

Happiness App

Problem:

According to the American Psychological Association, chronic **stress** is linked to the six **leading** causes of death: heart disease, cancer, lung ailments, accidents, cirrhosis of the liver and suicide. And more than 75 percent of all physician office visits are for **stress**-related ailments and complaints. Nowadays, one of the main causes of stress is our mobile phones! These devices that are attached to our hands all day all night. Unfortunately, many of the social relations are being connected by the internet, deleting any face to face interactions, causing stress and loneliness, not getting enough of the people we love such as our friends or families. Moreover, most of the people, mainly teenagers, waste the majority of their times on the social media apps and other gaming apps, wasting their days and nights preventing their selves from getting enough sleep and decreasing their creativity and productivity, which leads to absolute stress as well.

Proposed Solution:

The Happiness app; is an app that focuses on making your day more productive and less stressful. It is an intelligent app that helps you get rid of bad habits as well. Because we believe that happiness is the key to a healthy life, and it is the least abundant characteristic in our lives.