

Üc alm



**Hello, my name is Anna
and our team name is:**

The Calm Chalfonts.

The idea for our app is to help with stress and emotional support and management for teenagers and young adults.

This app aims to provide numerous features to control and help with stress, anxiety and anger that many teenagers are struggling with in their lives today.

WHY HAVE
WE CHOSEN
THIS IDEA ?
WHAT IS THE
PROBLEM ?

- Students are loaded with stress in today's society.
- There can be high expectations from friends, family and school.
- Many teenagers struggle to cope with and control their emotions.
- There is a need for students to have access to resources to help them cope when they are struggling.

FACTS & STATISTICS

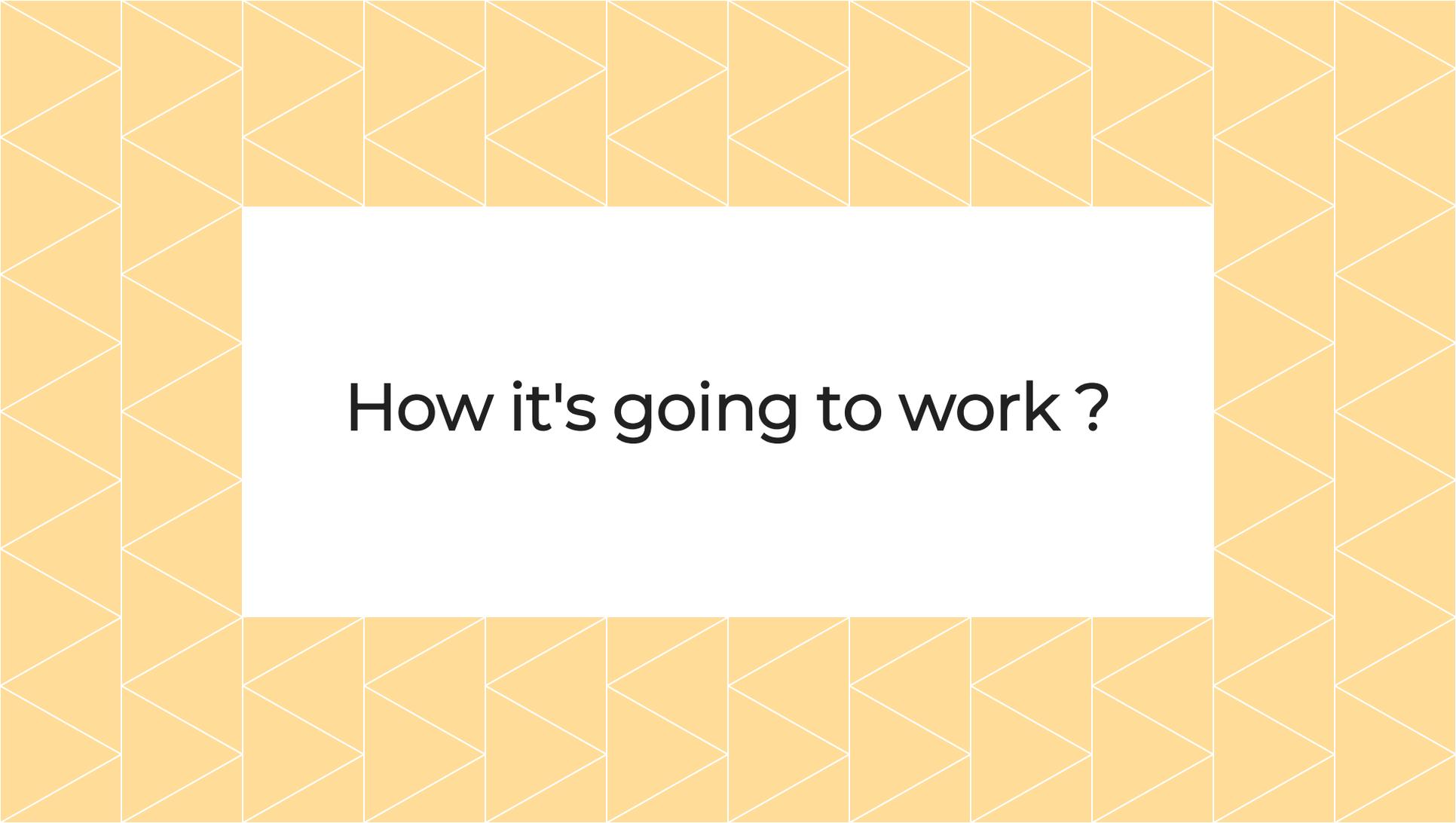
RESEARCH

A NUS (National Union of Students) survey found that :

- 87% of students experience stress
- 77% of students suffer with anxiety
- 48% of students suffer from panic attacks

Another survey by UniHealthUK discovered that 8/10 students regularly suffer from stress and anxiety.

