Stress Busters

App Design

Stress and Coping

Group Member

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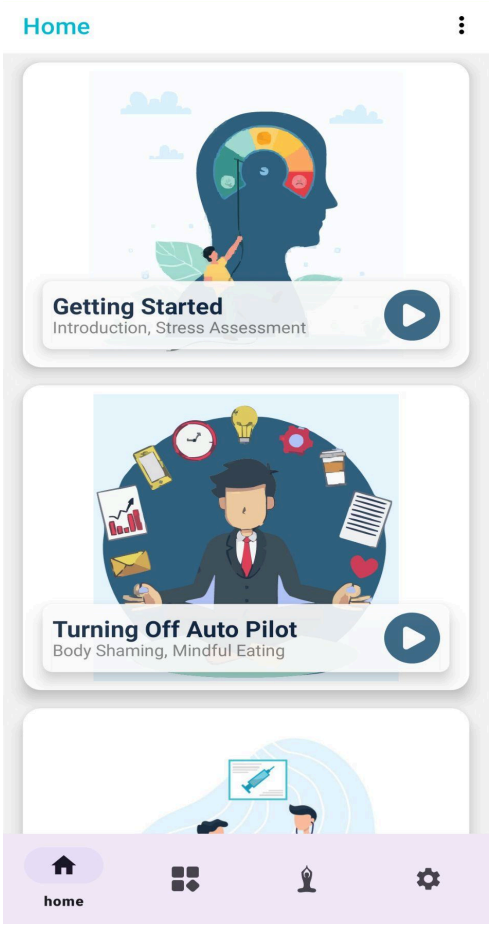
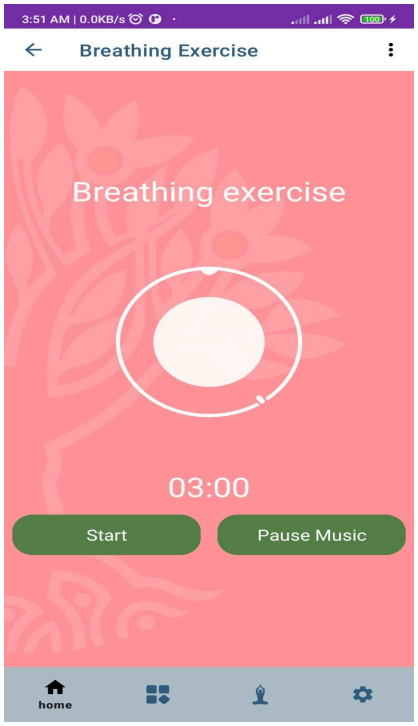
Shobhit Jain - 12141540
Vikas Samota - 12141750

Our App have 4 Fragments

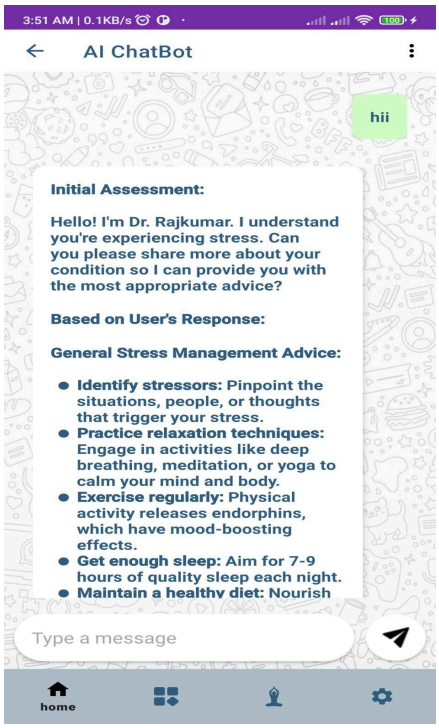
Home :



