

Problem Statement

College students need a simple, affordable way to manage stress as their busy schedules and academic demands leave little time for self-care.

Details

College students often experience high stress due to the demands of classes, tight deadlines, part-time jobs, and maintaining a social life. Many struggle to manage this stress effectively because common solutions like exercise, meditation, or therapy are often too time-consuming, costly, or hard to fit into their packed schedules. This constant stress can lead to burnout, anxiety, and poor academic performance, making it difficult for students to thrive. There is a clear need for simple, accessible stress-relief options that fit seamlessly into the busy routines of college students.