

Tranquil

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Motivation

- Chronic anxiety affects **31% of adults** in the US at some point in their lives
- No current application exists that can both **detect** anxiety by monitoring physiological symptoms, and **provide solutions** to alleviate stress

Solution

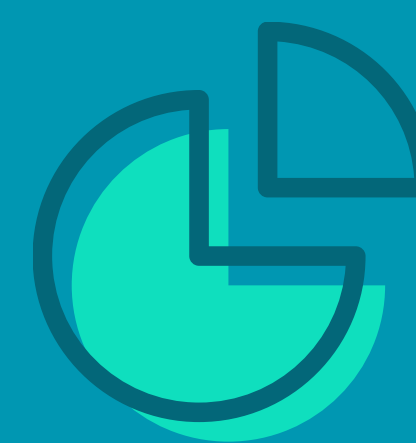
- **Robust detection** of spiking anxiety levels utilizing changes in heart rate and heart rate variability
- **Effective stress management** techniques in the palm of your hand

Innovation

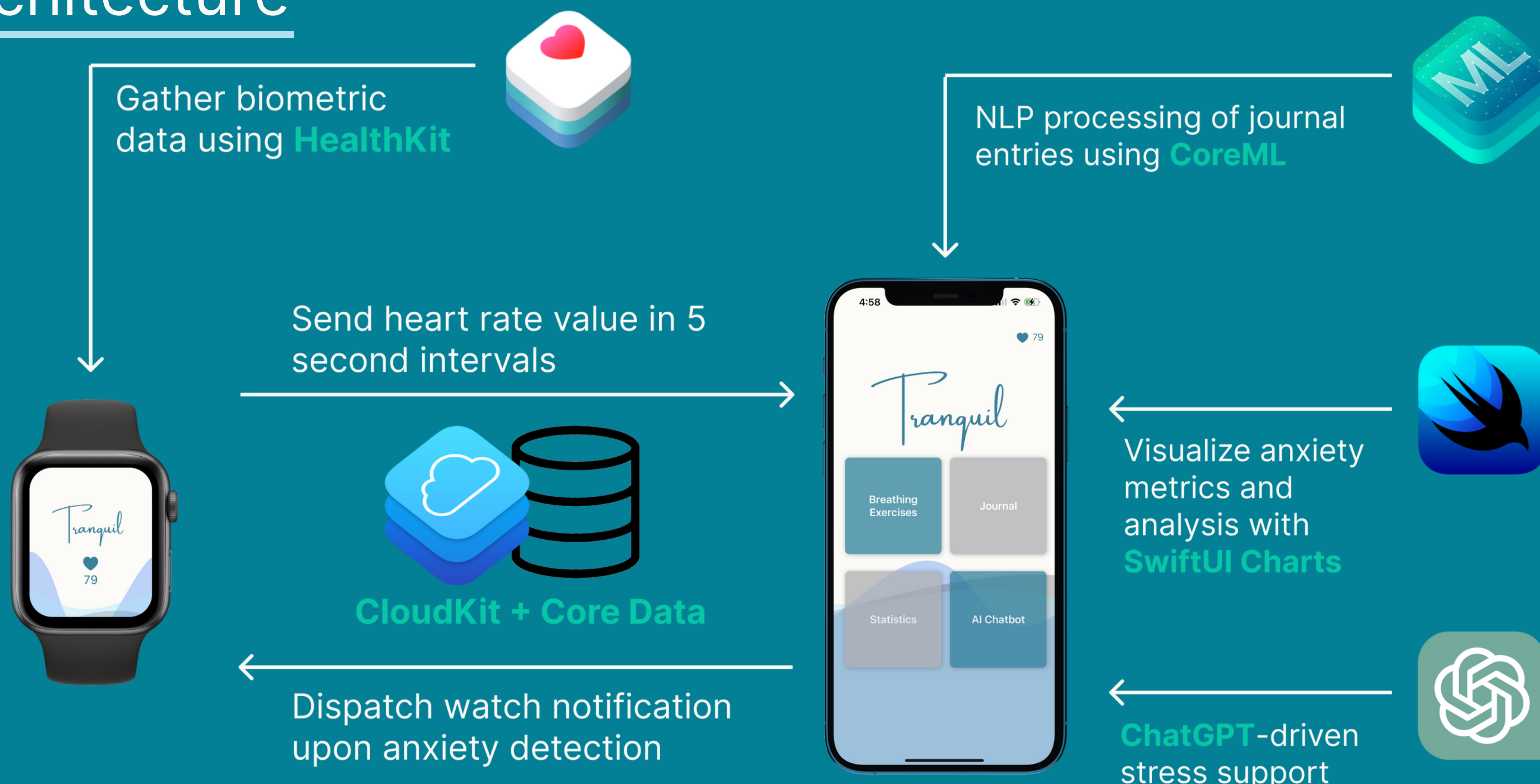
- **Real-time** analysis of stress levels
- Reliable alert system to **gently notify user** of spiking stress
- **Three stress mitigating features:**
 - Researched effective breathing exercises
 - Journal with NLP analysis on emotions and stress
 - AI-driven chatbot to provide immediate aid

In-Depth Analytics

- Advanced data visualization of stress levels **gauges upward progress** from integrating Tranquil into daily life



Architecture



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