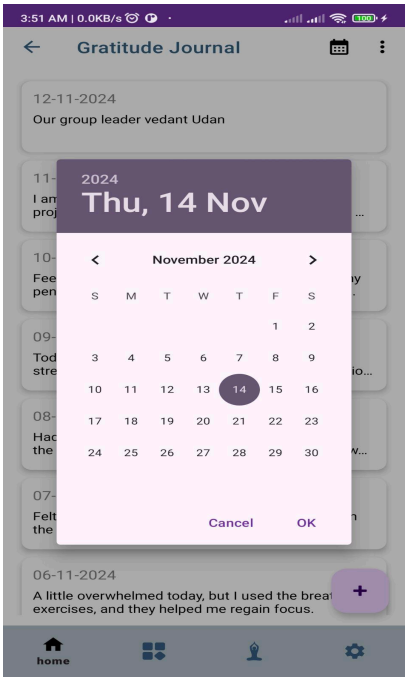
1. Breathing Exercise



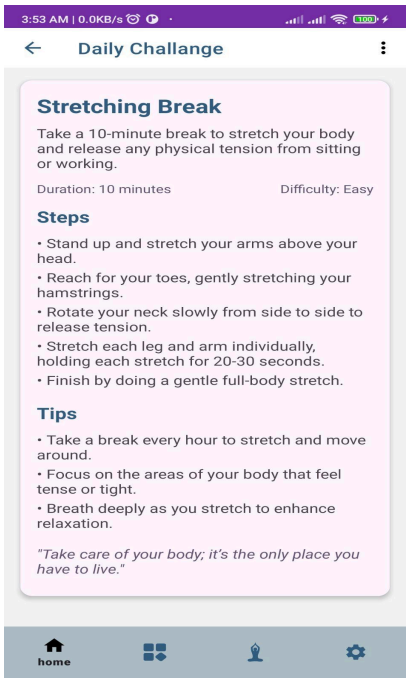
2. AI ChatBot



3. Gratitude Journal

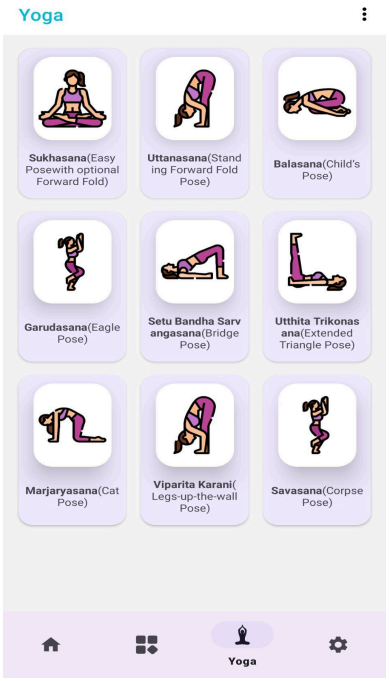


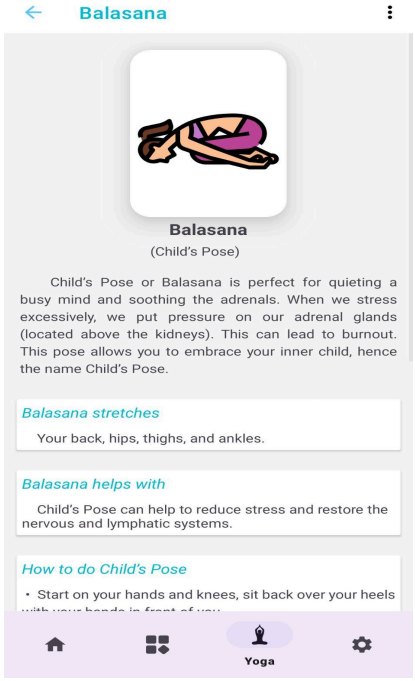
4.Daily Challenges



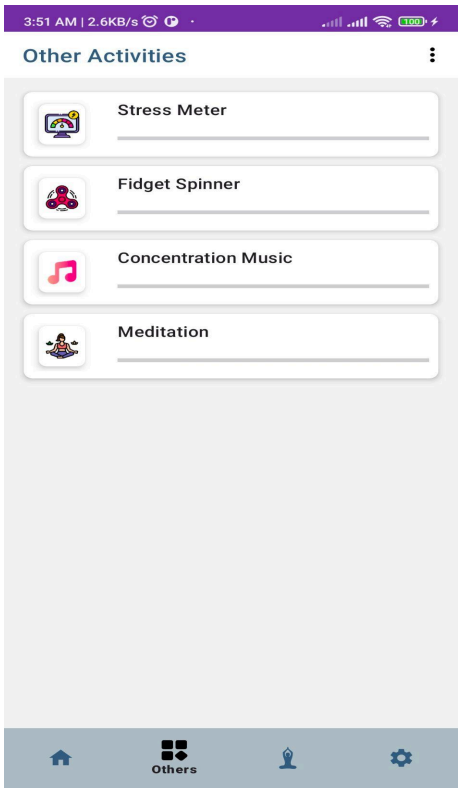
Yoga Activity :

It has a list of different types of yoga poses, with explanations of steps to do it and their benefits in reducing stress.





