MindEase: A Depression And Anxiety Soother Website

Purvaa Deepak Kashyap[#1], Shrutika Sanjay Tope[*2] ,Supriya J.Patil[*3]

[#]*Department of Computer Engineering, Marathwada's Mitra Mandal's Polytechnic, Thergaon Pune-33, India*

[1]purvaa_230398@mmpolytechnic.com , [2]shrutika_2303118@mmpolytechnic.com , [3]patilsj@mmpolytechnic.com

Abstract— Therefore, an increase in mental health issues among youth is a factor that highlights the need to provide easily accessible digital support systems. Traditional methods of identifying and dealing with mental health issues often require professional intervention, which may not be readily available. In this study, an Interactive Mental Wellness Support Platform has been developed to help users identify emotional stress and provide support through digital means. The system begins with a mental health risk assessment questionnaire to identify individuals who may be showing signs of mental health issues related to depression or emotional imbalance. After completing the questionnaire, users are provided with a personalized wellness environment to access various support tools. The system includes various modules such as interactive games, inspirational stories, breathing exercises, animation-based relaxation tools, and a supportive chatbot that responds to users' emotional states. These components of the system aim to reduce stress, improve focus, and increase positive thinking through engaging digital media. It has been developed using HTML, CSS, JavaScript, and other web technologies to provide a user-friendly interface through web browsers. Interactive entertainment media, mindfulness practices, and a chatbot-based support system have been included to help users deal with stress and improve mental well-being through positive thinking.

Keywords— Mental Health Support System; Depression Risk Assessment; Interactive Wellness Platform; Mindfulness Techniques; Stress Relief Exercises; Emotional Support Chatbot; Relaxation Games; Breathing Exercises; Mental Wellness Activities; Web-Based Support Application

Introduction

A. Background

In particular, the increasing number of mental health problems faced by individuals, such as students and young adults, is considered a significant concern for the world at large. In such cases, factors such as academic and other pressures, societal demands, digital overload, and lifestyle factors often contribute to the occurrence of stress, anxiety, and depression.

Despite the increasing awareness and knowledge about mental health problems and the need for support and care, many individuals are still unwilling to approach and consult professionals for support and care. In such cases, there is an increasing need for digital support and care that can provide emotional support and care for individuals. With the increasing advancements and developments in web technologies and digital support platforms, there has been the introduction and implementation of digital support and care for the emotional well-being and stress-relieving needs of individuals. In particular, such digital support and care platforms are based on the integration of psychological methodologies and support for the emotional well-being and care of individuals. In such cases, activities such as emotional support through deep breathing, relaxation, storytelling, and games can help individuals divert their attention and emotions from negative thoughts and emotions and maintain emotional well-being and care. In particular, chatbots and other intelligent response systems can also help individuals feel heard and cared for through emotional support and care. In such cases, the development of a web-based support platform for mental wellness and care is considered a significant approach for providing emotional support and care for individuals and helping them manage stress and other emotional problems and maintain psychological well-being and care in the rapidly changing digital world..

B. Problem Statement

- The delivery of mental health support is still a major challenge, especially for students and young people facing stressful, anxious, or emotionally challenging situations. Existing support systems, like counseling services, are often restricted by issues of availability, social stigma, or lack of awareness, thereby limiting the timely delivery of help services. There is therefore an emerging need for digital systems capable of delivering timely and interactive emotional support services. However, there are several limitations evident in the present digital mental wellness services, which affect their effectiveness and usability for delivering mental health services. They are as follows:

- - Limited user engagement — Existing mental health services are often restricted to delivering information or text-based services, which are often not capable of actively engaging or holding the user's attention.

- - No early emotional assessment — Existing mental health services do not have an initial mental health assessment tool to identify users facing emotional distress or depression.

- - Limited interactive support services — There are several mental health services that do not have interactive support services like games, breathing exercises, or relaxation activities to divert user attention or reduce their mental stress.

- - No personalized emotional interaction — Existing mental health services do not have interactive

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services like empathetic chatbots to respond to user emotions or provide comforting services.

- • - Limited mental wellness services — Existing services are often restricted to delivering isolated services, whereas there is an emerging need for a unified platform to provide mental health assessment, relaxation activities, mindfulness, and emotional support services under one platform.

These limitations highlight the importance of having a unified mental well-being platform that includes emotional evaluation tools, interactive relaxation activities, and conversational tools to offer accessible and user-friendly mental well-being solutions for people without requiring expertise or resource support..

C. Motivation

The increasing use of digital technologies for communication, learning, and socializing has greatly increased the importance of mental health support systems. Individuals who are under stress, anxiety, and emotional distress often do not opt for professional assistance due to social stigma, lack of awareness, and inaccessibility of services. This is a great motivating factor to create a supportive digital environment that is capable of providing instant and highly engaging mental health support services. An interactive web-based system can serve as a first step in providing mental health support services to users, allowing them to assess their emotional condition, engage in relaxing activities, and receive supportive services.

