



Stress And Anxiety Management App

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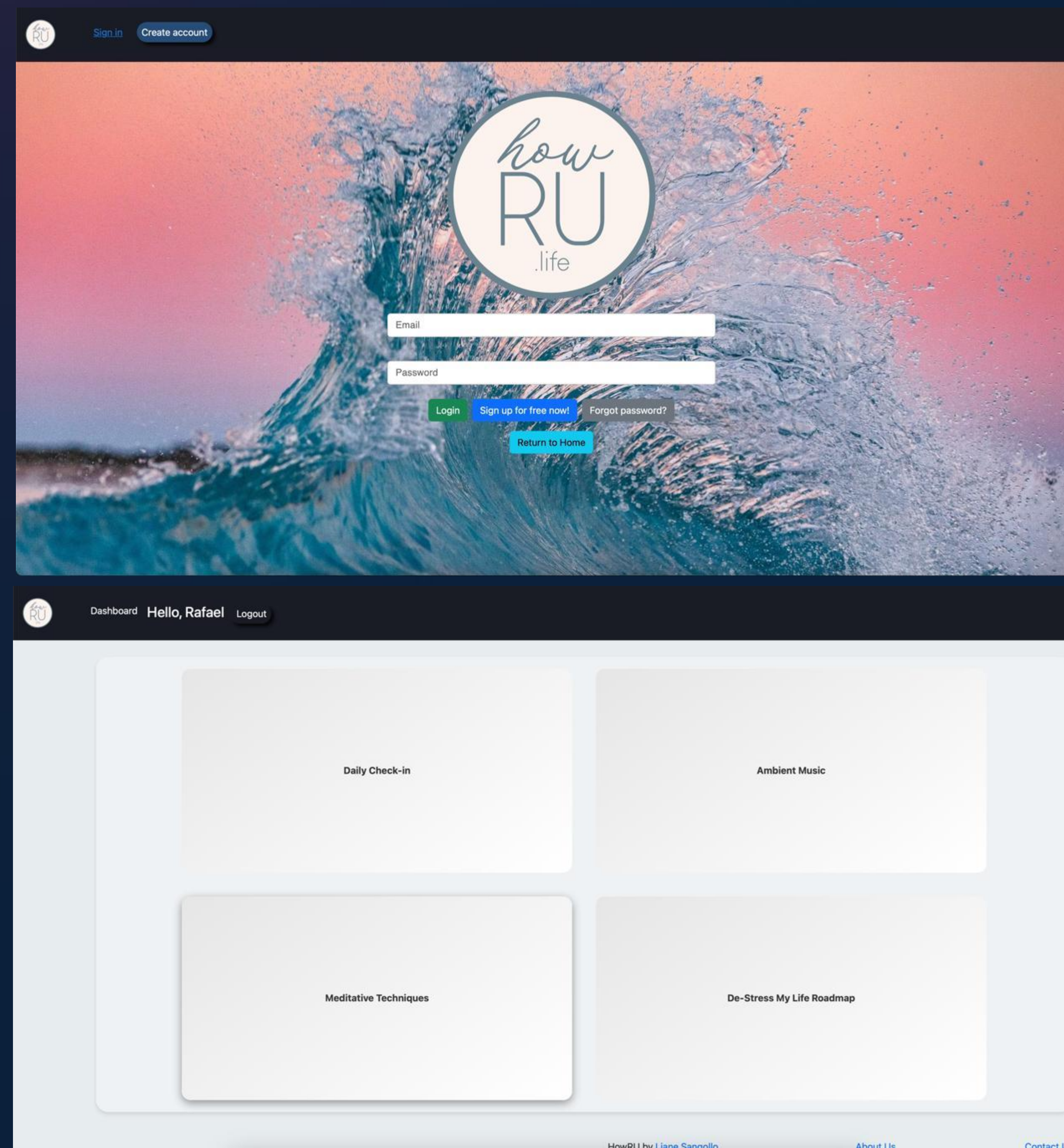
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PROBLEM

