MindAndMe

Mental health? Most people do not consider it a priority. Mental well-being, in most societies has a certain stigma around it, even in 2023.

Besides, in today’s technology-driven, fast-paced, dog-eat-dog world, full of tensions and stress, people are unable to detach from the world and give themselves time to check in with themselves.

Social media is a significant factor that negatively impacts the mind. Information overload, stress due to work-related events, etc., also cause anxiety.

Our website, MindAndMe, aims to reduce some of the pressures felt by people today. It is a combination of modes of relaxation, as well as pieces of advice. Additionally, our website also provides information regarding mental health.

So if we go into details of our website, the 1st page is the introduction page which connects to all other pages. Followed by that the next page discusses the symptoms and signs that one is having anxiety or just stress or something else, which is essential, so that one knows exactly what is he/she going through. The 3rd page is about music therapy, it is the proven scientific way to reduce stress and anxiety, it also recommends few nature-sounds like the sea wave sounds etc, as it has music player embedded in it. The last page deals with other methods that might help him/her, for example it emphasizes the importance of adequate amount of sleep, self-care which are often ignored.

All in all, our website contains what we believe will improve one’s mental well-being. We hope that our user benefits from the same, and also hope to reduce the stigma around mental-wellness through our website.