



# MuseJourney: A Stress Management Website for High School Students

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## Abstract

In today's fast-paced and demanding academic environment, high school students often find themselves overwhelmed with stress. Long lines to see school counselors can add to the frustration, leaving many students without timely support. MuseJourney aims to provide students with immediate access to stress-relief resources and tools, helping them manage their stress levels effectively without the need to wait for counselor appointments.

## Introduction

MuseJourney is designed to be a supportive and empowering platform for high school students. By providing immediate access to stress-relief resources, the website aims to reduce the burden on school counselors and ensure that every student has the tools they need to manage their stress effectively. Together, we can create a healthier, happier school environment where students can thrive both academically and personally.

## Methodology

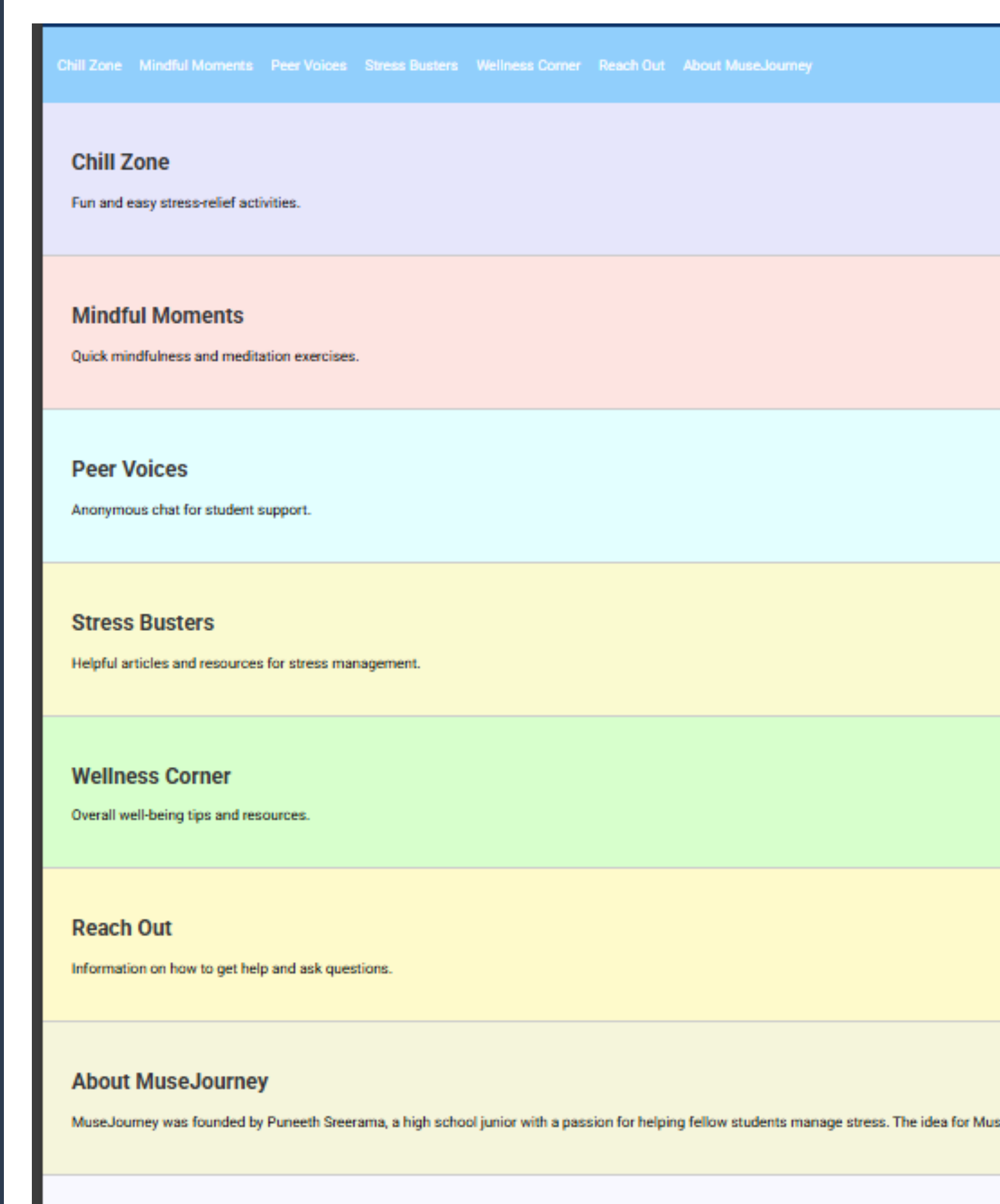
**Research:** Found related research where high school students answered a survey relating to stress from how they handle stress to what methods best works for them.

**Development:** Created a user-friendly website with sections dedicated to various stress management techniques, including mindfulness exercises, breathing techniques, and time management tips.

**Testing:** Conducted usability testing with a group of students to gather feedback and make necessary improvements.

## Results

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- It runs properly as intended giving the students a sense of welcoming and ease to navigate comfortably.

- Based on the present data, that if one piles up stress in their life it will lead to long term mental health problems. In order to, deal with every day stress the elements of this website will help compartmentalize various stressors.

## Conclusion

MuseJourney aims to be a valuable tool for high school students seeking quick and effective ways to reduce stress. By providing a variety of stress management techniques and resources, the website empowers students to take control of their mental well-being and thrive in their academic environment.

## Acknowledgements

Add your information, graphs and images to this section.

- Thank you to Innovation Academy for supporting this project.
- Special thanks to my research teacher Mr. Jones guiding one step at a time providing helpful feedback.