

THE APP



Members:



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Lincoln



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AGENDA

- **App Name:** ZENSTUDY
- **App:** It benefits students who are stressed but cannot manage the time they take for studying and relaxing
- **Track:** Available for all
- **Category:** Mental health and wellness



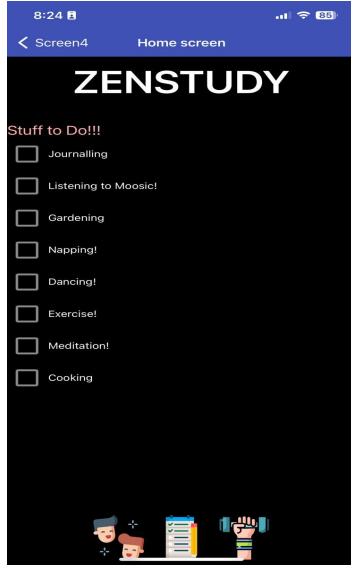
THEME

Our team has identified the problem of stress and discomfort during studying and doing revision. Our app will give the stressed student some ideas on how they can relieve this stress. We are interested in solving it as we know when students are stressed they will make more mistakes leading to them having more stress. You will be stress especially your examination is drawing close or your results this app will help for your needs. It's ok because everyone feels stressed sometimes.

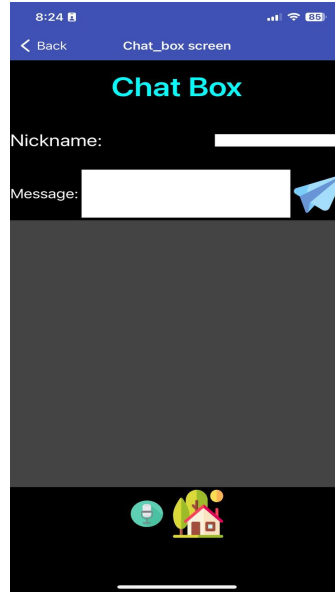


INSTRUCTIONS

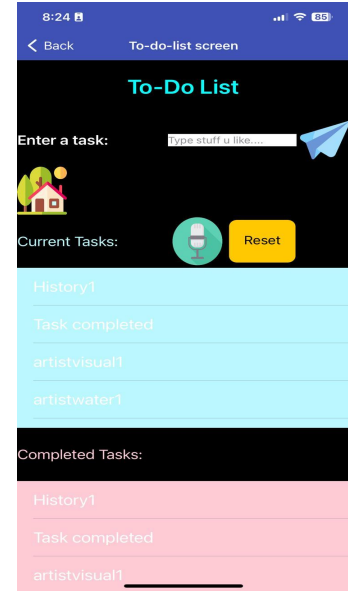
App:



Step 1: (Home Screen: It has checkboxes for students to tick when they completed de stressing activities; has buttons leading to chat, to-do list and activities)



Step 2: (Chatbox: students can communicate w/ one another in a safe environment; talking icon button)

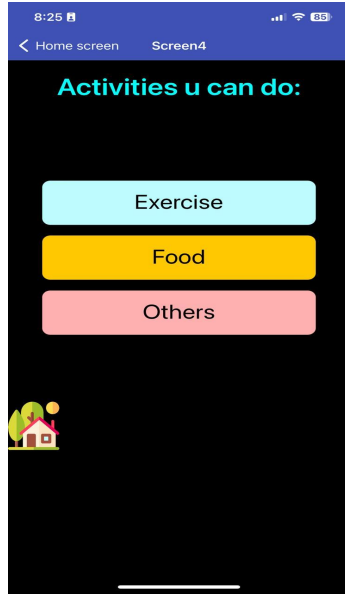


Step 3: (To-do list: students can learn to prioritise their works and manage their time better to avoid stressing out in the last min)



