

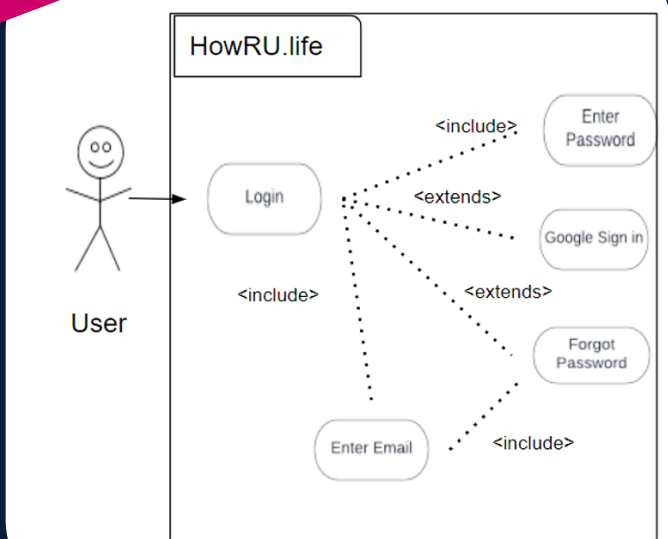
Stress and Anxiety Self Management App

BY CECILIA GERVASONI
MENTOR: LIANE SANGOLLO, PRODUCT OWNER
INSTRUCTOR: DR. MASOUD SADJADI

Problems

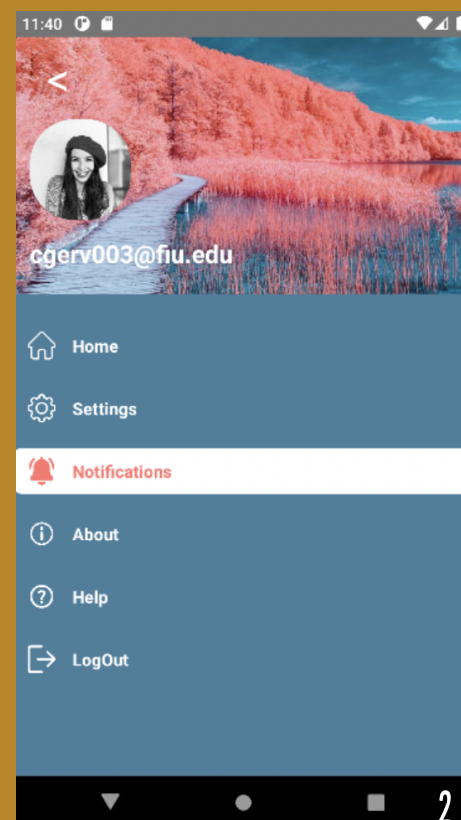
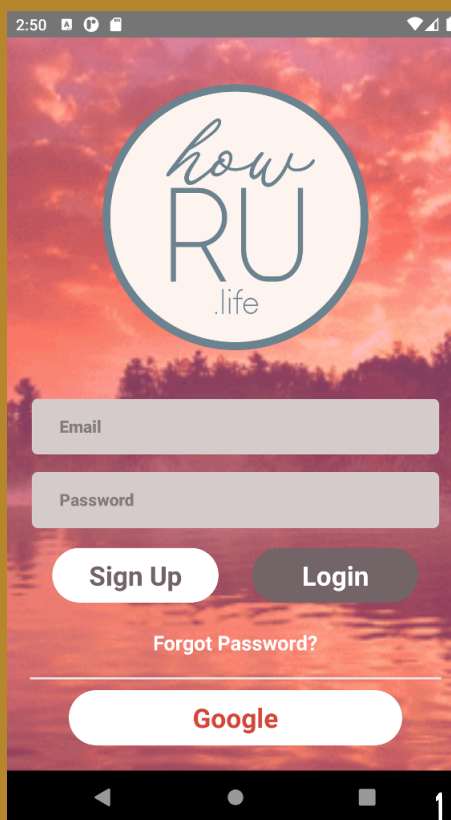
Stress and anxiety are both a part of the body's natural fight or flight response. When someone feels under risk or threat, their body releases stress hormones. Undergoing occasional anxiety is a natural part of life; however, these feelings of anxiety and panic interfere with daily activities, are hard to control, are out of proportion to the real danger and can last a long time. Compared with other generations, Millennial and Generation Z adults reported the highest stress levels, the lowest ability to manage that stress, and the most difficulty with both day-to-day and major decisions.

Object Design

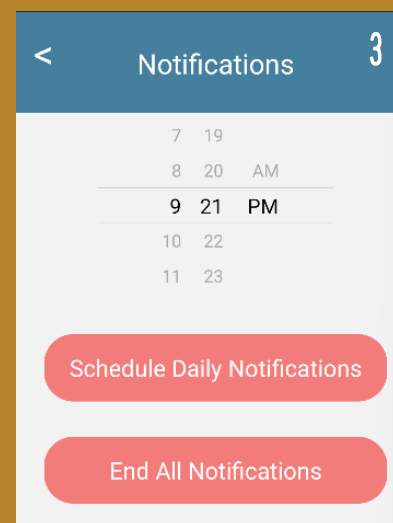
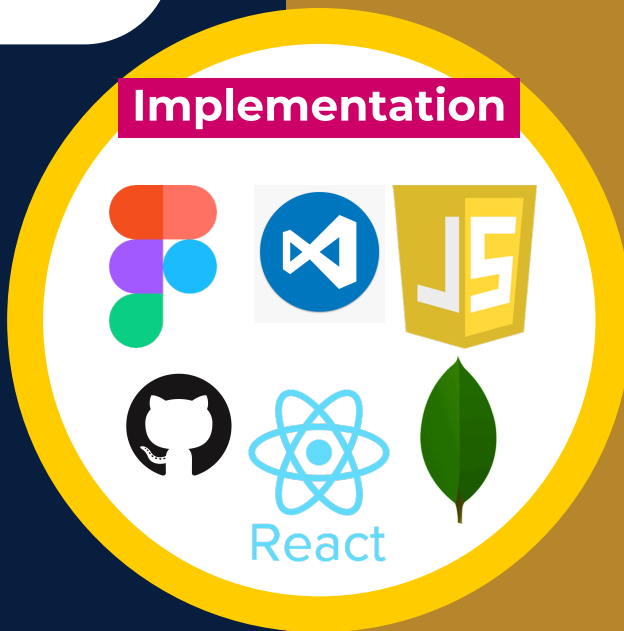


Goals

In this semester we put our focus on the design of the application, changing the color pallet to have a more lively experience, and some of the screens' design to reach a more professional appearance. On the back-end side, we had to address a hurdle with the database switching from Firebase to MongoDB to avoid future issues with it.



Implementation



1. LOGIN SCREEN
2. MENU SCREEN
3. NOTIFICATION SCREEN

Requirements

- * As a user, I want to get a notification at a certain time in the day that tells me to log into the app.
- * As a developer, I want the experience with the application to be more immersive and friendly to the senses.
- * As a developer, I want to see the Stress & Anxiety Management application have a nicer design.
- * As a developer, I would like to be able to have the credentials stored to use the application easier.
- * As a user, I want to be able to track my data on a daily basis and have that data shown in an organized fashion.
- * As a user, I want to be able to see how many days I've logged into the app in a row.

Summary

The HowRU.life app was introduced with the sense of supporting those who struggle coping their stress and anxiety. This app incorporates relaxation breathing exercises to lower the user's blood pressure and decrease their heart rate, either to start the day smoother or to calm down after a day dealing with stressors. It includes notifications to remind users to practice these exercises and a daily log to keep track of how users have been feeling.