



## A COMPANION APPLICATION FOR IMMORTAL HAPPINESS IN YOU

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**Abstract :** The mental health app is a complete tool for anyone who want to enhance their mental health. The app has a meditation area with timed sessions to help users focus and clear their minds, a sleep stories section with inspiring and peaceful stories to promote mental recharge, and a relaxing music section with calming background music to assist users reduce stress. The app is designed to assist users on their journey to optimal mental health and wellness by providing easy access and user-friendly features. This mental health app offers a one-of-a-kind collection of resources to help users manage their mental health. The app contains a meditation area with timely meditation sessions to assist users achieve inner peace and clarity, a sleep stories section with inspiring and relaxing stories to promote mental renewal, and a relaxing music section with tranquil background music to reduce stress levels. The software is designed to equip users with the skills they need to maintain good mental health and well-being, with a user-friendly interface and easily accessible functionality.

**IndexTerms** - Meditation, Sleep Stories, Relaxing Music, AI Assistant, Emergency Button

### I. INTRODUCTION

This mental health app is a project that aims to provide users with a complete range of tools to aid in the management of their mental health. The app includes a meditation area with timed sessions to help users focus and clear their minds, a sleep stories section with inspiring and peaceful stories to promote mental rejuvenation, and a relaxing music section with calming background music to help users relax. The app's goal is to empower users with easy-to-use tools to help them attain optimal mental health and well-being. The mental health app is an innovative concept that aims to answer today's society's growing need for mental health services. The app will help users achieve inner peace and clarity, a sleep stories section with inspiring and peaceful stories to promote mental rejuvenation, and a relaxing music section with calming background music to assist users reduce stress. The app's user-friendly interface and accessible features aim to help people manage their mental health and improve their overall quality of life. The goal of this mental health app is to provide users providing conveniently accessible and convenient services to assist people in managing their mental health. App includes a sleep stories section with motivational and relaxing stories to promote mental rejuvenation, and a relaxing music section with calming background music to reduce stress levels.

### II. RELATED WORKS

#### Literature Review

[1]. The burden of mental disorders across the states of India P. Bijulakshmi, V. Ramasubramanian, G. Rajendhiran, C. Ramasubra- manian et al use It is widely recognized that mental disorders represent a significant burden in India. The prevalence of mental disorders in India is estimated to be around 10-20% of the population, with stress being one of the major contributing factors.

[2]. Insights on utilization of behavioral health services in The Context Of covid-19 K.Coe,K.Colls, K.Enomoto, and U.Ononogbu use The COVID-19 pandemic has led to a significant increase in behavioral health concerns, such as anxiety, depression, and stress. This has resulted in a greater demand for behavioral health services. However, the pandemic has also disrupted traditional in-person therapy and support groups, leading many to seek out virtual or telehealth options.

[3]. Psychological impact of covid 19 on the amount of perceived stress among college students studying across various streams in india during the period of lockdown R. Sagar, R. Dandona, G. Gururaj, R. Dhaliwal, A. Singh, A. Ferrari, T. Dua, A. Ganguli, M. Varghese, J. K. Chakma et al The sudden shift to online learning and the absence of in-person interaction with peers and instructors has disrupted students' usual routine and daily life, leading to stress.

[4]. Stress detection in daily life scenarios using smart phones and wearable sensors: A survey Y. S. Can, B. Arnrich, and C. Ersoy Stress detection using smart phones and wearable sensors involves measuring physiological and behavioral markers associated with stress. This can be done through sensors such as accelerometers, heart rate monitors, and gyroscopes in smart phones and wearable devices.

The wristband-worn device might be used in conjunction with a mobile app to enable real-time stress monitoring and management.

