* The user first logs in to the application or signs up if not registered.
* The user will answer various questions and the stress meter will specify the stress level.
* Depending on the user’s stress level user can select among many stress relieving options like: Games, Music, Videos.
* If the user selects videos, user will have various options like yoga exercises, inspirational talks, music video etc.
* Once the user is done with it, there will be a graph that shows the improvement in his/her stress level.
* Later on, user can provide feedbacks for the application.
* User logs out of the application and is stress free!