NHS.com have recently launched MoodZone to raise awareness and help determine symptoms of stress and anxiety.



How it's going to work ?

SIGN UP SCREEN

When you download the app from the website the opening page will have an option to log in or sign up; you will then be asked a series of questions that will help to determine and tailor the app for you specific needs.



Facial Recognition Login

When you open the app, it will use the front camera of your device for facial recognition (using Amazon Facial Rekognition software) to log into the app instead of having to put in your details, it can also be used to recognise your emotions.

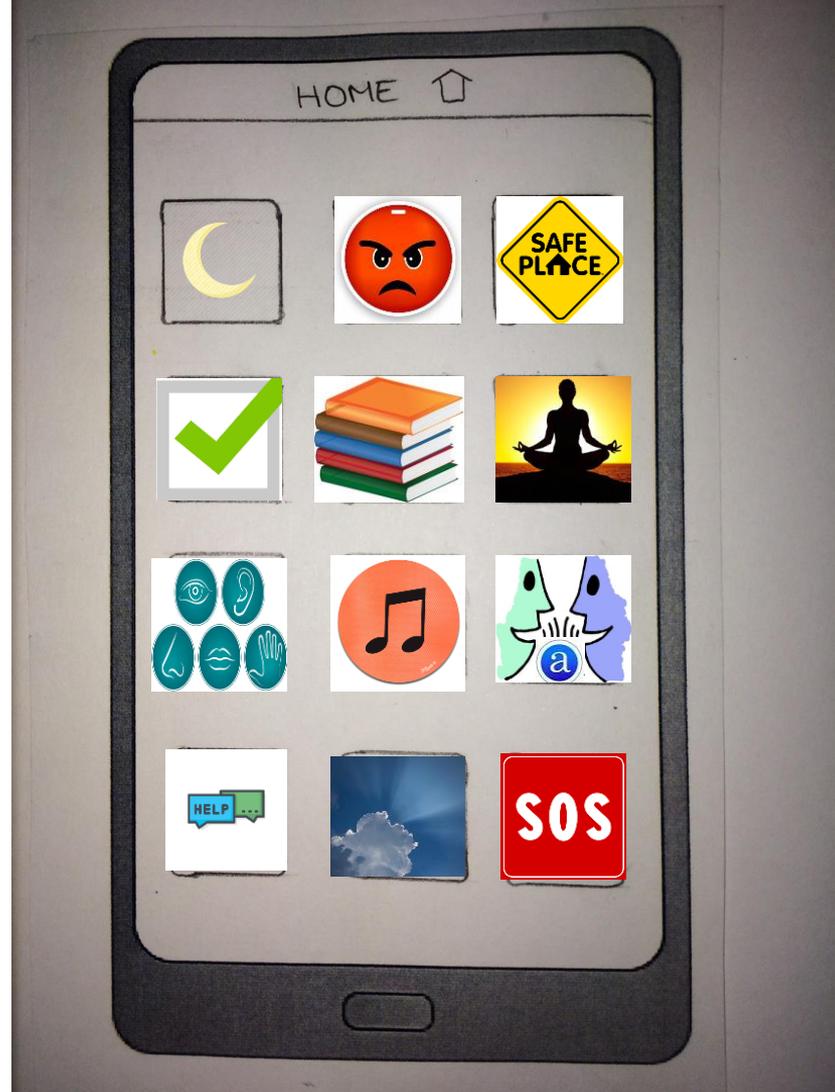
The Homescreen Icon

This is what the homescreen
icon will look like .



U calm

Homepage & Icon screen





Sleep Helper.

This will play relaxing, mellow sounds to help you drift to sleep or relax (this could also help with insomnia).

User can set auto-off timer for when they are listening to go to sleep.



Anger Management

This controls your breathing rate, calming your emotions, Punch Bag 'tapping' game to relieve angry tension.



Safe Place Helper

A voice that comforts you and makes you feel safe and secure if you're feeling vulnerable.

Option to have a loved one record a message here.



Organiser

Your to-do list which can be color coded (red: what you haven't done, orange: half-way through, green: completed), also a podcast to help you organise your thoughts step-by-step.



School Stress

Who can you speak to about your issues at school.

Teacher emails.

How can you balance your academic life?
Link to to do list feature



Calm Fit

Yoga and meditation sessions.

Individually tailored to each users' preferences and ability levels.



Garden of Senses

Going on a walk while listening to a mindfulness podcast

Open up your senses (e.g. what can you hear?)

Look around you, what can you see?

Lie back and listen to 3D sounds around you - virtual reality.



Sounds

Sounds such as waves, rain or wind chimes

Sounds can be overlaid and preferences can be saved in a personal playlist.

This can be played while doing certain activities or when you're trying to relax.



