

CALM_HARM

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Please upload a high-quality, well-lit headshot against a plain background for each of your team members.



OVERVIEW

- **App Name:** (calm_harm)
- **App Description:** (my application help to protect the mental health and how to share the feeling of persons and do exercises)
- **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.

(in this application i find a solution for the mental health problems as people has some depressed feeling so there is some meditation exercises to let them feel better, also some people feel sad in this application there is some tips for them to change their mental health ,there is some people who feel happy so they can share their happiness,i think this application will protect the mental health and help people to get better and protect their self according their relationships,sleeping,working and their health)

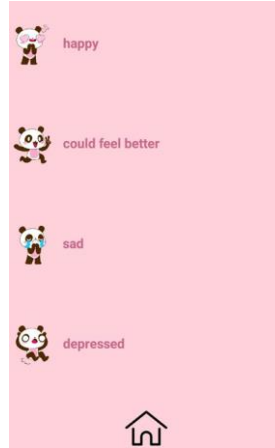


INSTRUCTIONS

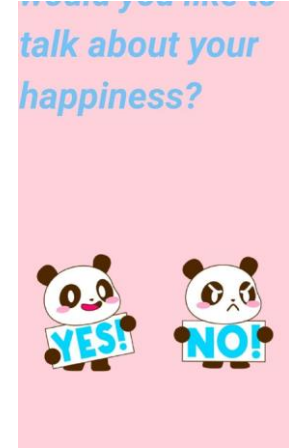
Please provide step-by-step instructions for using your app, along with high-quality screenshots of the app. Feel free to add as many slides as needed.



Step 1: (home screen)



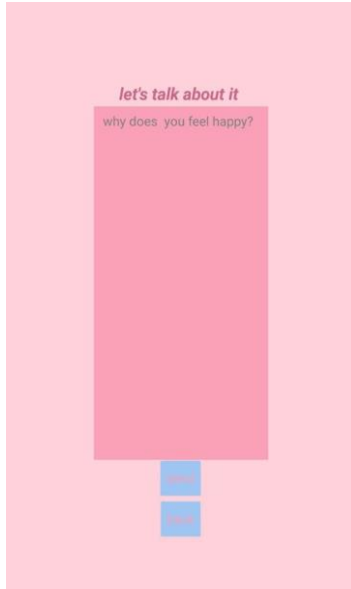
Step 2: (choose your feeling screen)



Step 3: (share your happiness or no screen)



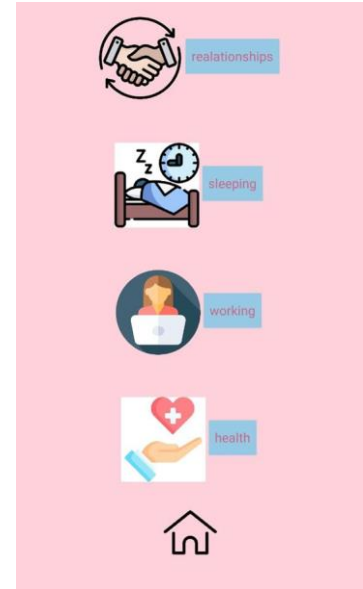
INSTRUCTIONS



Step 4: (talking about your happiness screen)



Step 5: (to do list screen)



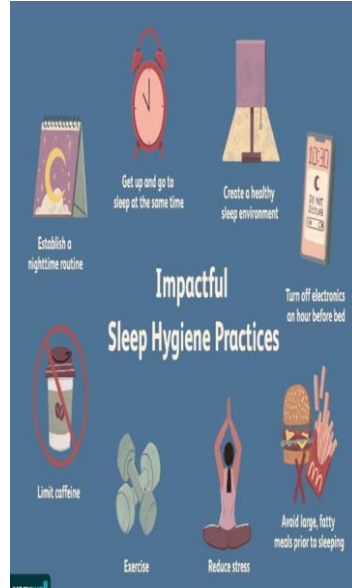
Step 6: (why you feel sad screen)



INSTRUCTIONS



Step 4: (relationships tips screen)



Step 5: (sleeping tips screen)



Step 6: (working tips screen)



