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## **System Request**

### **Project Name: Mental Health Mobile Application**

#### **Business Need:**

- Due to the pandemic, there has been an increase in stress due to loss of jobs, fear for health and lack of social communication and as such mental health is a major concern
- Take advantage of the large audience that will engage with the app for entertainment as many individuals are stuck at home

#### **Functionality:**

- Users must be able to create an account
- Users will have access stress relief resources such as daily yoga practices, meditations, breathing exercises and daily journal prompts
- Users will be able to track their emotions and stress levels daily

#### **Expected Value: -**

##### **Tangible:**

- Expected 100 regular users on the app
- Based on information from the emotions tracker, stress reduced by 40%

##### **Intangible:**

- Increased happiness in users
- Overall user satisfaction with the app

#### **Special Issues or Constraints:**

- Time Constraints
  - App should be designed and built in 11 weeks
- Technical Constraints
  - Not all information should be visible to unauthorized people. Some rules must be applied to ensure data confidentiality. Such as the person's email address and password.