Alexa, Help Me

Where you can interact and unload your problems with Alexa who will help calm you down and help you 'get it off your chest' and therefore reduce your stress.



Contacts.

List of go to contacts, that are trusted and you can talk to and will help you to be less stressed/ anxious.

Includes: emails, phone numbers and help lines.



Calming Pictures

Pictures to help calm you.

You can upload pictures that can help you focus with calming and reducing anxiety .

Where it will take you when you press it?



SOS

Automatic text to be sent to carer/trusted friend (on Emergency contacts list.)

Childline / Samaritans one touch calling feature

Opt in Geolocation feature (GPS)

OKAY, SO HERE
IS HOW THE
APP COULD BE
USED.



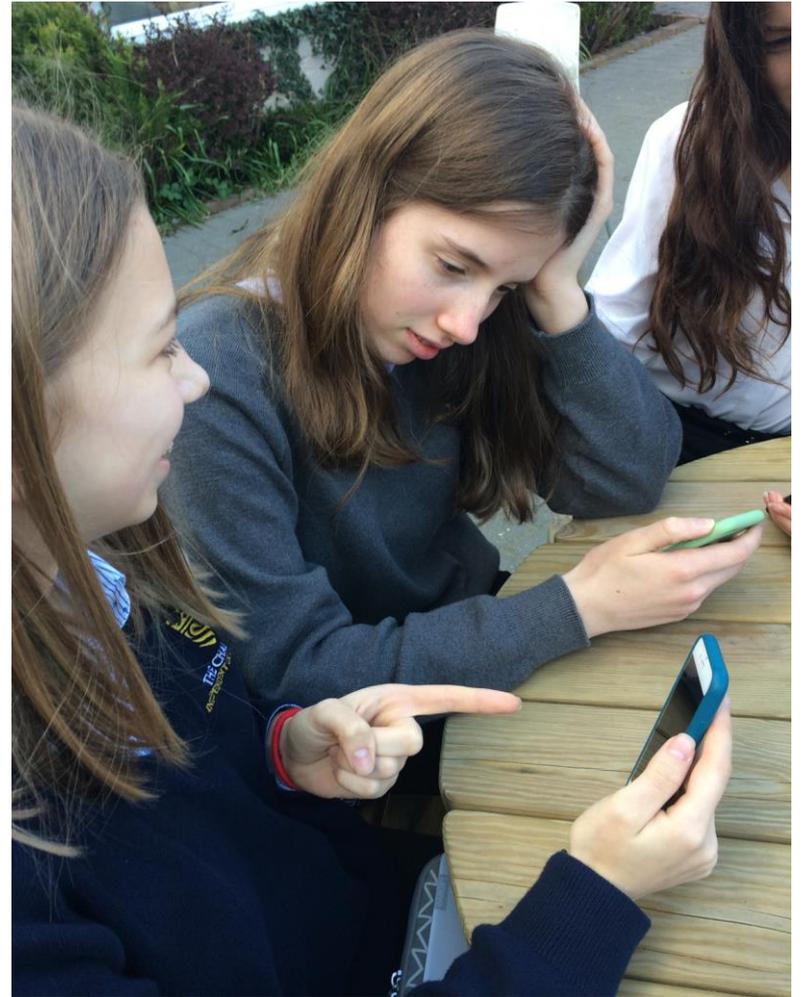
Emily is feeling really stressed with school work and some personal problems.

She tells two of her close friends how she is feeling and how stressed she is.

