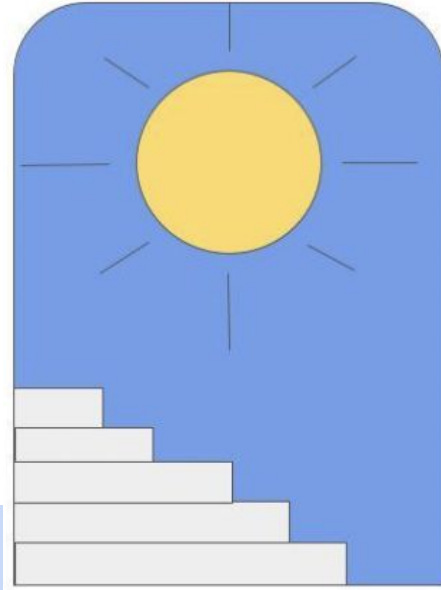


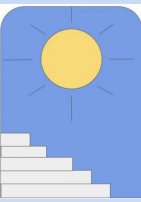
# StressLess



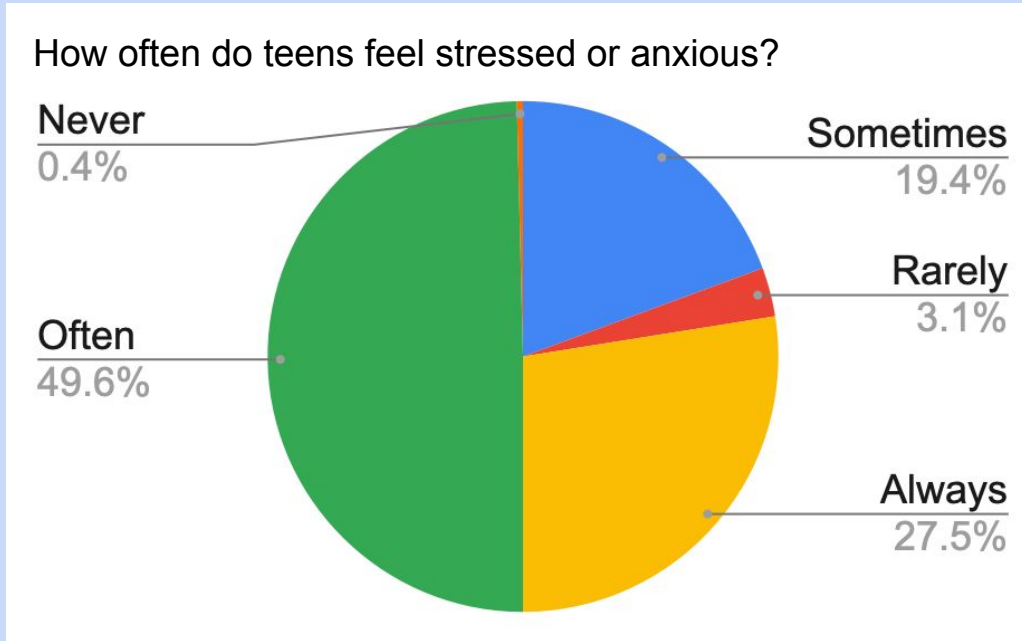
**A simple-to-use app for teens dealing with acute stress and anxiety.**

**Team Members: Yogini, Jasmine, Max and Aritra**

# PROBLEM



75% of teens face acute stress and anxiety.



