

Innovative technologies in various spheres of modern society

Calm down & relax app

We are changing. Our world is on the brink of some of the greatest technological discoveries. New technologies are emerging every day that improve our lives. Mechanisms and innovation have long been an integral part of our society. Professional industries are also moving forward. To stay relevant, professionals need to improve their technology.

Psychology is gaining momentum and merging into everyday life. People are increasingly turning to psychologists. And in order to be able to provide assistance in the modern world, it is important to be on the same wavelength with the world. That is why innovation is important to psychology, as well as to other areas.

Modern man is exposed to a lot of stress and anxiety. It has a detrimental effect on mental and physical health. In order to help people, deal with this, I want to develop an «Calm down & relax» app. This is an application with a database of relaxing and calming exercises, advice from psychologists and specialists. With the ability of users to update the database with their exercises, save separate exercises for themselves. The function of creating an exercise schedule with daily reminders is also planned. Exercise regularly is essential. And reminders will help you not to forget about them and form a habit that is beneficial for mental health. The application will be available on various platforms and operating systems. Everyone can use it.

To be active and maintain their mental health, a person needs to reduce their stress levels. My goal is to make people's lives more comfortable and calmer. My app will help people by collecting a large number of useful activities in one place.