[5]. Solution Based on Mobile Web Application to Detect and Treat Patients with Mental Disorders. Taoussi, Chaimae, Imad Hafidi, and Abdelmoutalib Metrane use The use of mobile web applications to detect and treat mental problems is an emerging field of study. Several research have looked into the possibility of employing these applications to provide early detection and treatment for mental health concerns. Kauer et al. (2014) investigated the effectiveness of a mobile phone-based intervention in lowering anxiety and depression symptoms in young people. Overall, our findings indicate that mobile web applications might be useful tools for recognising and treating mental health disorders. More research is needed, however, to thoroughly assess the usefulness of these apps and uncover crucial aspects that contribute to their success.

### III. MATERIALS AND METHODS

The program has a meditation area with timed sessions to assist users in focusing and clearing their minds, as well as a sleep stories section with inspiring and relaxing stories from top motivational speakers. The sleep stories area is divided into audio and video portions, allowing visitors to consume the content in their preferred format. Users can listen to the stories in the audio area, while in the video portion, they can view and listen to the stories as delivered by the speaker. In addition, the app contains a relaxing music area with tranquil background noises such as beach wave sounds and rain sounds to assist reduce stress levels.

#### System Architecture

The mental health app system's meditation section is designed to offer users timed meditation sessions that can lower stress and anxiety levels. Users have the option to personalize their meditation experience to suit their unique needs by selecting from a variety of timed sessions to suit their preferences. The mental health app system's sleep stories section offers a selection of inspiring and calming tales from eminent motivational speakers. The stories are separated into audio and video sections so that users can select how they want to consume them. Users can watch and listen to the stories as the speaker tells them in the video section or listen to the stories in the audio section.

There are many calming background sounds in the mental health app system's relaxing music section, including rain and beach waves. These sounds are an excellent tool for people looking to manage their mental well-being because they can ease stress and encourage relaxation. The Android Studio platform is used to build the mental health app system, giving users a fluid and simple user interface. The app is an accessible tool for people looking to improve their mental health and wellness because of its mobile-friendly design and functionality.

