Stress Mastery: Master Your Stress, Elevate Your Life

Sivani M Kumar
Computer Science and Engineering
Amal Jyothi College of Engineering (Autonomous), Kanjirappally, India.
sivanimkumar2026@cs.ajce.in

Sivakami Sudesh
Computer Science and Engineering
Amal Jyothi College of Engineering (Autonomous), Kanjirappally, India.
sivakamisudesh2026@cs.ajce.in

Sneha J Kannan
Computer Science and Engineering
Amal Jyothi College of Engineering (Autonomous) , Kanjirappally, India
snehajkannan2026@cs.ajce.in

Sneha Rose Vinod
Computer Science and Engineering
Amal Jyothi College of Engineering (Autonomous), Kanjirappally, India
sneharosesvinod2026@cs.ajce.in

Dr. Sinciya P. O
Assistant Professor
Computer Science and Engineering
Amal Jyothi College of Engineering (Autonomous), Kanjirappally, India
posinciya@amaljyothi.ac.in

Abstract— This aims to help people suffering fromdepression, anxiety, and the temptation for suicide bydeveloping an app. First, we learn about their mental health based on a questionnaire and then categorize them into different levels. Their assigned levels will not be revealed. Based on these levels, tasks and schedules are assigned to them. This provides counselling sessions, cognitive behavioral therapy, and entertainment activities regarding doctor's advice and medication. We keep the medical report and related documents private from others. It will be viewed only by the doctors for their use. We secure privacy and take their consent at the time of taking theirinformation. Helps to stabilize mental health and come to a better version deprived of depression, anxiety. Helps to become more socially skilled and be more optimistic. Routines such as a healthy diet, interaction with people, spend more time with friends and family, and a regular sleep cycle.Goals to achieve each day, tracking their progress, games, or other activities to distract them from mental trauma. Giving counselling sessions or interactions with doctors and also simply following the latter solutions to keep them away from emptiness.

Keywords—Depression, Anxiety, Suicide Prevention, Cognitive Behavioral Therapy, Mental Health Support

I. INTRODUCTION

Stress has become a major challenge affecting mental and physical well-being. Whether it's work pressure, personal struggles, or everyday responsibilities, unmanaged stress can lead to anxiety, burnout, and decreased quality of life. That's where the Mental Health Stress Mastery website comes in—designed to help individuals take control of their stress, develop resilience, and enhance their overall mental health.

This provides a holistic approach to stress management, integrating science-backed techniques such as mindfulness, cognitive-behavioral strategies, guided relaxation exercises, and personalized stress tracking. Users can identify their stress triggers, practice calming techniques, and build long-term coping skills tailored to their needs.

With features like real-time stress assessments, meditation and breathing exercises, mood tracking, and expert-guided sessions, this serves as a personal wellbeing coach. It empowers users to navigate daily challenges

with greater ease, maintain emotional balance, and develop a stronger, healthier mindset.

Whether you're dealing with occasional stress or chronic anxiety, the Stress Mastery site is your companion on the journey to a calmer, more fulfilling life. Take the first step toward mastering stress—because mental wellness is the key to living your best life.

II. LITERATURE SURVEY

Mental health apps have emerged as effective tools for stressmanagement, incorporating techniques such as mindfulness, cognitive behavioral therapy (CBT), breathing exercises,
and mood tracking to help users build resilience. Research shows that CBT-based interventions (Linardon et al., 2019) and mindfulness practices (Goyal et al., 2014) significantly reduce stress and anxiety. Popular apps like Headspace, Calm, and Woebot use AI-driven approaches and self-guided therapy, but user engagement and retention remain challenges (Baumel et al., 2019). Data security, lack of clinical validation, and the absence of human support
alsolimit their long-term effectiveness (Torous et al., 2021). Future stress mastery apps should integrate AIpowered personalization, biofeedback from wearables, and hybrid therapy models to enhance engagement and provide clinically validated solutions. By leveraging these advancements, digital stress management solutions can become more effective, accessible, and impactful in promoting mental well-being.

III. METHODOLOGY

A. User Categorization

Users are categorized into different levels based on their responses to an initial questionnaire.
Healthy diet, social interaction, family time, and regular sleep cycle these are included in the level as remedy. Daily goals, progress tracking, and distraction activities like games. Counselling sessions and doctor interactions combined with previous level solutions. These are some solutions for the different level of users.

