or counseling, can be time-consuming, expensive, and inaccessible for many people. As a result, there is a lack of continuous, personalized tools for individuals to monitor their emotional well-being and detect early signs of mental health issues.

Currently, existing mental health tracking solutions are either too simplistic, offering generic advice that doesn't address individual needs, or too complex, making it difficult for users to track their mental health consistently. Moreover, most apps lack the ability to analyze long-term trends and provide actionable insights that can empower users to take proactive steps in managing their mental health.

There is a need for a mental health tracker app that offers a seamless, user-friendly experience for individuals to regularly track their mood, stress levels, sleep patterns, and other mental health indicators. The app should provide personalized insights, reminders, and resources that promote mental well-being, while also ensuring privacy and data security. Such a tool could empower users to better understand their emotional health, seek timely interventions, and improve their overall quality of life.

Features

- **Daily Mood Tracking:** Log your emotions and note significant events to identify patterns and triggers.
- **Personalized Insights:** Receive tailored advice and tips based on your mental health data.
- **Mindfulness Exercises:** Access a library of guided meditations, breathing exercises, and relaxation techniques.
- **Secure and Confidential:** Your data privacy is our top priority; all your information is encrypted and secure.

USER PERSONAS

NAME Moslim

AGE 19

GOALS Mental Stability

CHALLENGES Academic stress

NEEDS Regular mental health check up

NAME Omar Sameh

AGE 19

GOALS beat autism

CHALLENGES autistic behaviors

NEEDS autism specialist

NAME Desouky

AGE 19

GOALS talk to women

CHALLENGES always tired

NEEDS indomie regularly

NAME Omar Asal

AGE 19

GOALS open a business

CHALLENGES no money

NEEDS affection

Requirements

1. Functional:

User Registration and Profile Management:

Users can create accounts by providing necessary personal information.

Account creation includes email verification for security.

Users can update and maintain their personal data.

Networking Features:

The platform supports messaging for therapy purposes and customer service.

2. Nonfunctional:

Performance:

The web application should load within 5 seconds.

The system should support a minimum of 1,000 concurrent users without significant performance degradation

Scalability:

Database should be scalable to handle a 10% annual growth in user data.

Security:

Ensure that sensitive user data is encrypted during transmission and storage.

Reliability:

The application should have an uptime of at least 99.9%.

The platform must handle unexpected failures, with automatic recovery mechanisms in place.