

Because
Your Mind
Matters!



This session
is a safe
space. You're
not alone



CONTEXT



This app was created for students who suffer from anxiety caused by various factors



SOLUTION

The app connects to biometric devices like smartwatches to monitor heart rate, sleep, breathing, and physical activity.



WHO IS IT FOR?

The Stress Out app is aimed primarily at high school students, an age group often subjected to intense pressure.



SUSTAINABILITY



The app has social, economic and environmental sustainability





ARMONY

♥ TALK TO YOURSELF, BUT BETTER.

“

Your mental health matters. You are valued, loved, and not alone.



♥

Take care of yourself —you deserve it.

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