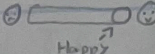
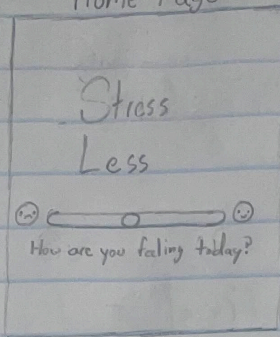


Stress Less

Home Page

* Example: 



After Input

That's great! Embrace this moment and let it fuel your spirit. You deserve to feel this joy!

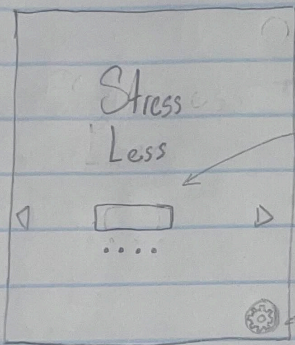
TAP!

• After input, an encouraging message fades onto the screen based on the slider location.

• Tapping the screen will move to the next screen.

* Example: Reminders/Goals

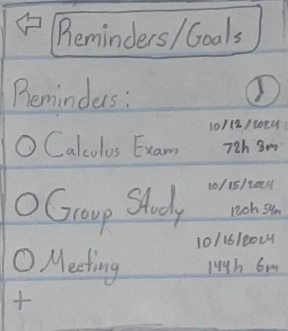
- Pressing the button on the center of the screen will direct the user to a different page.
- You can change the button using the arrows



Words will be on the buttons



Settings

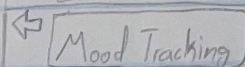


Set reminders for yourself that are organized by time. The sooner the date, the higher it goes on the list.

Scroll Down

Other buttons include: Mood Tracking, Resource Library, Relaxation Techniques, and Peer Support

Ex: Mood Tracking



Happy →
Sad →

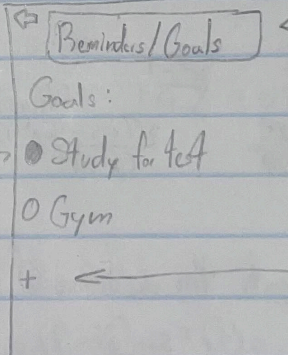
M T W T F S S

days of the week

Throughout this week you have had... bbb...

An explanation of how your week has been.

Pressing → this deletes the goal.



← This stays

Set goals for yourself

Add a new one