

STRESS BUSTER

By Nehan Akhtar



OVERVIEW

- **App Name:** Stress Buster
- **App Description:** Stress is a common problem in today's world and this app helps you in killing your stress.
- **Track:** Youth Individual
- **Category:** Mental Health and Wellbeing



THEME

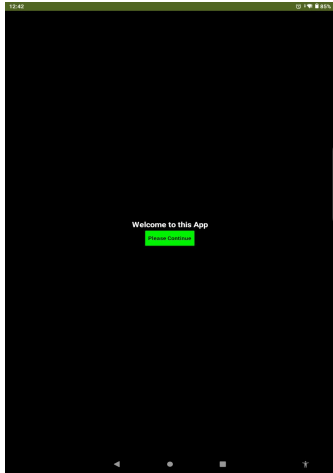
In 100 words or less, describe the problem that you chose to address, and why you were interested in solving it. Please note that this portion of your submission will be published if you are selected as a finalist or winner.

Mental tension or stress is standard in today's world due to which most of them are suffering from depression which is not suitable for our mental health. But this app helps in reducing the mental stress of a person and allows a person to think clearly. And if a person goes through any pain, it would make a person think positively and forget about the pain for some time.



INSTRUCTIONS

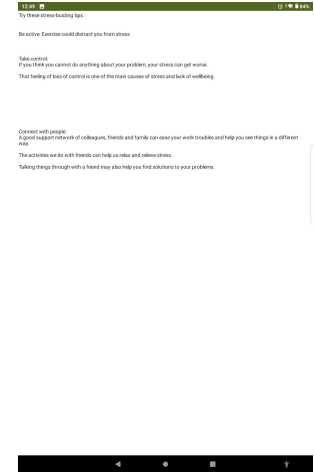
Please provide step-by-step instructions for using your app, along with high-quality screenshots of the app. Feel free to add as many slides as needed.



Step 1: (fill in description)



Step 2: (fill in description)



Step 3: (fill in description)



LIMITATIONS

In 100 words or less, describe the limitations of your app and what people should carefully consider when using it.

Limitations of this app are as follows:

Much of this app features won't work without Internet.

This app uses external sites or servers to perform its certain functions.



ACKNOWLEDGEMENTS

Please list the names of anyone who helped you with developing your app, and describe what type of help they provided.

- For developing the app, I used the help of external sites and apps and they are:-
- YouTube:- For playing colourful and moody videos for relaxing.
- Youtube Music:- For playing musics and songs.
- Poki.com:- For the games.
- ...



TITLE

This app could kill your stress and other mental problems and help you relieving from mental problems. I hope this could be very informative and stress killing app.