INSTRUCTIONS

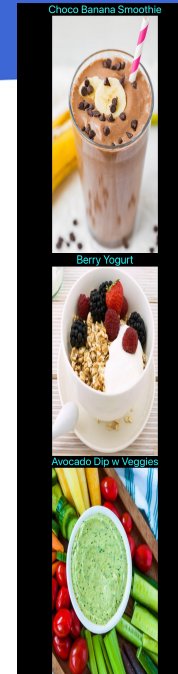
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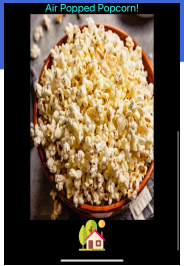
Step 4: (Activities screen: Shows the various genres of relaxation)



Step 5: (Exercise: Students can do these simple exercises to destress and freshen up after studying w/ items around the house)



Step 6: (Food: Students can browse through these simple yet delicious recipes and decide which one to make; 1 click of a picture is all it takes to learn to make the snack)



INSTRUCTIONS

App:



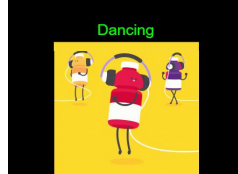
Step 7: (Food item screen: This screen showcases the food item students want to learn to make; it has the ingredients, instructions and benefits all in 1 place! Very fun and simple, students have access to a variety of healthy snack recipes to be made in a min. Example: Avocado Dip w/ Veggies)



Gardening!
Gardening might help you feel more at ease and content. Many people find that simply being around plants relieves stress. You should try it even if you are not a big fan of plants and flowers. Focusing your thoughts on the immediate tasks and aspects of gardening might help you feel better in the moment by reducing negative reflections and feelings. Who knows, maybe you will even develop a new interest.

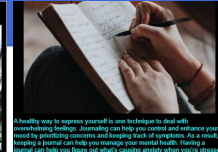


Moosic!
Music can help you relax and manage your stress. Lively music can boost your mood and help you feel more optimistic about life. Calmer music helps you concentrate and feel more relaxed. A better stress list calls your thoughts and relax your muscles, making you feel calmer and relaxed off the day's stress. Whatever genre your favorite song belongs to, make sure to enjoy it.

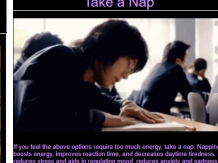


Dancing
Most people are unaware that dancing can positively impact their mental health. Dancing involves the heart's respiratory and chemical responses, which results in mental health benefits. Let yourself move and feel the rhythm. Let the stress go away, and enjoy the moment. Focus on getting yourself a good time, whether dancing inside by yourself or at a party with some friends.

Journaling



Take a Nap
A healthy way to express yourself is to write in a journal to deal with overwhelming feelings. Journaling can help you control and enhance your mood by providing structure and having a list of problems. The most helpful journal can help you manage your mental health. Having a journal can help you figure out what's causing stress when you're stressed about a problem. Once you've recognized the cause, you usually find a way to improve it.



Take a Nap
If you feel the above options require too much energy, take a nap. Napping boosts energy, improves reaction time, and increases problem-solving. It reduces stress and aids in regulating mood, reduces anxiety and sadness, and reduces negative self-talk. It improves memory, productivity, problem-solving skills, and many cognitive abilities. You will feel much better when you wake up.

THE END!

Step 8: (Others: Activities other than exercising and food that students can do to destress with the description as to why they are calming and how to best engage in them)



LIMITATIONS

Our app can help students find activities that may relieve stress for them, especially during the examination period. Our app can help solve simple mental issues like day-to-day stress, however, it cannot stand in for a professional psychiatrist or psychologist in terms of solving mental issues. Hence, we urge people with serious mental health issues like depression to consult a professional immediately as they cannot and will not benefit from our app.



ACKNOWLEDGEMENTS

Members

- Smrithi: coder, designer, team leader and team member.
- Mahika: lead coder and team member.
- Lincoln: lead designer, slides maker and team member.
- Teacher Benji : our teacher

