



Because  
Your Mind  
Matters!



STRESS  
OUT



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.





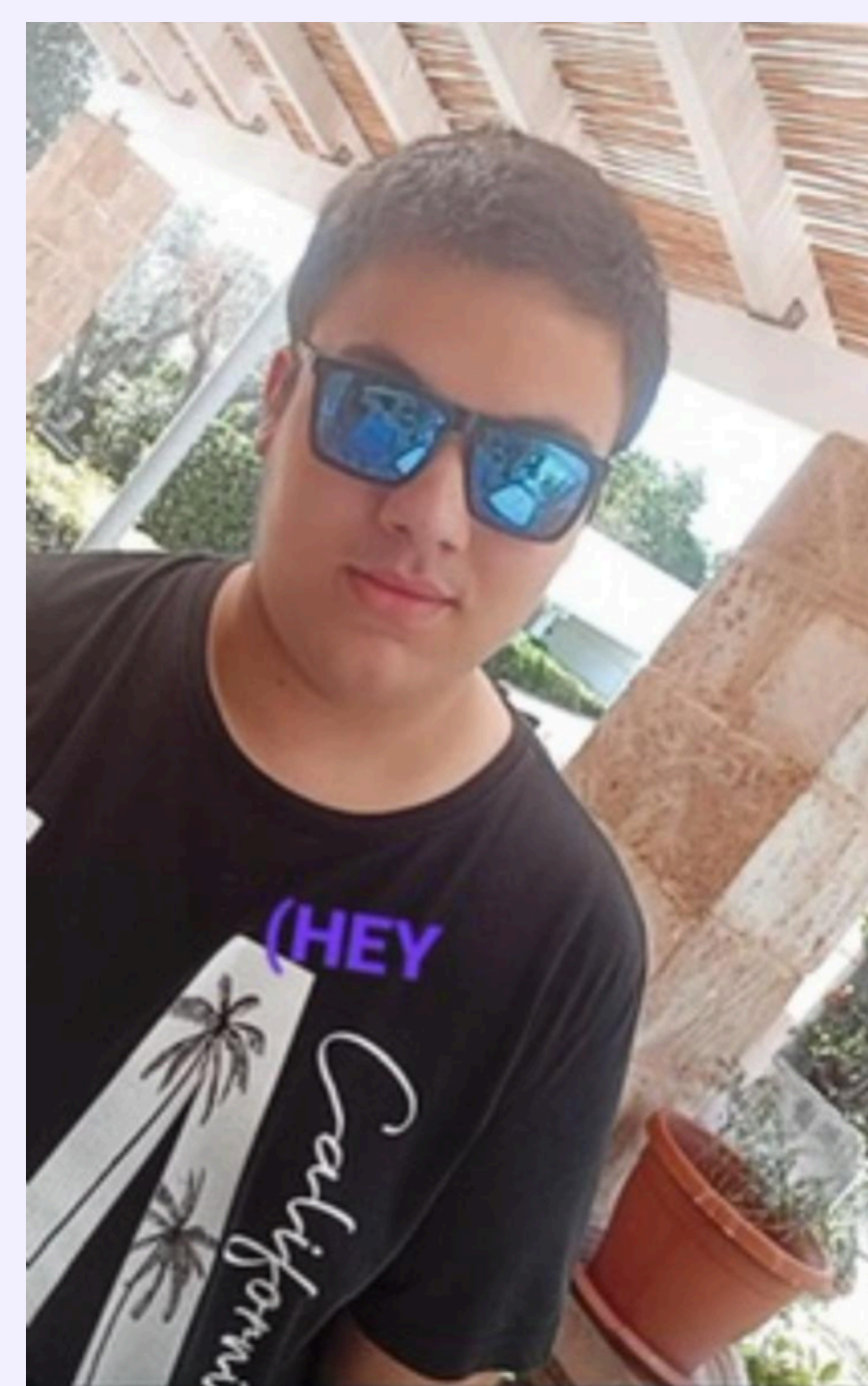
# SUSTAINABILITY



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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