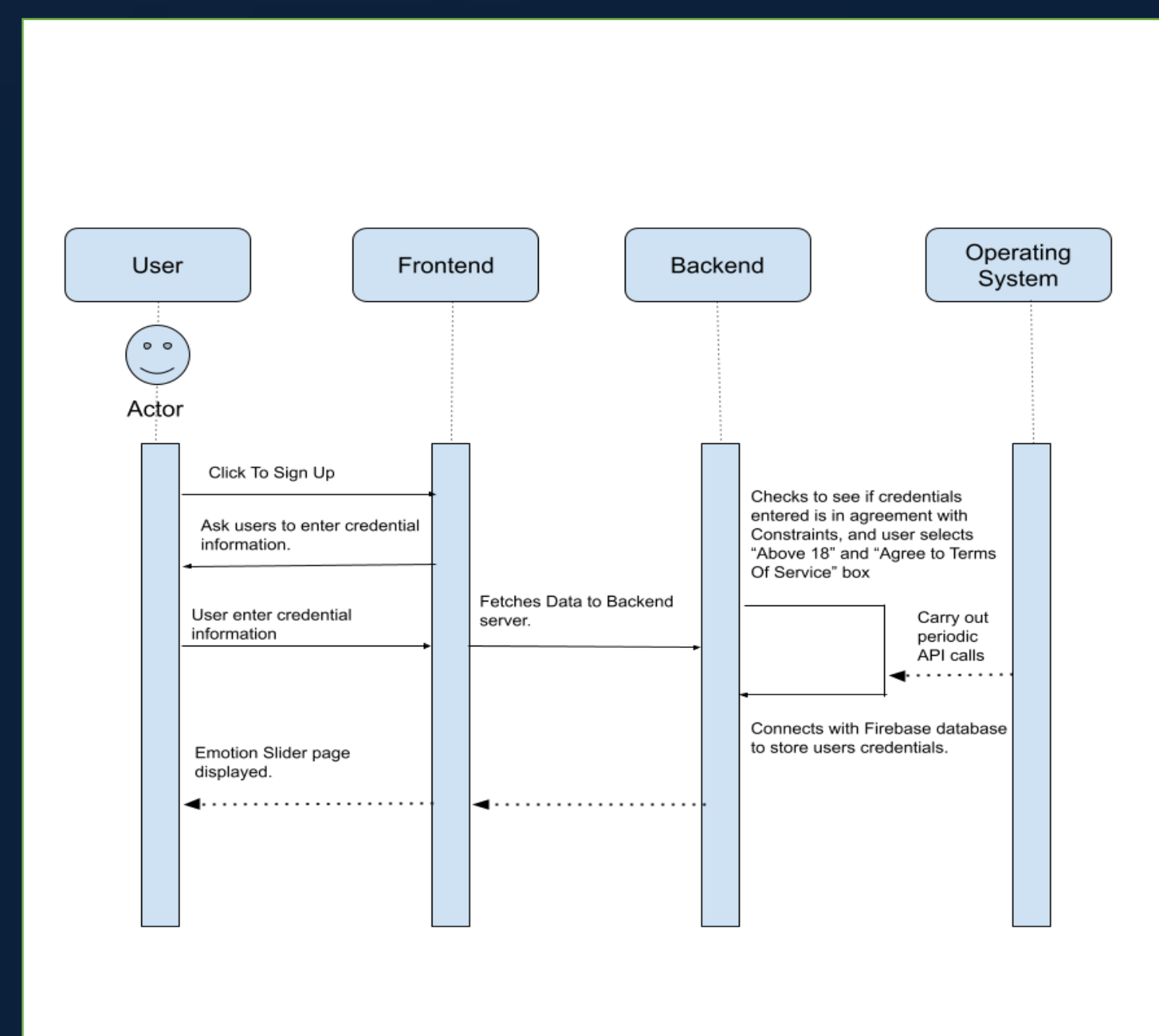
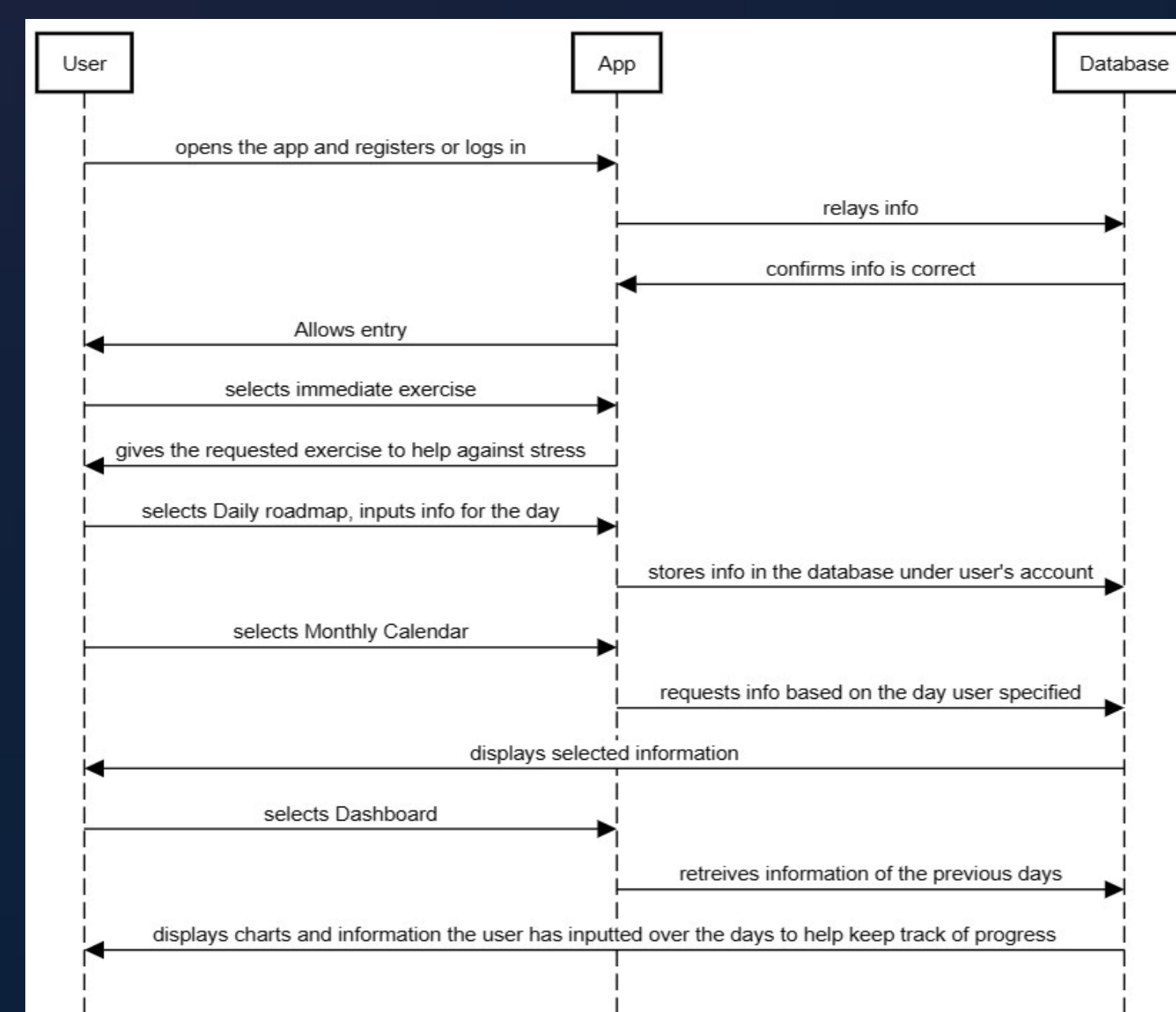
Mental health tends to get put on the back burner for most of us. Although many of us live hectic busy lives, we do not make it a priority to decompress and check in with ourselves. HowRU.life serves the purpose of checking in with yourself, learning how to cope with our daily stresses, and even helping with your sleep.