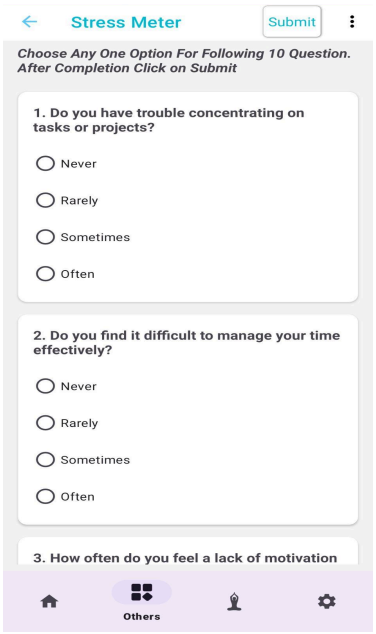
Other Activities:



It have 3 more activities that are Stress Meter, Fidgeting, Concentration Music

1. Stress Meter

   It has different multiple choice questions and the user has to give that answer to measure his/her stress level.

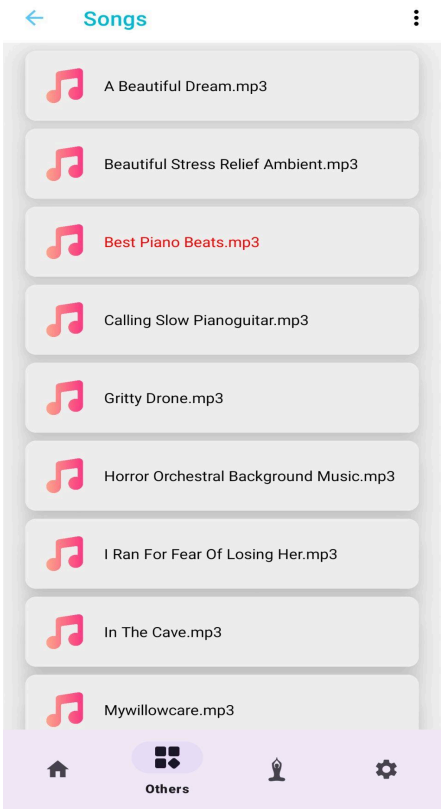


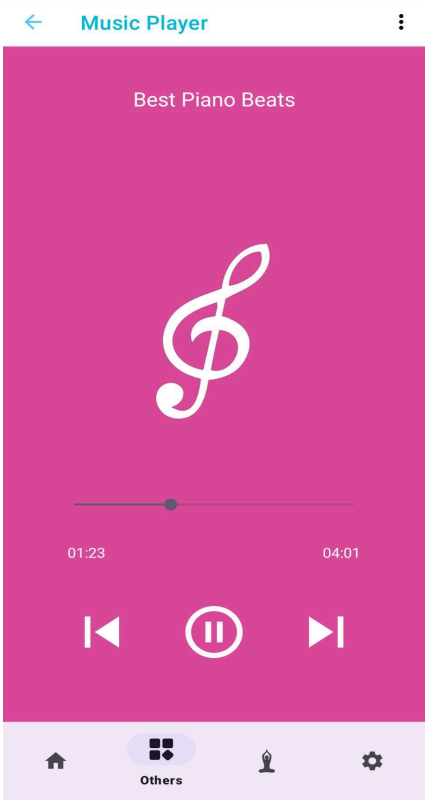
2. Fidgeting

It has a fidgeting spinner which help to reduce stress like stress smiley ball.