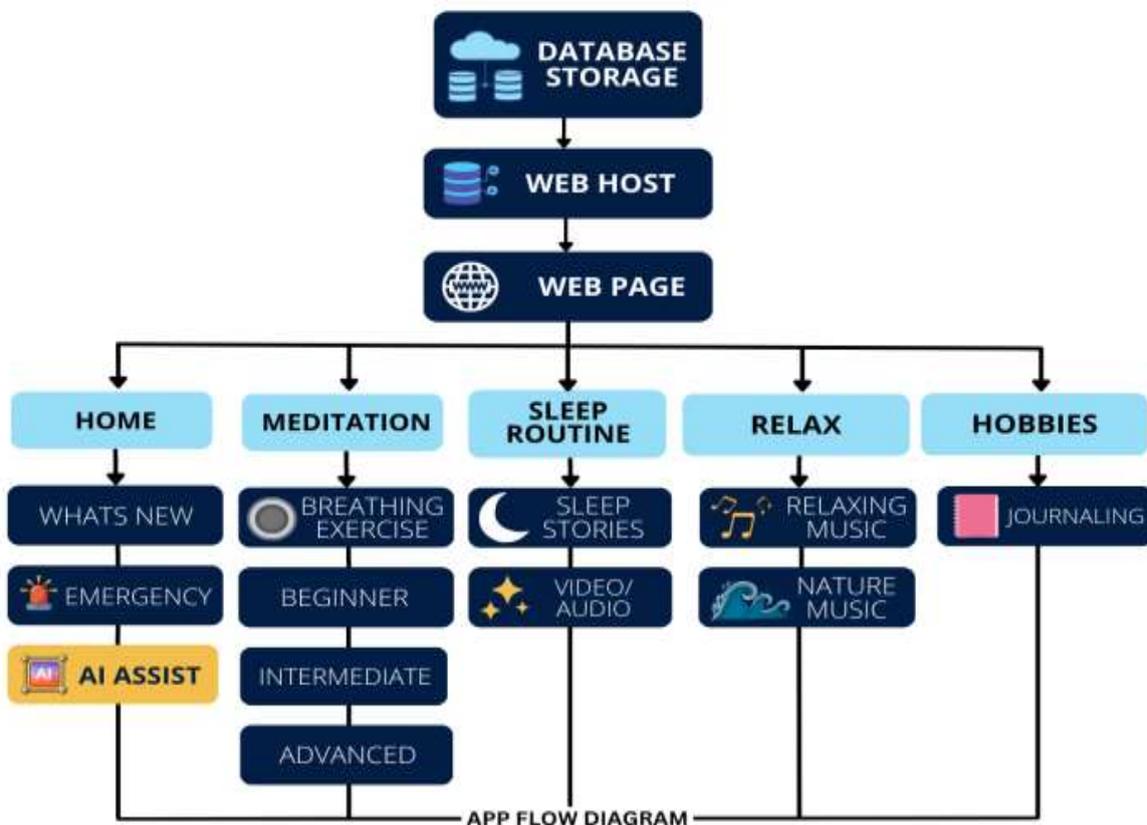


Fig. 1. BLOCK DIAGRAM

The system for mental health apps is made to be flexible and simple to update, with the option for additional features and improvements in the future. As a result, the app is a perfect long-term tool for people who want to manage their mental health over time and has the adaptability to change as their needs and preferences do. Overall, the system of mental health apps provides a full range of tools to help people manage their stress and anxiety levels, thereby promoting mental health and wellness.

