Project Proposal

CS320 Spring 2025

Company Name:

Prestige View

Application Name:

CalmConnect

Proposal (>= 300 words):

CalmConnect is a wellness companion application designed to help users manage stress, anxiety, and overall mental well-being through mindfulness exercises, mood tracking, and community support. Many individuals struggle with mental health challenges but lack access to affordable, personalized resources. CalmConnect provides structured self-care tools that encourage daily reflection and emotional well-being management.

The application's goal is to offer a holistic mental health system tailored to individual needs. Unlike generic wellness apps, CalmConnect personalizes the experience by analyzing user inputs and providing targeted self-care recommendations. The platform also fosters a safe space for peer support, allowing users to share experiences and find encouragement.

College students, working professionals, and individuals seeking emotional wellness will benefit from CalmConnect's features. Students face academic stress, while professionals juggle career and personal responsibilities. CalmConnect helps integrate mindfulness into daily routines, promoting resilience and focus.

The app's **key features** include a **daily mood tracker** with insights, **guided meditation and relaxation exercises**, and **customized self-care routines**. Users can engage in an **anonymous community support forum** to share experiences and seek encouragement. Additionally, a **crisis resource hub** provides access to emergency mental health services.

By combining technology with mental health awareness, CalmConnect offers an accessible, structured way to build healthier habits and find support when needed.