3. Concentration Music

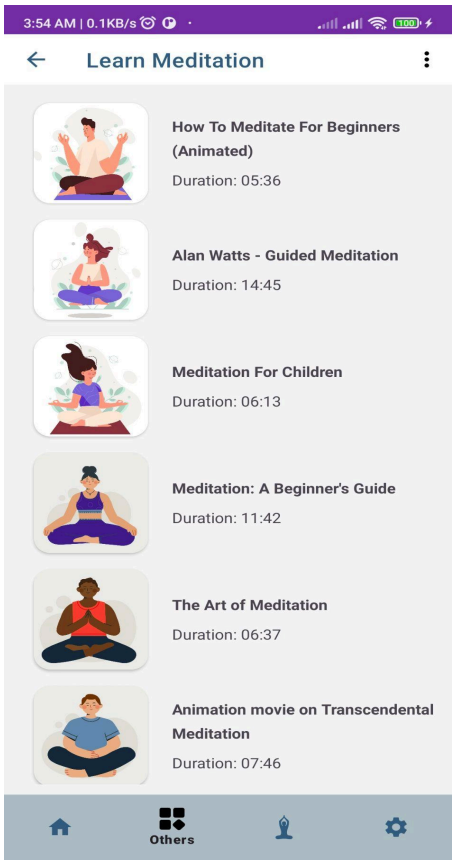
It has pre-install set of music that helps to reduce stress.

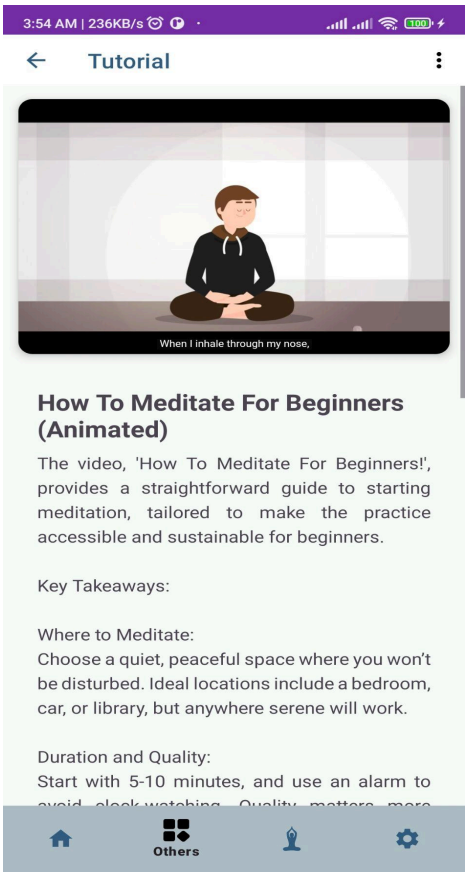




4. Learn Meditation

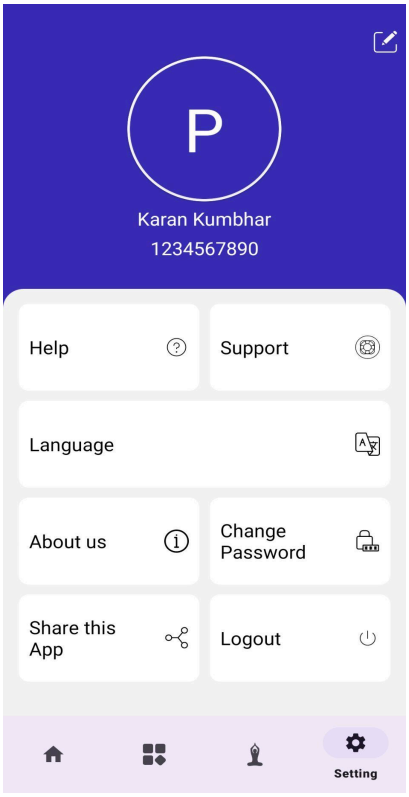
It has Video tutorial with information about meditation

