**aloneless**

**Author (s): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: 11/06/2020\_\_\_**

**Version: \_\_\_\_1.0\_\_\_\_\_\_**

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| **USE CASE NAME:** | Track emotion and stress | | **USE CASE TYPE** |
| **USE CASE ID:** | NA | | **Business Requirements: 🗹** |
| **PRIORITY:** | NA | |  |
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| **PRIMARY BUSINESS ACTOR:** | User | | |
| **OTHER PARTICIPATING ACTORS:** | Database | | |
| **OTHER INTERESTED STAKEHOLDERS:** | NA | | |
| **SHORT DESCRIPTION:** | The user rates their stress level using emotion emojis provided by the database. Database then proposes breathing and yoga practices and journaling ideas based on stress level | | |
| **PRE-CONDITION:** | There is a user and a database and the user tries to controls their feelings/thought | | |
| **TRIGGER:** |  | | |
| **TYPICAL COURSE** | **Actor Action** | **System Response** | |
| **OF EVENTS:** | **Step 1**: clicks on an emoji that represents how they feel | **Step 2**: closes the bar and analyzes the response. Returns with some breathing and yoga practices suggestions and motivational/hopeful words | |
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| **CONCLUSION:** | The user feels less overwhelmed after writing and breathing properly | | |
| **POST-CONDITION:** | The user feels better after journaling their thoughts | | |
| **BUSINESS RULES:** | NA | | |
| **IMPLEMENTATION CONSTRAINTS AND SPECIFICATIONS:** | The yoga/meditation and breathing practices should be employed from trusted sources | | |
| **ASSUMPTIONS:** | NA | | |
| **OPEN ISSUES:** | NA | | |