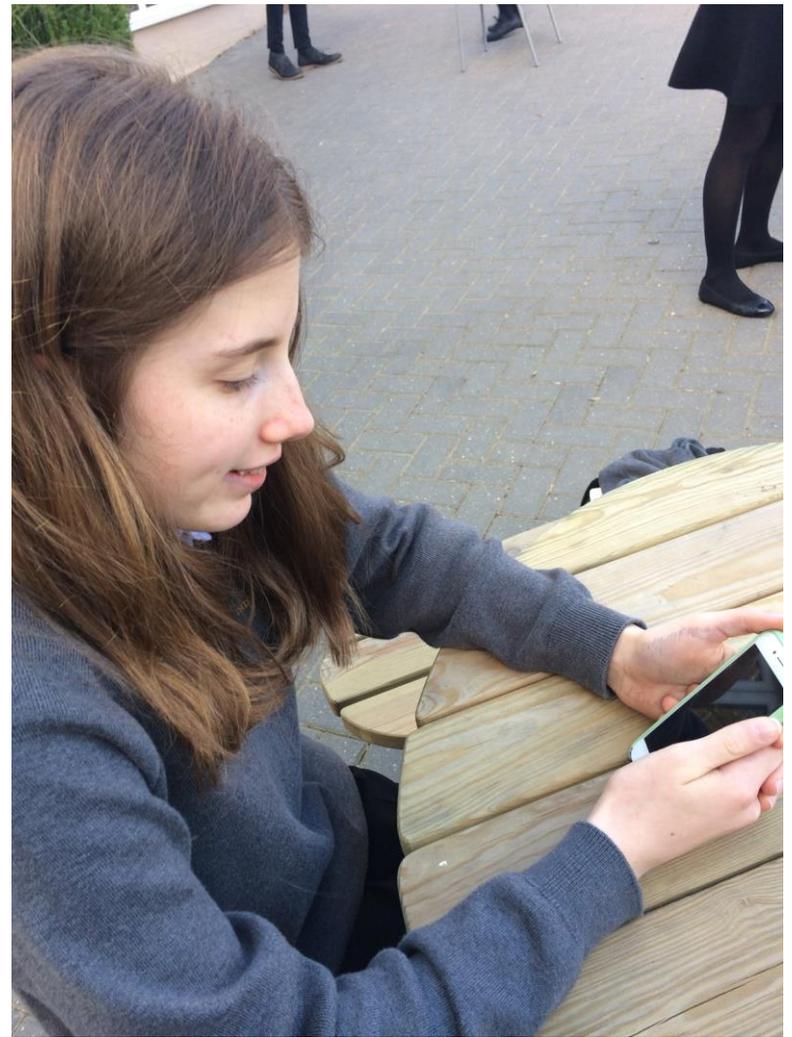


Louise explains to Emily that she recently found an App called Ücalm

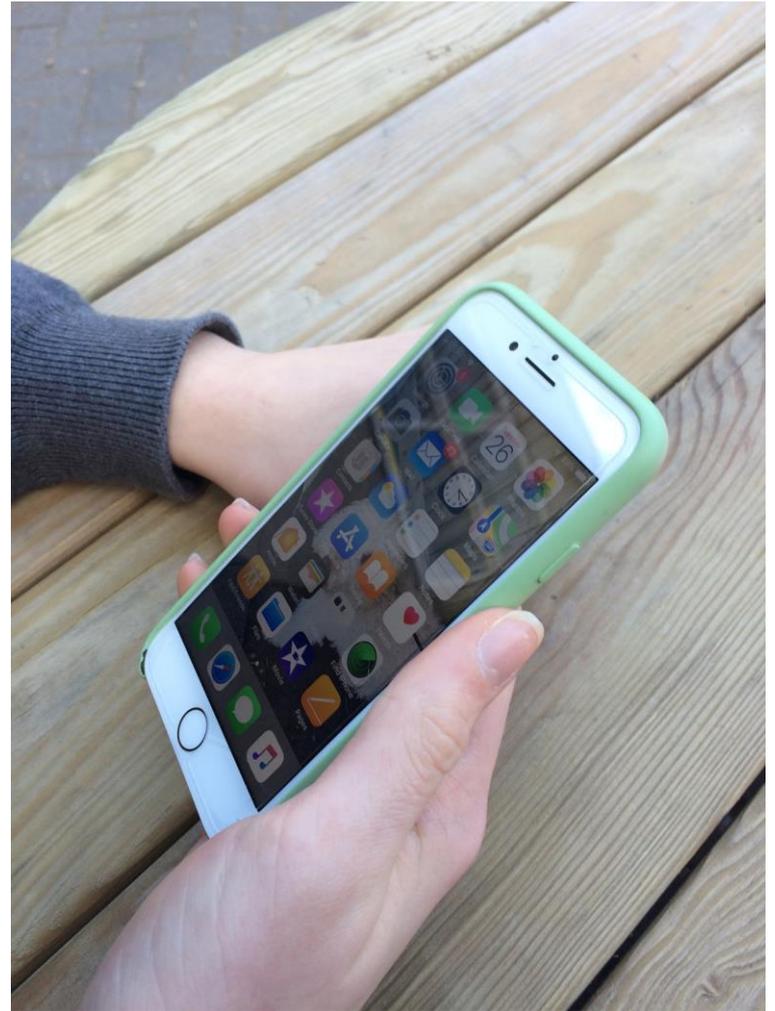
She suggests Emily should maybe give it a look.



Emily checks out the App and decides to download **Ücalm** from the Amazon App Store



Emily opens the **Ücalm** app, and registers her information.



Emily decides to use the **Alexa** 'help me' feature to talk through some of her problems and also gets ways to help alleviate her stress.

She really liked this feature as it was as if she was talking to a person who understands.



After using the app Emily feels a lot better, is less stressed and beginning to enjoy life again.

She thanks Louise for telling her about the app and decide to share the App information to other friends.





To Conclude

Ücalm

Ücalm will help teenagers cope with stress and difficult emotions in their lives.

Those teenagers with more serious mental health issues will be supported and be given quick access to the help that the need.



**Thank you for considering
our App idea and we look
forward to hearing from
you soon.
Calm Chalfonts**