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.
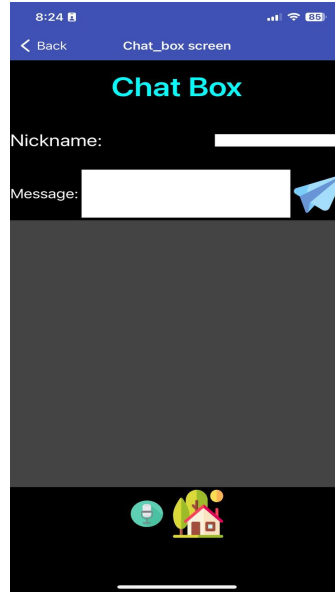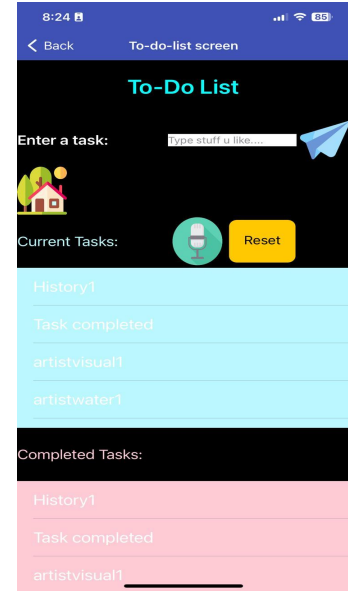
INSTRUCTIONS

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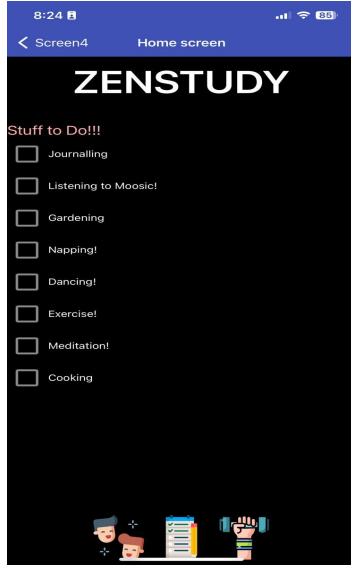
Step 1: (Home Screen: It has checkboxes for students to tick when they completed de stressing activities; has buttons leading to chat, to-do list and activities)

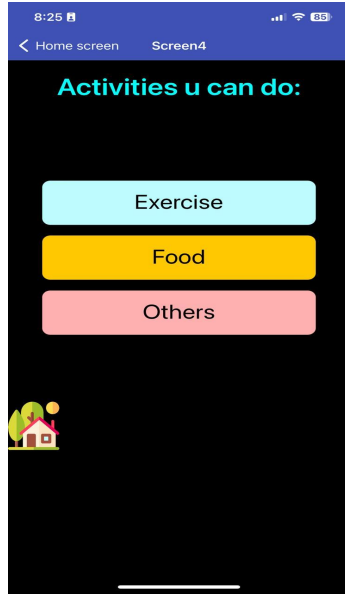Step 2: (Chatbox: students can communicate w/ one another in a safe environment; talking icon button)

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)
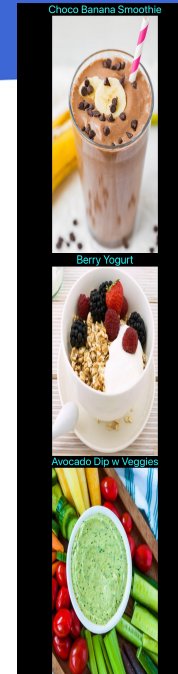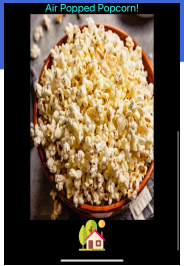
INSTRUCTIONS

App:

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)
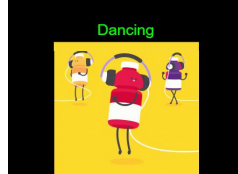
INSTRUCTIONS

App:

THE END!

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)

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