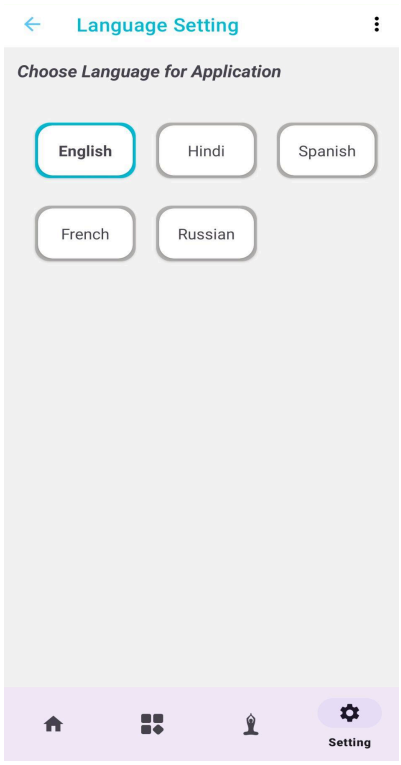


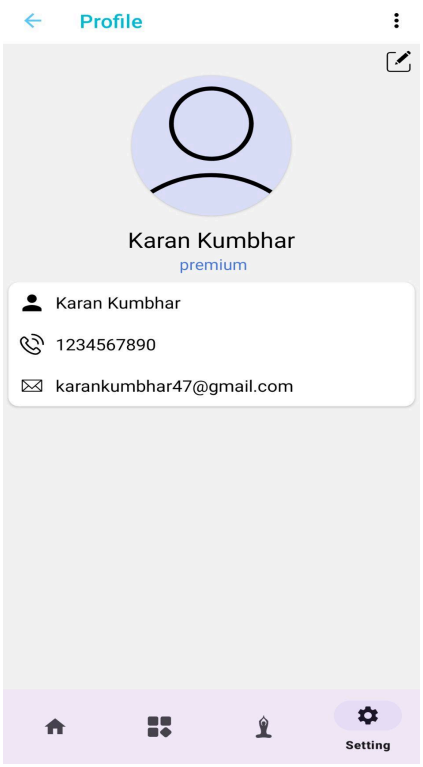


Settings:

It helps users to configure the app with his/her need, share it, send feedback to the team, change language and password.



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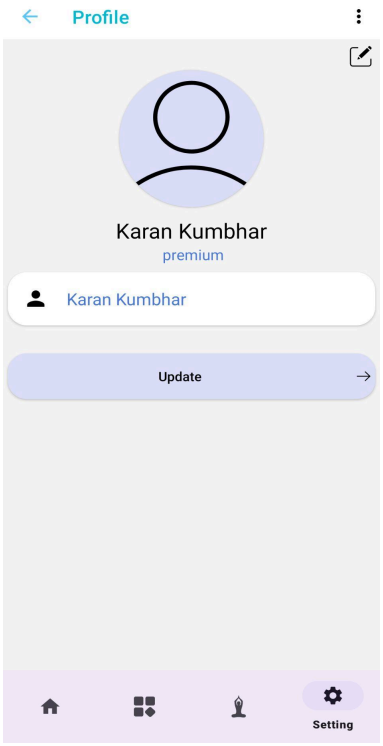