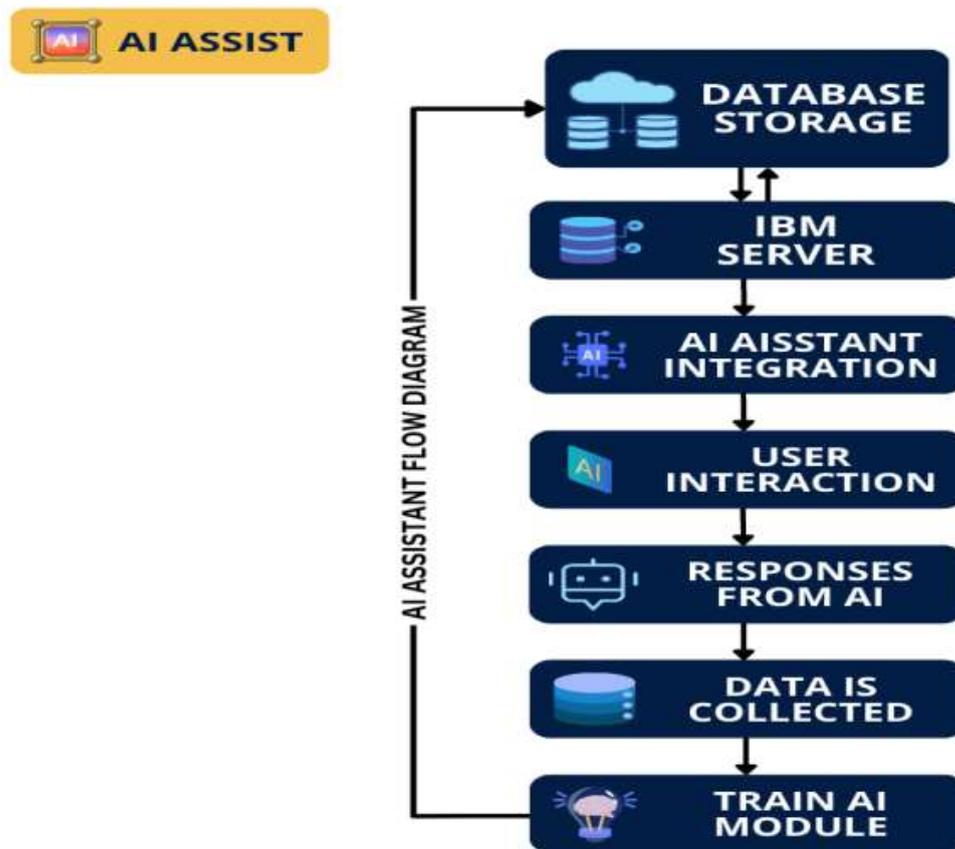


Fig. 2. FLOW DIAGRAM

## MODULES

**Meditation:** This feature of the app offers users timed meditation sessions to help them relax and focus their minds. Users can customize the length of their meditation session, and the app delivers audio advice to assist them throughout. The timely meditation section guarantees that users may access sessions that are appropriate for particular times of the day. There may be sessions planned for morning routines to start the day with a calm and focused mindset, sessions for mid-day breaks to ease stress and revitalise energy, and bedtime sessions to promote deep relaxation and improved sleep. Users now have a handy and accessible resource to practise meditation and improve their mental well-being by introducing the Meditation feature into the app. The specially designed sessions, which are available in audio and video formats, provide flexibility and respond to individual tastes. This component is critical in fostering relaxation, mindfulness, and stress alleviation, ultimately adding to the app's users' overall mental health and happiness.

**Sleep stories:** Users can select from a selection of audio and video stories in this section to help them fall asleep and have a good night's sleep. Top motivational speakers narrate the stories, which are available in both audio and video formats. The part on sleep stories is separated into two formats: audio and video. Users can listen to the peaceful stories via headphones or speakers in the audio area, immersing themselves in the calming narrative. The audio format allows listeners to concentrate entirely on the spoken words and the calming background music, resulting in a relaxing and sleep-inducing environment. Users can not only hear but also see the stories as they are recounted by the speaker in the video area. The mix of auditory and visual aspects improves the immersive experience, making it more engaging and intriguing.

**Relaxing music:** This software module provides users with a variety of peaceful background noises, such as beach wave sounds, rain sounds, and more. Users can choose their preferred soundscape and change the volume to create the ideal relaxing environment. Essentially the deduction of the amount of pixels under the dark region from the amount of pixels under the white region. Applying 6000 elements on every window outline was viewed as troublesome. Include were gathered into stages which are known as fountains of a classifier. The calming music component enhances the entire therapeutic effect by complementing other modules in the program, such as the meditation and sleep stories

sections. Users can listen to the soothing music while meditating or before going to bed, creating a peaceful environment that aids in calming the mind and enhancing sleep quality. The software recognises the power of sound and its impact on mental well-being by including a relaxing music section. It helps users manage stress, anxiety, and tension by immersing them in calming melodies and tranquil sounds. Within the app, the combination of soothing music, guided meditation, and motivating sleep stories delivers a comprehensive approach to mental wellness.

**AI Assistant:** The AI conversation assistant is a key component of the Android Studio-built mental health app. Its primary goal is to provide users with a friendly and participatory environment in which to manage their stress and anxiety concerns. The AI chat assistant module includes various critical functionalities and features that contribute to the app's overall efficacy. The AI chat assistant's main job is to act as a companion for users, creating a safe area where they may freely express their feelings and emotions. Users can express their worry, anxiety, or other mental health concerns with the AI chat assistant, knowing that the AI will answer with empathy and compassion.

**Emergency button:** The emergency button is a vital element of the mental health app that ensures users' safety and immediate support when they are experiencing high levels of stress, anxiety, or crisis situations. This button is prominently displayed on the app's home screen, enabling rapid access to help when needed. When a user clicks the emergency button, they are immediately linked to an expert or mental health professional who can offer instant assistance and counselling. This tool allows users to communicate directly with trained professionals who can provide support, comfort, and necessary interventions during difficult times. The emergency button is especially useful when users seek instant assistance that goes beyond the capabilities of the AI assistant or the app's modules. It is a trustworthy resource that allows customers to contact a human specialist who can provide personalised and professional assistance adapted to their individual needs. Users can feel certain that they have a trustworthy support system available to them whenever they confront significant stress, tension, or mental health emergencies by including the emergency button within the mental health app. It improves the app's overall safety and effectiveness, contributing to the well-being and peace of mind of its users.

