Stress Sources

Academic Pressure
Kevin Perez

Financial Concerns
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Social Expectations
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Future Uncertainty
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Lack of Sleep
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How it Works

Personalized Stress Management Plans
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Daily Reminders
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Resource Library
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Progress Tracking
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Community Forum
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Self-Care Practices

Quick simple breathing techniques
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Encouraging students to reflect on their thoughts through journaling
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Spending time in nature or outdoor environments
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Creative outlets like drawing, painting, or writing
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Listening to calming music or using music as a tool to relax
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Digital Platform Issues

Designing interactive features that engage users without overwhelming them
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Providing valuable resources in a manner that's easily accessible
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Ensuring the security of personal data
Kevin Perez

Addressing issues related to website speed
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Making the platform usable for people with varying levels of technical proficiency
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Technology Integration

Stress-Tracking Apps
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Guided Meditation Platforms
Kevin Perez

Task Management Tools
Kevin Perez

Virtual Counseling
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Wearable Tech
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