B. Privacy and Security

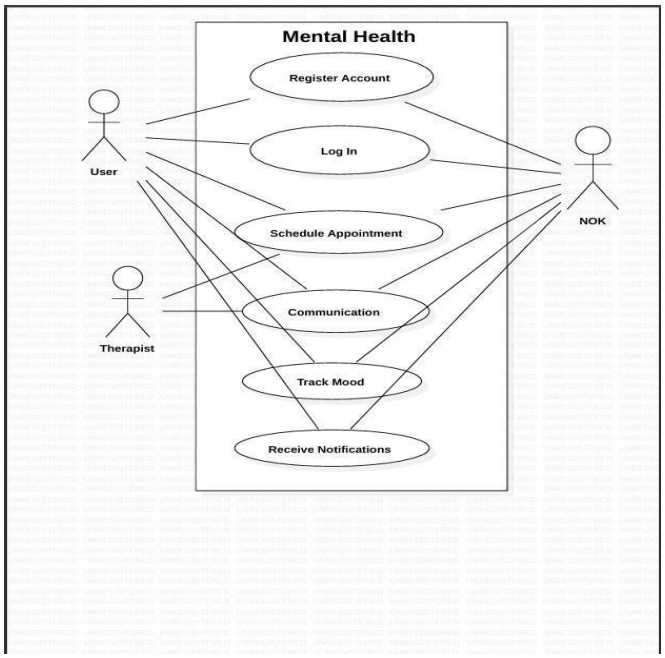
All user data is encrypted and stored securely. Medical reports and documents are accessible only to authorized doctors withthe users consent. Also, when the user is taking questionnaires , a consent is taken as the level of their mental being is not disclosed to them, according to their level found, goes to the next page which contains the different solutions by which the user can recover.
Encrypted siorage for medical and therapy session logs. User identity and personal data remain confidential.

C. Take Assessment and Tracking

Personalized tasks and goals are assigned daily, with regular tracking and feedback to monitor the user's progress. It also tracks users' adherence and progress. Tasks include mindfulness exercises, social interaction, and entertainment activities.

D. Cognitive Behavioral Therapy(CBT)

CBT is integrated into the site to help users restructure negative thought patterns and improve coping mechanisms. Users receive guided therapy sessions based on their levels.



IV. IMPLEMENTATION

Different frontend and backend tools are used to implement the problem. Databases are also used to connect the frontend with the backend. In the Frontend, we use HTML, CSS, and Javascript. In the Backend, we use Nodejs. The database to connect the frontend and backend is used via Firebase.

The login page consist of login with user, NOK and Therapist. Each has different login and signup pages with the details that required. When it's the signup page , for user it asks the username, paassword and emailid with signup. For NOK, it asks nok_name, name of the user, with password and emailid. For therapist, give therapist id ,password, emailid of the therapist.

- When the user logged in to the site ,then there will a small question to ask about your mood, also there will be a small quote on it. This leads to next page where a questionnaire is set up.

- By completing the questionnaire your level of stress or depression is found. After finding out the level, different tasks and routines for each day are given through the site. Also, the given are tracked by the therapist. For users with high levels, we use NOK, they make the users to do the tasks and routines for each day and update it.
- The Therapist will have a graph of the schedule for the day and of the different users.
- NOK of the user can see the graph of the user with the tasks and other works that user done which is updated. NOK can also see the level of the user.

V. RESULTS AND DISCUSSIONS

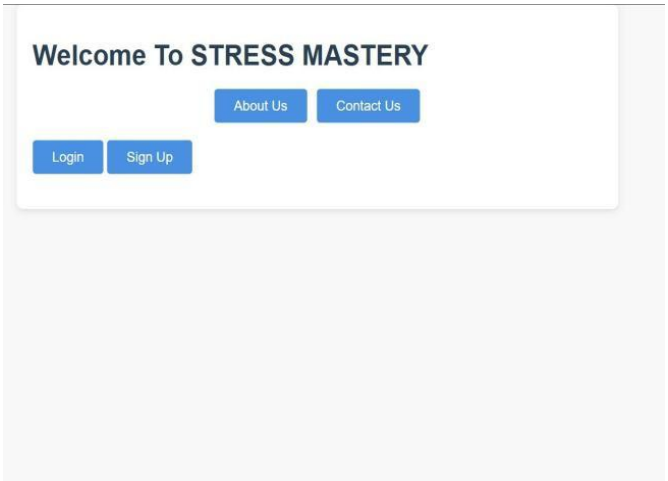


Fig1: Welcome Page

The Welcome Page provides an introduction to the platform, allowing users to familiarize themselves with the stress mastery system. It includes a simple and engaging interface to guide users toward signing up or logging in.

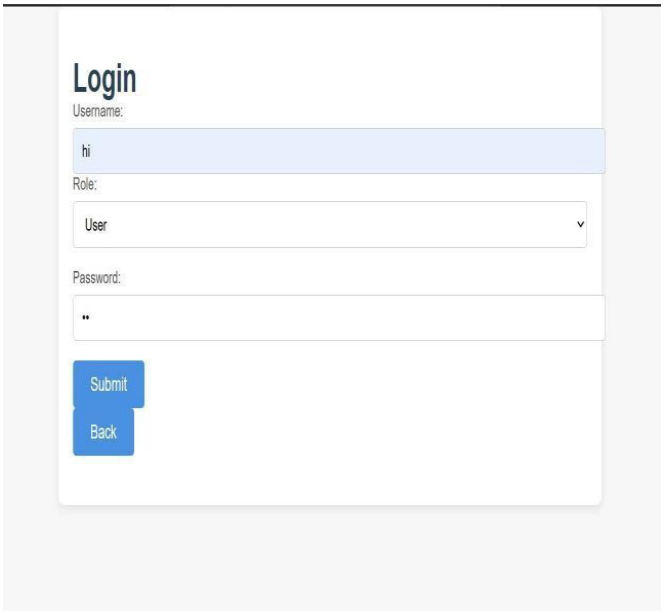


Fig2: Login Page

The Login Page serves as the gateway for different users, including individuals, NOK (Next of Kin), and therapists. It ensures secure authentication and access to personalized features based on user roles.