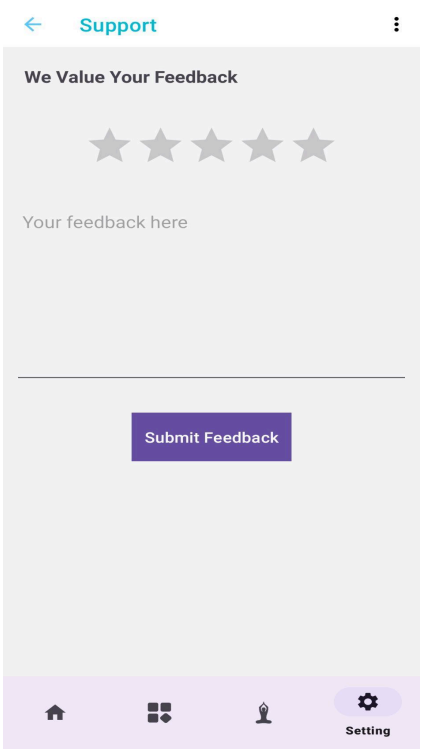
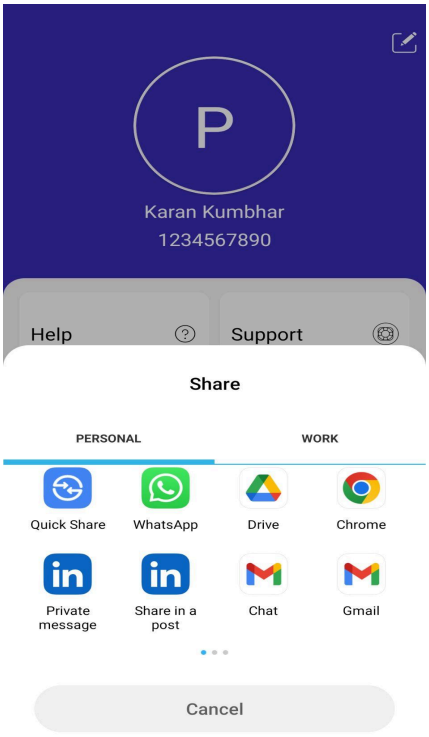
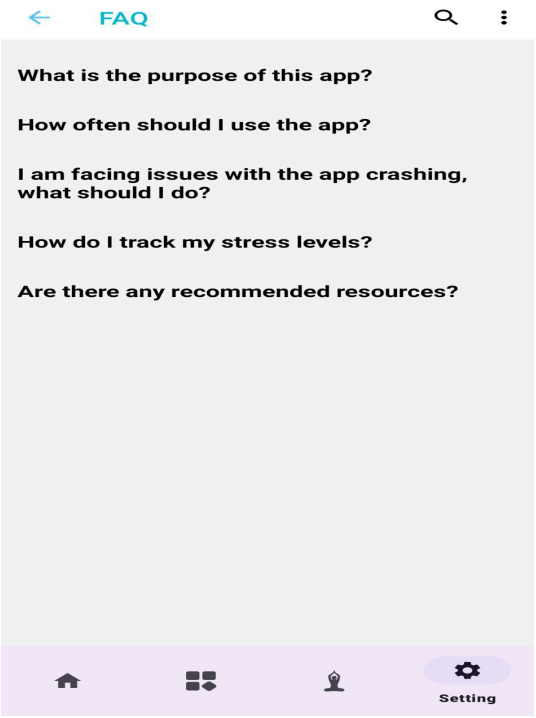
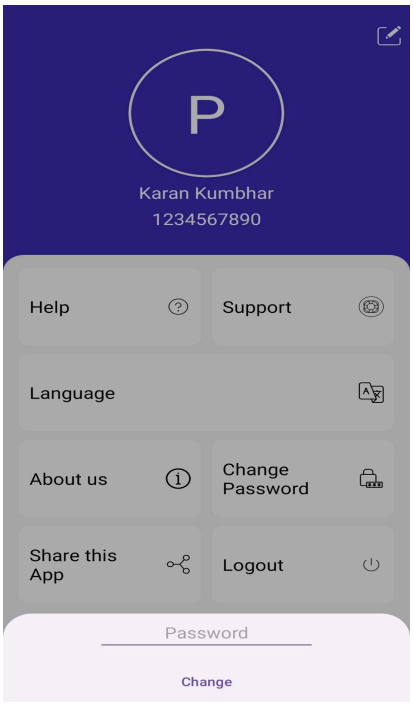
Karan Kumbhar
premium
Karan Kumbhar
1234567890
karankumbhar47@gmail.com
Setting

