

12th

ByeStressBye

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Community, Education, Health

What problems are you trying to solve?

ByeStressBye is a mobile application primarily directed towards teenagers dealing with stress and uncertainty.

What inspired you to address this problem?

Many teenagers experience stress, including ourselves. The current pandemic especially increases the amount of stress that teenagers feel every day, given that besides their school work, they are unable to do many of the things they enjoy and interact with other people the same way they could. Worry over the current state over the world and changes within teens' own families add to this stress. Stress can often disable students from being able to function in the ways that they need to in order to succeed, which can lead to other problems such as depression and anxiety.

Describe your idea and functionality:

As the title of the app suggests, this mobile application aims to help teens who are feeling stressed feel better in a variety of ways, including various exercises to help them feel better, various activities to help eliminate stress, activities meant to target the root cause of it, provide information to the user about COVID-19, and more.

Team Members:

Dheepa Hari

Links:

<https://drive.google.com/file/d/1kaV4dEE217-x-EKAgUwUVn-Oocn1t1EF/view?usp=sharing>