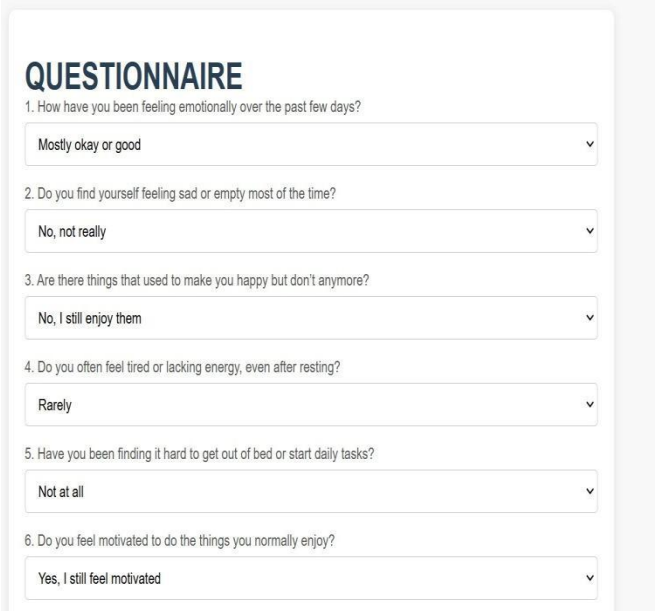


Fig3: Questionnaire

The Questionnaire is designed to assess the user's mental health condition by gathering responses on their stress and emotional state. Based on the answers, users are categorized into different stress levels for tailored interventions.

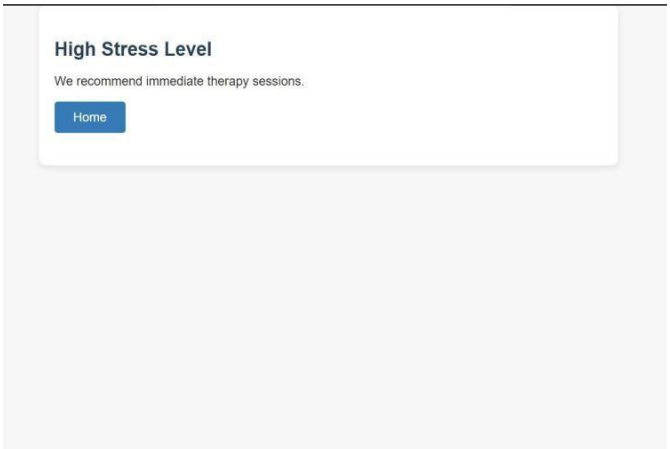


Fig4: Levels

The Levels section classifies users according to their stress assessment results without revealing the specific level to them. This enables a structured approach to assigning appropriate routines and therapeutic activities.

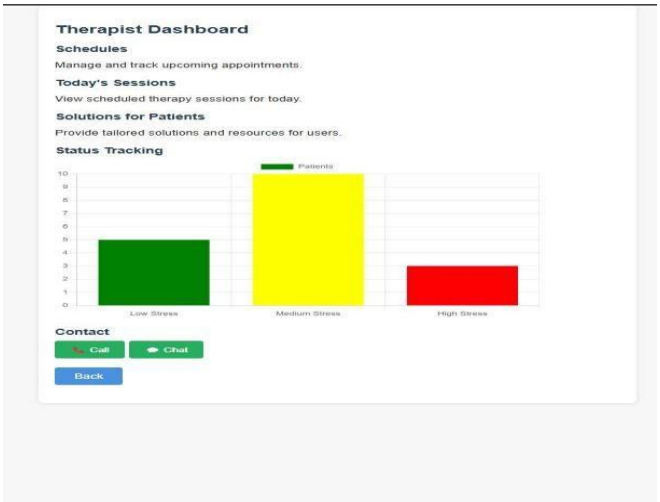


Fig5: Therapist dashboard

The Therapist Dashboard provides therapists with an overview of user progress, including assigned tasks and tracking metrics. It allows them to monitor improvements and adjust interventions accordingly.

VI. CONCLUSION

This research presents the design and implementation of mental health recovery website to aid individuals experiencing depression, anxiety, and suicidal tendencies. The platform integrates structured assessments, cognitive behavioral therapy, counseling, and to improve users mental well-being. By maintaining user privacy,offering personalized interventions, and involving NOKandtherapists in monitoring progress, the system fosters a holistic approach to mental health support. Future work may focus on integrating machine learning algorithms for automated mental health assessment and chatbotbased support to provide real-time guidance. Integrating AI-driven chatbots for real-time mental health support.
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Enhancing gamification elements to improve user participation.
Expanding support for multiple languages and accessibility features.
Implementing real-time video counseling options.

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