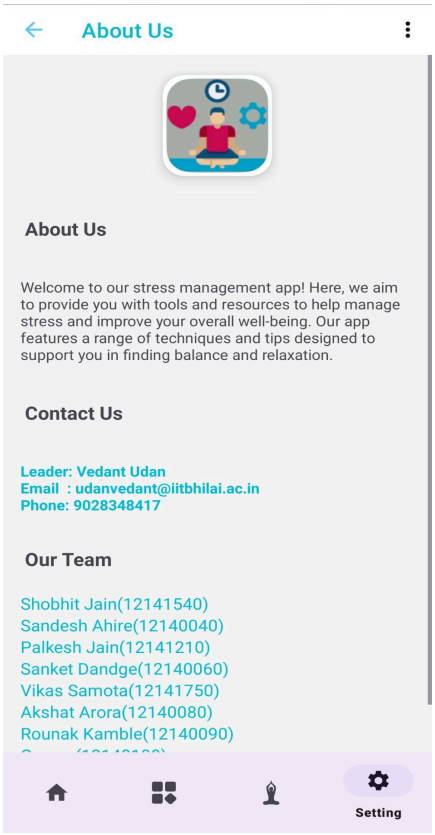

Profile
Karan Kumbhar
premium
Karan Kumbhar
Update
Setting

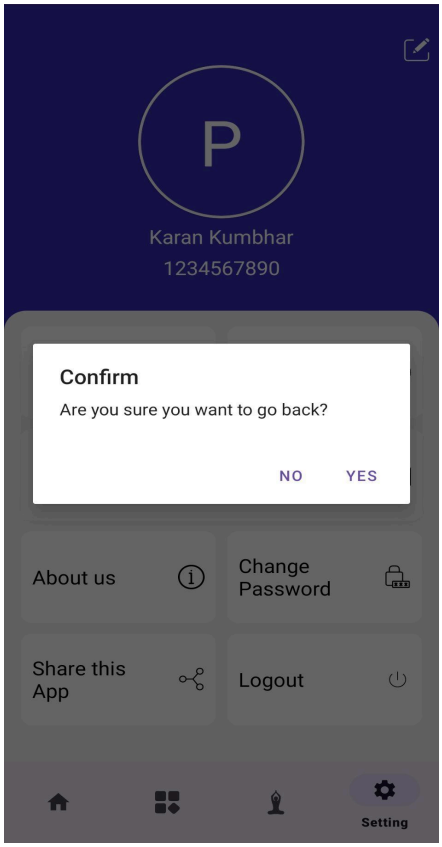

Support
We Value Your Feedback
Your feedback here
Submit Feedback
Setting


P
Karan Kumbhar
1234567890
Help
Support
Share
PERSONAL
WORK
Quick Share
WhatsApp
Drive
Chrome
Private message
Share in a post
Chat
Gmail
Cancel


FAQ
What is the purpose of this app?
How often should I use the app?
I am facing issues with the app crashing, what should I do?
How do I track my stress levels?
Are there any recommended resources?
Setting


P
Karan Kumbhar
1234567890
Help
Support
Language
About us
Change Password
Share this App
Logout
Password
Change


About Us
About Us
Welcome to our stress management app! Here, we aim to provide you with tools and resources to help manage stress and improve your overall well-being. Our app features a range of techniques and tips designed to support you in finding balance and relaxation.
Contact Us
Leader: Vedant Udan
Email : udanvedant@iitbhilai.ac.in
Phone: 9028348417
Our Team
Shobhit Jain(12141540)
Sandesh Ahire(12140040)
Palkesh Jain(12141210)
Sanket Dandge(12140060)
Vikas Samota(12141750)
Akshat Arora(12140080)
Rounak Kamble(12140090)
Setting


P
Karan Kumbhar
1234567890
Confirm
Are you sure you want to go back?
NO
YES
About us
Change Password
Share this App
Logout
Setting

Workflow Outline:

1. Home Fragment:

- **Modules:**
    - **Getting Started:** This module provides an introduction to the app, explaining its features and benefits. Users will be guided on how to navigate through different sections.
    - **Consult Doctor:** Users can connect to certified mental health professionals. This could include scheduling consultations, chat sessions.

Workflow:

- Upon opening the app, users land on the Home fragment, where they can select the desired module.
- Depending on the selection, users are navigated to respective content (Getting Started → tutorials, Turning off Auto Pilot → exercises, Consult Doctor → booking form or chat interface).

2. Other Activity:

- **Modules:**
    - **Stress Meter:** Users answer a series of questions, and based on responses, their stress level is assessed (low,

moderate, high). The results guide them toward specific resources or exercises.
    - **Fidgeting:** Users can engage with interactive activities designed to reduce anxiety and provide a quick mental break.
    - **Concentration Music:** A collection of focus-enhancing soundtracks that users can play during work or study to maintain concentration.

Workflow:

- Users navigate to this section from the home screen or bottom navigation bar.
- For the **Stress Meter**, users answer predefined questions; the system calculates the stress level and provides a result.
- **Fidgeting** involves small, engaging activities like touch-based or visual exercises.
- **Concentration Music** allows users to browse music and play their preferred track.

3. Yoga Section:

- **Modules:**
    - Users can browse different yoga poses categorized by stress-relief, flexibility, and mindfulness benefits.
    - Each pose is accompanied by a guide on how to perform it and the specific benefits it offers.

