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Stress Release

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ABSTRACT

In today's fast growing world full of competition stress is affecting almost every individual group, among which student s are the most vulnerable one. Stress is a condition of mental pressure for particular individual facing problems from environmental and social wellbeing which leads to so many diseases. Young age is the critical period because at this time youth faces lots of changes in his/her life. They are expected to be the elites in the society. Therefore, they should enhance their stress management abilities so as to live a healthy life after entering the society .Thus to help them out we have created an online websites which helps students to manage their stress levels by guiding them to inculcate specific habits in their lifestyle such as listening to music, performing meditation, yoga, and having a regular sleep /wake up schedule. This will help students to reduce and manage their acute stress without actually seeking help from a psychiatrist, as money is the major issue because of which many ignores it.

In future we will target other groups such as kids, adults aged people etc. We will make available online therapist sessions at lower prices. Also for more targeted treatment we will take offline guidance of some specialist in the field of psychology .Further websites accessibility will be extended on web format.

KEWORDS: elites**,** psychiatrist, resilience, sought

1. Introduction

1.1 PURPOSE:

This report points to clarify the operation of weight alleviation, on the one hand, to supply great direction to producers, and on the other hand, to supply computer program certifications for clients to see The reason of lessening weight is to oversee client push by giving clients with more choices.

1.2 OVERVIEW:

In this world, understudies endure a part in their lives since they work difficult. In spite of the fact that there are numerous gadgets around, they cannot decrease stretch. That's why we make an online site that will diminish their push

1.3 NECESSITY:

Need for this extend is that, successful push administration makes a difference you break the hold push has on your life, so you'll be more joyful, more beneficial, and more productive. The extreme objective could be a adjusted life, with time for work, connections, unwinding, and fun - and the resilience to hold up beneath weight and meet challenges head on.

1. For A Better Life.

2. To Improve Health.

3. To Move On.

4. To Strengthen Relationships.

5. To Enhance Performance.

6. To Improve Communication.

## 2. System Development

2.1 Product Perspective:

This term is pointed towards understudy who are pushed and not able to contact therapists, or get any offer assistance

2.2 Procedures Used :

System flow:

Each system has a few or the other looked for of working calculations, a few methods and a few method to be taken after. So, as our framework as well have the same For appearing the stream of the framework we are able utilize flowcharts, block diagrams and numerous other things. For, our venture we are going appear our frameworks flow by utilizing the piece chart, which could be a looked for of graph that portrays the complete stream of the framework.

2.2.1 Data flow Diagram:
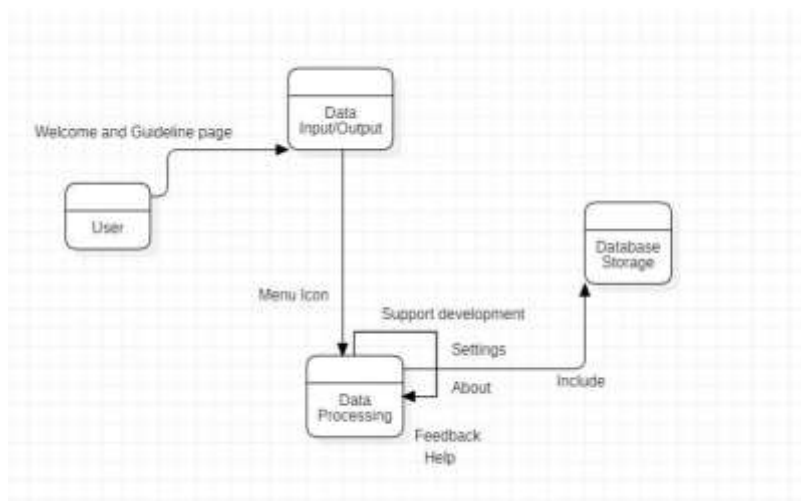
2.2.2 Use Case Diagram:

Each framework has a few or the other looked for of working calculations, a few methods and a few strategy to be taken after. So, as our framework as well have the same. For appearing the stream of the framework we are able utilize flowcharts, block diagrams and numerous other things.

For, our venture we are going appear our frameworks flow by utilizing the piece graph, which could be a looked for of chart that portrays the complete stream of the framework.

• Stress Release supports this use case.
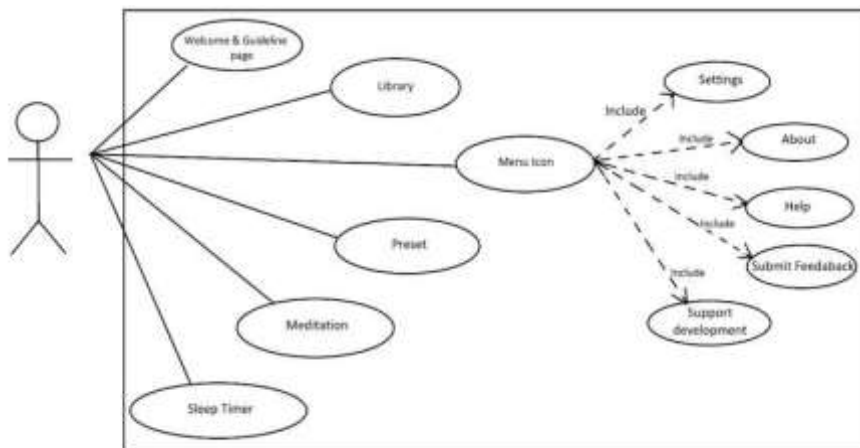
3. System Design

1. User Interface (UI) :

The push discharge site ought to have a user-friendly and outwardly engaging interface.

This includes planning the format, selecting colors and organizing substance in a way that's simple to explore.

2. Content Organization:

The site ought to have well-organized substance, isolated into segments such as reflection, breathing works out, unwinding procedures and enlightening articles. This makes a difference clients discover the particular stretch alleviation assets they are searching for.

3. Interactive Features:

To upgrade client engagement, the site can incorporate intelligently highlights like tests, clock for reflection sessions, advance following. and criticism instruments. These highlights energize dynamic cooperation and give a personalized involvement.

4. Backend Functionality:

Under these circumstances, the website will need a backend system to manage user authentication, data storage, and appropriate integration with external services or databases. This ensures the security of user data and allows the website to interact with other systems when necessary.

5. Responsiveness:

It is very important that the website is responsive, meaning it must adapt to different devices and sizes. This allows users to seamlessly access the website from their desktop, laptop, tablet or mobile device.

4. CONCLUSION & FUTURE SCOPE

CONCLUSION:

Since severe stress can be improved by making some positive changes in life, we have developed an online website that helps young people learn to manage stress easily using these changes.

FUTURE SCOPE:

- We can further expand its accessibility of this website
- We can target other groups such as kids, employees, adults, aged people, etc.
- We can make available online therapist session on lower price

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