

HowRU.life – Stress & Anxiety Management App

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PROBLEM

Everyone experiences stress in some form or another; however, we often do not take stress and anxiety as seriously as our bodies take it. The AIS (American Institute of Stress) stated that 33% of people have said they've experienced stress [1]. The HowRU.life application is designed to help those suffering take control of their stress and anxiety.

CURRENT SYSTEM

The application runs on both Android and iOS devices. Currently, Firebase is still in use for authentication and user info storage, but needs to be moved to MongoDB. The application's system uses React-Native and React-Native CLI. The application's design has gotten a huge makeover.

REQUIREMENTS

- Android Studio/XCode
- Visual Studio Code
- Firebase
- Figma
- React-Native
- GitHub



A Mac or Windows PC is sufficient to run and test both versions of the app.

SYSTEM DESIGN

- The back-end of the application uses a React-Native framework and Firebase for storing a user's data.
- The front-end of the application uses HTML, CSS, and JavaScript.
- The design and feel of the app uses Figma to create the designs of the app

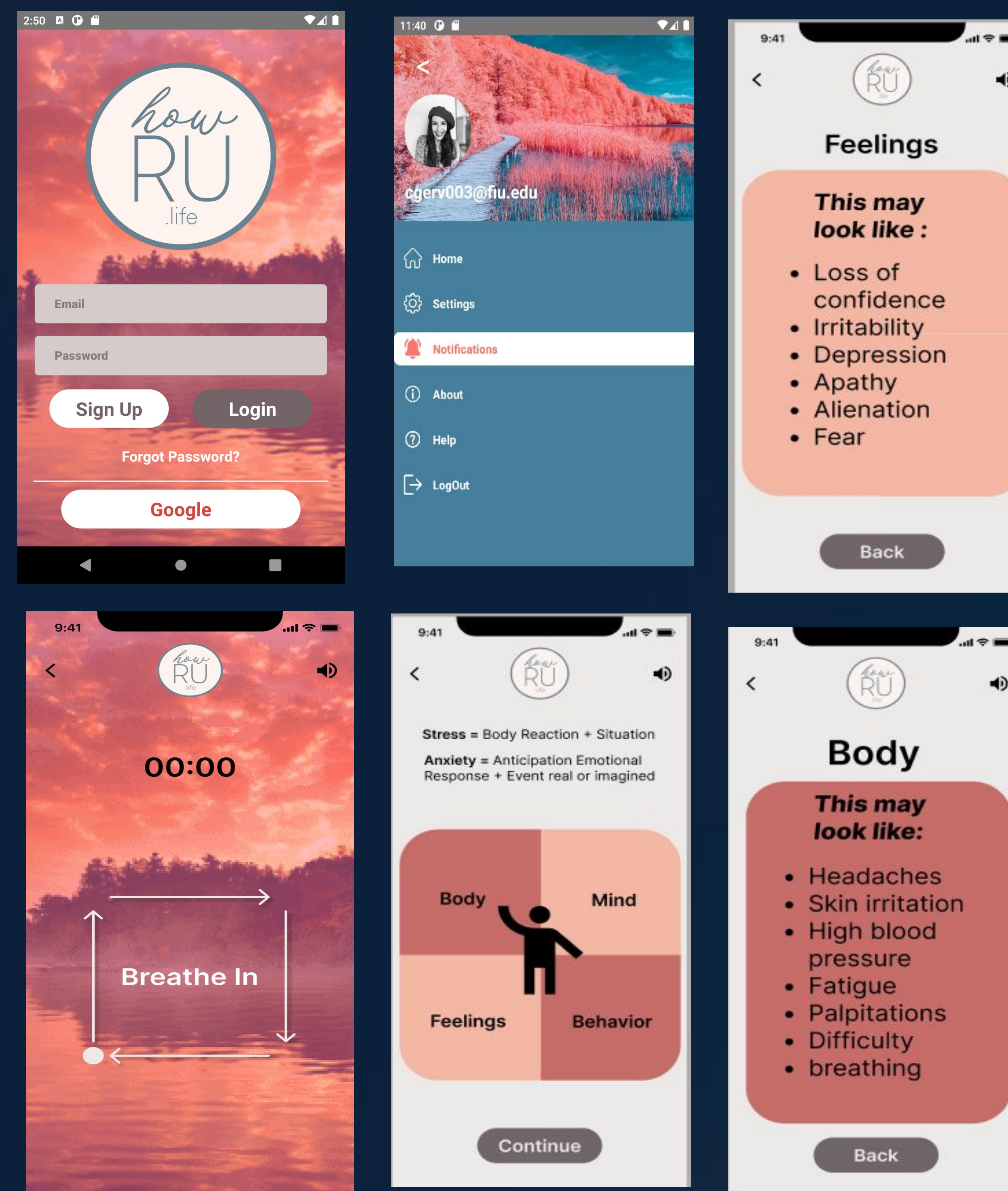
SUMMARY

- HowRU.life is meant to assist those struggling with stress and anxiety by providing them a way to manage their mental health.
- Application's design got an overhaul.
- The menu and "four quadrants" screen was completely redesigned and improved upon.

VERIFICATION

XCode and Android Studio were used to run, test, and verify both the iOS and the Android versions of the app respectively. Upon testing, both versions of the app run as expected.

APP DESIGN



IMPLEMENTATION

This semester, our team focused mainly on front end design on the app.

On the design side we were able to achieve the following changes :

- Introduced a new "feel" to the app to make is more widely dispersed instead of a compressed tighter feel.
- Revamped "four quadrants" screen with a fresh design to make the screen look more agile.
- Different background color for all screens to better match the color pallets of the application.

REFERENCES

[1] *Stress Facts and Statistics*. The Recovery Clinic. Septemeber 5, 2022.
<https://www.therecoveryvillage.com/mental-health/stress/stress-statistics/>

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