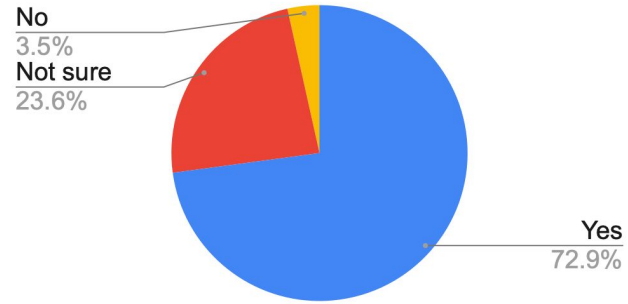
Team 980 Teen Stress Survey 2021

# CUSTOMERS

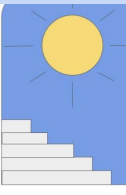
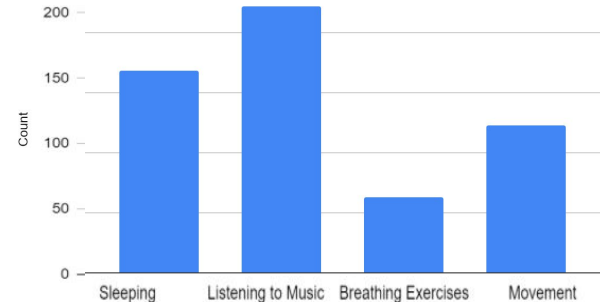
Teens know movement helps but don't do it.

We need something to get us to move.

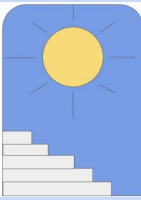
Do teens think physical activity has a positive impact on their mental health?



How do teens manage stress and anxiety?



# SOLUTION - STRESSLESS FOR TEENS



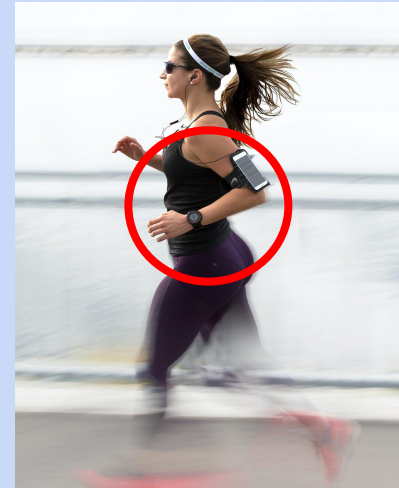
Stress monitoring wearable/app pair



Adaptive app detects an individual's onset of stress

Suggest physical activity

Reward compliance

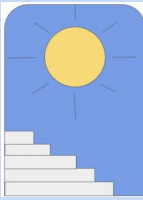


# COMPETITION/VALUE PROPOSITION

Medical grade monitors used in research and treatment (Rx). (Empatica)

Consumer everyday health and wellness. (Fitbit, Apple Watch, health apps)

**But, nothing currently available specifically detects stress and suggests motion for relief.**



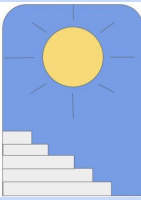
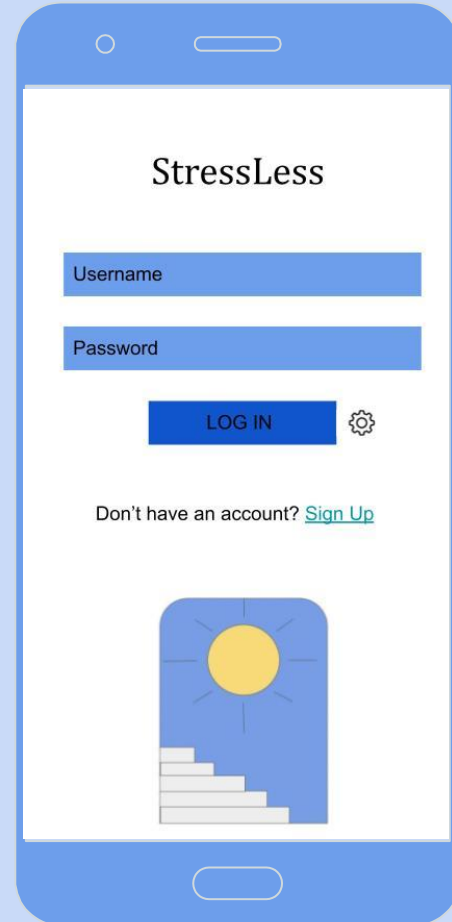
# PROGRESS TO DATE

Developed product concept.

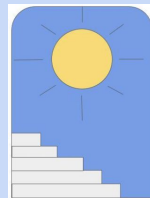
Performed market research on comparable products.

**Nothing “off-the-shelf”**

Looking to bridge the StressLess technology gap.



# ASK



Seeking development partners and resources

- StressLess wearable (with optimal sensors)
- StressLess app (adaptive data processing)

Conduct trials with peers



# CONCLUSION

StressLess is a Game Changer.