The web version of this app is still a work in progress, but a great amount of it has been completed.

APP DESIGN



Diagrams



IMPLEMENTATION

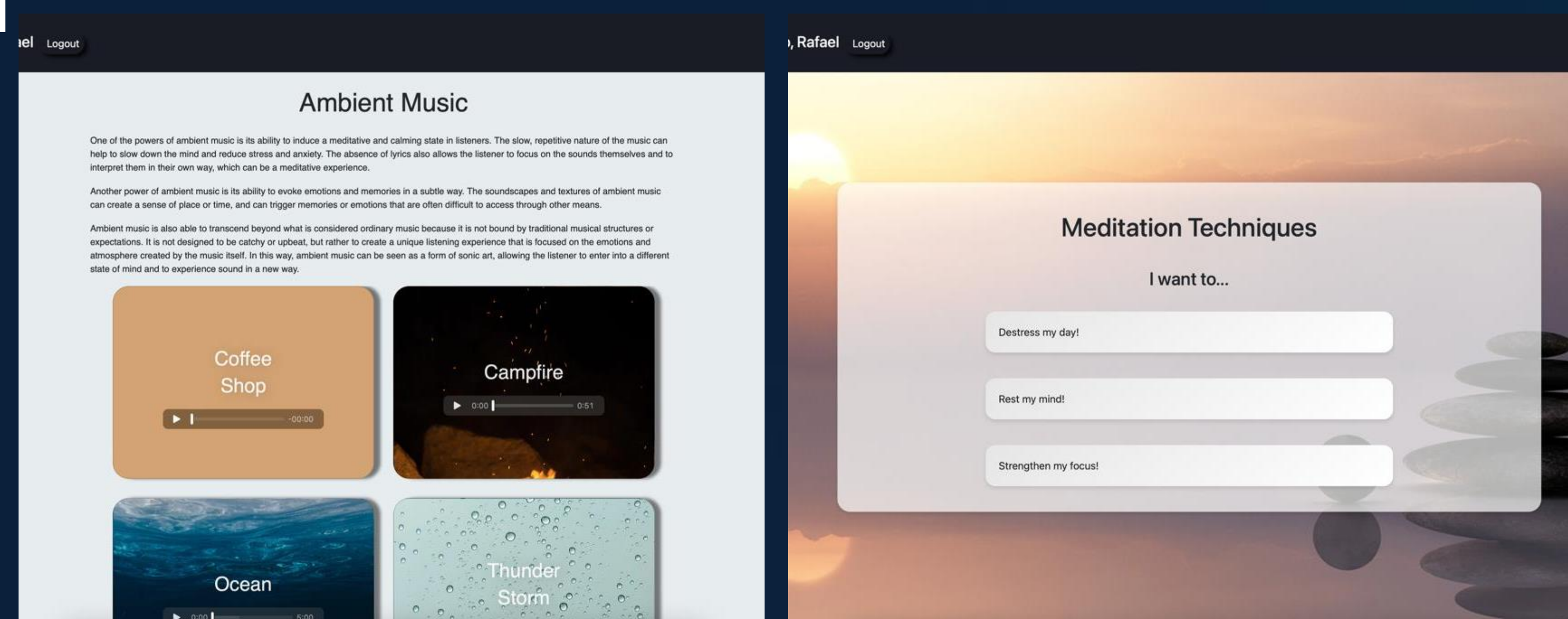
During this semester, we created a web version of the HowRU.life mobile application. Here are a few features we implemented:

- Created a functional log in page.
- Made dynamic pages that are still functional whether it is a desktop or mobile phone.
- Made a pleasing and easy to use user experience.
- Added music and animations to the pages.

SUMMARY

We improved the accessibility of the application greatly by making it more accessible to mobile and web users alike. This will make this powerful app more available to users, and able to impact others lives greatly

WORKED WITH



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ACKNOWLEDGEMENT

The material presented in this poster is based upon the work supported by XXXXX (name of the project sponsor: federal, state or local government, or corporate partners, where applicable). We/I thank XXXX for his/her/their assistance and mentorship that I/we received throughout the senior design project.