

# G. Narayanamma Institute of Technology & Science

(For women)

(Approved by AICTE, Affiliated To JNTUH, Accredited by NBA & NAAC)

(An ISO 9001:2015 Certified Institution)

Shaikpet, Hyderabad – 500 104

Department of Computer Science & Engineering



**TITLE: STRESS MANAGEMENT PROJECT**

**CLASS & SECTION: CSE-B**

**YEAR & SEMESTER: II-B. Tech II Sem**

**BY GROUP B10**

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## ABSTRACT

We all know that stress is pervasive. It affects absolutely everyone, knowing no boundaries. While a small amount of stress can actually motivate you to take positive action in your life, too much stress can weigh on you like an illness. In fact, stress does contribute to several types of mental health disorders, including anxiety and depression. And if left unaddressed, too much stress can actually cause physical health concerns, even increasing your risk for heart disease. It may include pressure from work, from family issues, or from financial concerns. Either way, stress builds up in you until you begin experiencing discomfort and difficulty in daily tasks. Stress can negatively impact everything from your sleeping habits to your appetite, sometimes making it difficult to properly manage your weight.

So, in order to manage stress, we decided to make a website. Our main motto is to make them know about their stress levels and decrease them as extent as possible. We will ask a few questions and based on their replies we will measure their stress levels whether it is mild or moderate or high. And then we will suggest some stress relieving tips like yoga and breathing exercises, music to calm down, techniques to increase their sleep quality, healthy diet which can lessen the effects of stress, build up your immune system, level your mood, and lower your blood pressure and so on.

## SYSTEM REQUIREMENTS:

### Software Requirements:

Platform	- WINDOWS
Front End	- HTML, CSS, JAVASCRIPT
Development Tool	- Visual Studio Code