

Nowadays, self-emotion control is becoming a big problem for modern society. And according to data coming from World Health Organization (W.H.O), there are 11% people may suffer from varying degree of depression. And two third of them may think about suicide. People are easy to get stress from different aspect of things. White color workers may get pressure from their colleagues or their boss. Teenagers may feel peer pressure to different extent, but they cannot not handle their emotion well since they don't have much experience about it. While for those teenagers, they prefer post those negative emotion onto internet such as some social media platform like Twitter than talk to their parents or teachers for help.

In this case, I aim to develop a software App to help those teenager users to monitor their own emotional track. It's reasonable for people get upset or depressed when they suffer from failure. But it's not good thing to keep a negative status for a long time which may induce those mental illness and leads to a serious tragedy in the end. With this app, the users can get alert when they keep posting some negative tweet for a unnormal interval. It may become a useful way for those teenagers to self-monitor their own emotional change track and get some notification about when should they come to others for help.