Workflow:

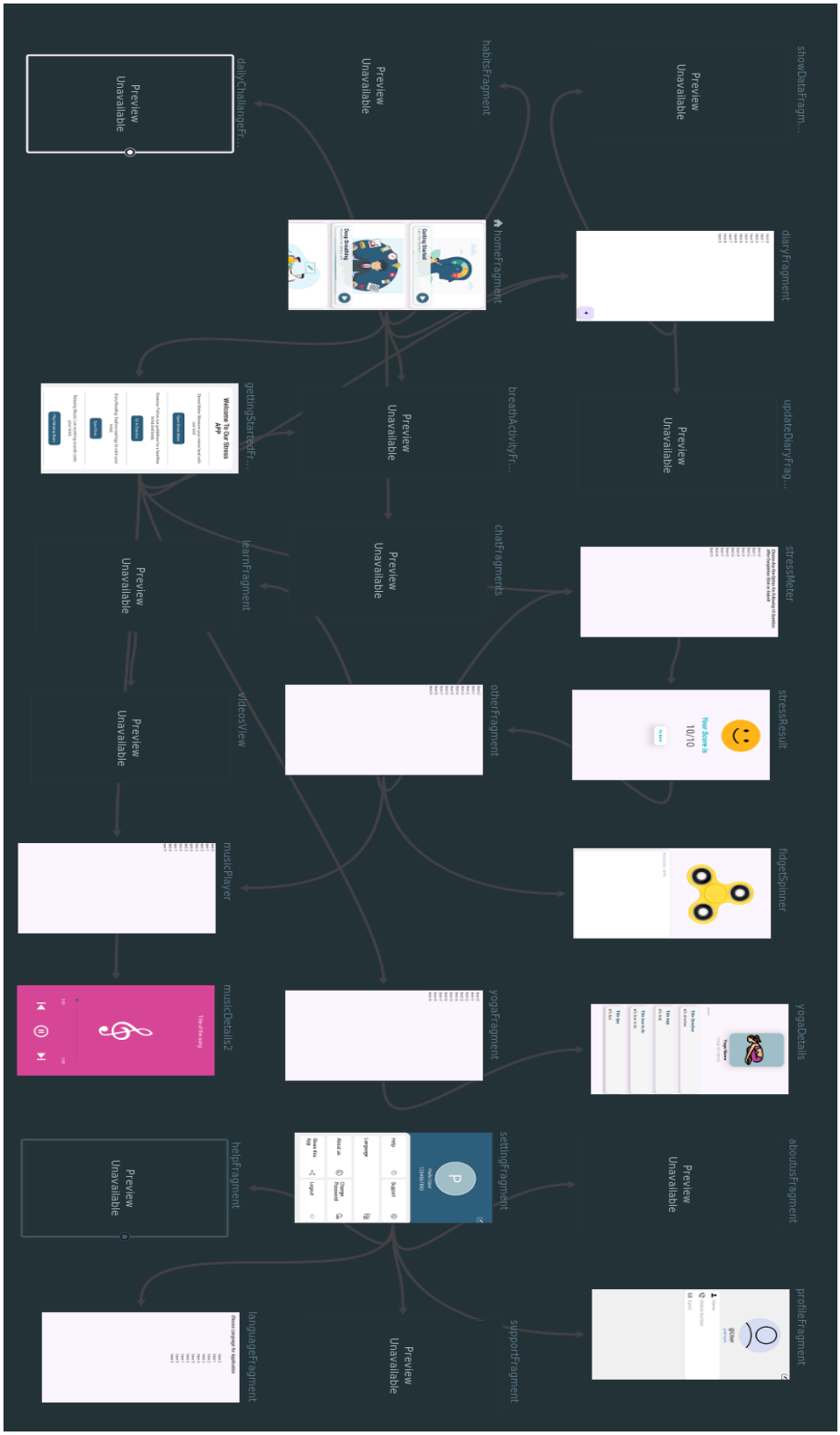
- Users select the Yoga tab, where a list of poses appears.

- Clicking on a pose displays a detailed guide with instructions, images, and benefits.

4. Settings:

- **Modules:**
    - **Change Profile:** Users can update personal information such as name, email, and profile picture.
    - **Language:** The app supports multiple languages, allowing users to switch their preferred language.
    - **Password Change:** Users can update their password for security purposes.
    - **Feedback System:** Users can provide feedback regarding app functionality and suggest improvements.
    - **Sharing:** The option to share the app or specific content with friends via social media.
    - **Logout:** Users can log out of their account from this section.

Workflow:

- Users access settings via a dedicated icon or option from the bottom navigation menu.
- Each option leads to respective screens where users can perform tasks like updating their profile, changing passwords, or providing feedback.

App Navigation