INSTRUCTIONS

WAYS TO PROTECT OUR HEALTH

WE CAN DO THIS

- Our special events continue to be important and can be shared with others by livestreaming key parts or taking pictures and videos to later send to loved ones.
- Congregation members should greet one another at a distance, understanding we're all being mindful and safe rather than rude or disrespectful.
- Notify congregational leadership as soon as possible if someone in our congregation tests positive for COVID-19. If needed, we can coordinate with local health officials who are trained with the best practices to follow.
- Don't forget to make plans to get a vaccine! You have three ways to find vaccines near you:
 - Go to vaccines.gov
 - Text your ZIP code to 438829
 - Call 1-800-232-0233

Remember that a vaccine is just one tool we have to slow the spread of COVID-19. Until you're up to date with your COVID vaccines, you still need to do as public health officials advise us:

-  **Wear a mask when inside public places.** Even vaccinated people in areas of substantial or high spread of COVID-19 should wear a mask inside public places to maximize protection from the highly contagious Delta variant and prevent possibly spreading it to others.
-  **Stay 6 feet apart from others who don't live with you and who may not be vaccinated.**
-  **Avoid crowds.**
-  **Avoid poorly ventilated indoor spaces.**
-  **Wash your hands often with soap and water.**

Content last reviewed February 03, 2022

Step 4: (health tips screen)


5-MINUTE MEDITATION



start meditation

Step 5: (start meditation screen)

counter



start

next

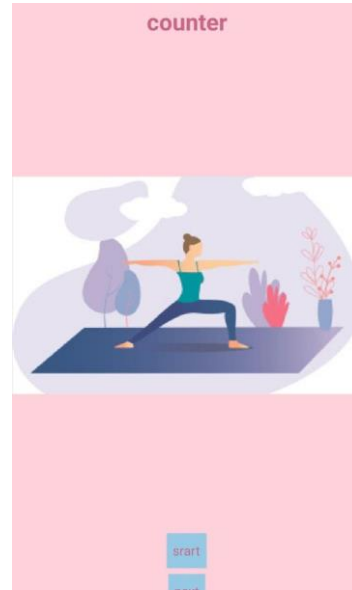
Step 6: (exersice 1 screen)



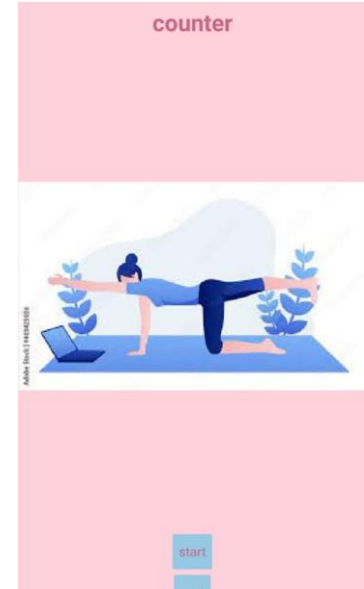
INSTRUCTIONS



Step 4: (exercice 2 screen)



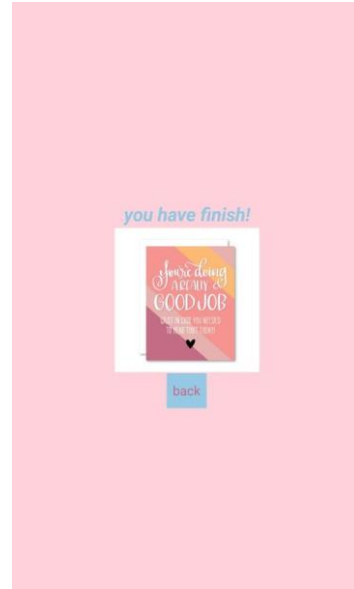
Step 5: (exercice 3 screen)



Step 6: (exercice 4 screen)



INSTRUCTIONS



Step 5: (ending screen)



LIMITATIONS

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

(people must be careful from pressing the buttons and writing in the text box and must be careful in choosing thier feeling to get the correct advices and correct tips for them,people must read all tips carefully to protect thier mental health also people must be carefull in making the to do list to organize their life to feel better and happy ,this application is better for adults but it's not forbidden for someone else)





APPENDIX

If you have any supplementary information you wish to include, feel free to add it to the Appendix. **This section is entirely optional.**

It is recommended to add materials to the Appendix if you submitted a hardware project (e.g. with schematics, flow diagrams) or if your project included significant programming components outside of the MIT App Inventor platform.

Please be aware that judges reserve the right to exercise their discretion in reviewing materials within the Appendix, and they may not review its entirety if they consider it excessively lengthy.