In addition to this, the development of web technologies, interactive user interfaces, and client-side scripting tools like HTML, CSS, JavaScript, and other user interface libraries has enabled developers to create highly interactive and engaging mental health applications. This has provided a great motivating factor to create a comprehensive mental health system that is capable of providing emotional awareness, reducing stress, and encouraging positive mental health practices in a highly user-friendly and accessible way..

D. Objectives

The primary objectives of this work are:

• To develop a web-based mental wellness support platform that provides accessible tools for stress management and emotional support

• To implement a mental health assessment quiz that helps identify users who may be experiencing symptoms of stress, anxiety, or depression

• To design an interactive user interface that allows users to easily navigate between different wellness activities and support modules

• To integrate interactive relaxation activities such as games, animations, and storytelling that help divert the user's mind from negative thoughts

• To incorporate mindfulness techniques including breathing exercises, grounding practices, and stress-relief routines to promote emotional regulation

• To implement a supportive chatbot system that interacts with users, understands their emotional state, and provides empathetic responses

• To develop a progress tracking mechanism that allows users to monitor their engagement with mindfulness and wellness activities

• To create a responsive and user-friendly platform using HTML, CSS, and JavaScript that can be easily accessed through standard web browsers without requiring specialized hardware or software.

I. LITERATURE REVIEW

A. Digital Mental Health Platforms

The increasing need for mental health support has been met by the development of mental health platforms, which are providing much-needed psychological support to people via the internet. Research done by Firth et al. in 2017 indicates that digital mental health interventions are effective in helping people deal with mental health issues such as stress, anxiety, and minor depression. Similarly, Torous et al. found in 2020 that online mental health platforms, such as those using behavioral therapy techniques, can help improve mental well-being.

B. Mindfulness and Relaxation Techniques

Mindfulness-based stress management techniques are common in mental health applications. According to Kabat-Zinn, in his 2003 study, mindfulness-based stress management techniques such as deep breathing, grounding, and meditation are effective in reducing stress and improving emotional stability. Many interactive digital platforms provide mindfulness-based relaxation techniques such as breathing, relaxation, and visualization, which help people deal with mental health issues such as anxiety and improve emotional stability. Breathing techniques such as 4-7-8 breathing and box breathing are effective in improving emotional stability and reducing stress.

C. Gamification in Mental Wellness Applications

Gamification has been found to be an effective tool for improving mental wellness applications. According to Deterding et al. (2011), gamification, such as the use of challenges, rewards, and interactive activities, can improve user motivation for mental wellness applications. Cognitive engagement games such as memory games and problem-solving activities can help people deal with mental health issues such as depression and improve their focus. This has

been found to be effective in improving mental well-being and effective stress management.

D. Conversational Agents for Emotional Support

Conversational agents that engage in dialogue with you are a big part of mental health in our modern world. Research done by Fitzpatrick et al. in 2017 found that conversational agents using AI can provide a supportive conversation that helps users identify their feelings and receive empathetic feedback. Mental health agents like Woebot and Wysa use natural language processing and emotional responses to engage in a caring conversation. They can guide users in cognitive behavioral therapy, provide motivational feedback, and suggest healthy habits to cope with life's challenges. This is a great addition to mental health services.

E. Web Technologies for Interactive Wellness Systems

The web technologies of today, which include HTML, CSS, JavaScript, and UI libraries, are powerful tools for developing highly interactive web applications. Flanagan (2019) states that web technologies like client-side scripting libraries are powerful tools for building highly interactive web applications that can run smoothly in any browser without requiring complex infrastructure. This is a great advantage for web-based mental wellness applications that can reach a wide audience and are easily deployable.

F. Gap Analysis

Although there are significant contributions to digital mental health tools, there are still gaps in their functionality and features. Most of them are static in nature, lacking interactive features that could boost a user's interest in using the app. There are also mental health applications that do not have emotional assessment tools to identify people under stress and depression. Most of them are fragmented in nature, offering a single feature like a relaxation tool, a chatbot, a mindfulness tool, a gamification tool, and an emotional assessment tool. The Interactive Mental Wellness Support Platform is a comprehensive system that integrates mental health assessment tools, interactive relaxation tools, gamification tools, inspirational tools, and a chatbot in a single system to improve emotional well-being and reduce stress levels.

II. METHODOLOGY

A. System Architecture

The Interactive Mental Wellness Support Platform is structured as a series of modules that work together in a smooth sequence: starting with the Homepage, taking a Mental Health Assessment Quiz, proceeding to User Authentication, and finally entering a Personalized Wellness Dashboard. From there, users can engage with Interactive Activity Modules such as Games, Stories, Animations, and Music, followed by Mindfulness and Relaxation Modules, and finally interact with a Conversational Chatbot and obtain Feedback.