Overall, the AI chat assistant improves the mental health app by offering personalized help, recommendations, and a space for users to express their emotions. It uses modern technology to address user stress and anxiety issues, providing solutions through the app's many modules. The inclusion of an emergency button guarantees that users can seek professional assistance as soon as they need it, reinforcing the app's dedication to promoting mental health.

#### IV. SAMPLE OUTPUT



Fig.1. HOME SCREENSHOT

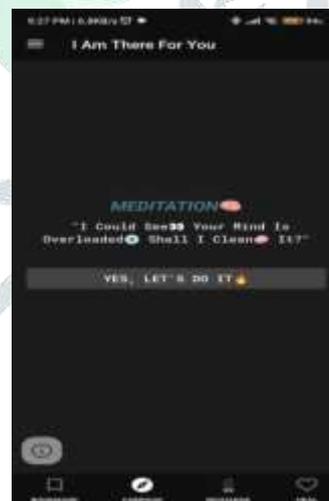
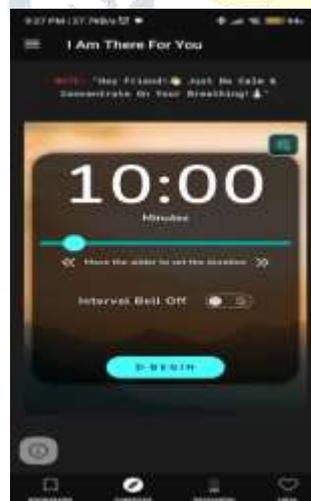


Fig.2.MEDITATION SCREENSHOT





Fig.3. SLEEP STORIES

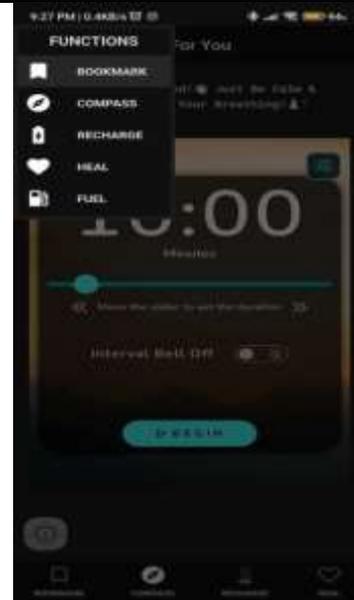


Fig.4. FUNCTIONS SCREENSHOT

## V. CONCLUSION

Finally, the Android Studio-developed mental health app is a full solution for enhancing mental well-being and lowering stress and anxiety. The app's modules, which include meditation, sleep stories, and relaxing music, offer users a variety of tools to help them relax, focus their minds, and attain a sense of serenity. The AI assistant module is a one-of-a-kind tool that allows users to express their emotions and receive personalized help and direction based on their specific needs. The emergency button in the app is a safety feature that gives users instant access to professionals if they are experiencing excessive stress, tension, or other mental health difficulties. Overall, the mental health app is an easy-to-use, effective, and accessible tool that can assist individuals in improving their mental health and well-being.

## VI. FUTURE SCOPE

The mental health app's future plans include expanding its features and capabilities to assist more people in improving their mental health and well-being. Adding more modules: Adding more modules to the app, such as stress management techniques, breathing exercises, and cognitive behavioral therapy approaches, is one of the future goals in order to provide users with more complete help. Personalized support: The app can provide users with more personalized support based on their specific requirements and preferences. The AI assistant module can be expanded to provide users with personalized recommendations based on their input and usage patterns. Creating a user community in which people may contribute their experiences, suggestions, and techniques in order to aid others. This can make users feel more connected and supported, as well as providing useful insights for future app development. Integration with wearable devices: To provide users with a more immersive and integrated experience, the app can be integrated with wearable devices such as smartwatches and activity trackers. Users can use this to track their progress, establish objectives, and be reminded to practice mindfulness and relaxation practices. Overall, the mental health app's future scope is to continue to expand and improve its features and capabilities in order to help the mental well-being of more individuals.

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