The Homepage is the starting point where users can find the quiz. Once users complete the quiz, they log in to access their personalized dashboard with various wellness activities such as games, animations, and other health-related activities.

The Interactive Mental Wellness Support Platform is technically developed as a web-based application using HTML, CSS, Tailwind CSS, and JavaScript. It is thus viewable on any web browser. Its module-based design ensures that users can move seamlessly from one activity to another while providing an environment that is welcoming and supportive to users' mental health and well-being.

B. Mental Health Assessment and User Input Module

The system starts with a Mental Health Assessment and User Input Module, which collects user input data based on user response to an interactive quiz. The quiz includes questions related to users' moods, levels of stress, and experiences to evaluate users' current mental state. Users can select their responses through a web-based interface, and based on this input data, the system can evaluate whether users are suffering from emotional distress and symptoms of anxiety and depression. According to the assessment, users can be provided with suitable wellness activities. The quiz is implemented as an HTML form with CSS and JavaScript, allowing users to have smooth interaction within their browsers..

C. Interactive Wellness Activity Module

This Interactive Wellness Activity Module provides users with various interesting activities intended to divert their attention from negative thoughts and engage them in positive activities. After signing in, users can view the wellness dashboard and engage in various interactive activities. The activities provided include memory games, puzzle activities intended to ground users, animated activities, positive stories, and relaxing activities. The activities are intended to divert users' attention from negative thoughts and engage them in positive activities. The memory games and puzzles are intended to enhance users' concentration and focus, while the animated activities are intended to create a tranquil atmosphere. All the activities are built using HTML5, CSS, and JavaScript to run in a standard web browser. The activities provide users with entertainment and wellness.

Category	Features Extracted
Activity Category	**Activity/Feature**
Cognitive Games	Memory Match Game
Puzzle Games	2048 Grounding Game
Comfort Games	Hug Bunny Game

TABLE I. Video Feature Categories and Attributes

D. Mindfulness and Relaxation Techniques Module

This module is a collection of guided activities that help reduce stress, anxiety, and emotional instability. It combines various scientifically backed techniques of relaxation, such as deep breathing, grounding, visualization, and progressive muscle relaxation, into a simple and easily followed routine. For instance, animated breathing circles and relaxing particles help users follow a breathing pattern consisting of inhalation, retention, and exhalation in real time. Such breathing patterns are driven by CSS animations and JavaScript timers to give immediate instruction. Grounding techniques, such as the 5-4-3-2-1 technique, help users ground themselves in the present moment by focusing on sensory experiences. Combining interactive visualizations with mindfulness techniques helps users develop positive coping skills and reduce emotional turmoil.

Category	Features Extracted
Technique Category	**Technique/Activity**
Breathing Exercise	Guided Deep Breathing
Grounding Exercise	5-4-3-2-1 Sensory Technique
Relaxation Practice	Progressive Muscle Relaxation

TABLE II. Mindfulness and Relaxation Techniques Implemented in the System

E. Conversational Chatbot Support Module

The Conversational Chatbot Support Module provides users with a supportive digital companion that encourages emotional expression and offers motivational guidance. The chatbot, known as Comfort Bot**,** interacts with users through a chat interface where they can type messages or select predefined emotional states such as anxious, sad, stressed, tired, or overwhelmed. Based on the user's input, the chatbot generates empathetic responses designed to comfort the user and encourage positive thinking. The chatbot system is implemented using JavaScript-based response logic and predefined conversational patterns, enabling real-time interaction within the browser. In addition to responding to user messages, the chatbot also provides daily affirmations and supportive reminders that promote emotional resilience and mental well-being. This module helps users feel heard and supported, especially during moments of emotional distress.

F. Progress Tracking and User Engagement Module

This module tracks the progress of the user's dive into the wellness activities provided by the platform. It records what has been done so far, such as the number of relaxation activities, games, grounding activities, and chatbot interactions. All these are recorded and stored using the browser's LocalStorage, so all the session details are readily available without the need for a backend. The progress achieved is also displayed through interactive charts and counters using Chart.js, giving the user a visual representation of their mental wellness journey. Seeing these numbers encourages the user to continue their dive into relaxation and wellness activities, creating good habits for their emotional well-being.

Progress Category	Tracked Activity
Breathing Exercises	Number of breathing sessions completed
Grounding Activities	Grounding technique sessions
Stress Relief Activities	Relaxation and stretching exercises
Interactive Activities	Games and animation interactions

TABLE III. User Progress Tracking Metrics and Their Functions

G. The Output and User Feedback Module

It refers to what appears on the screen after the user has interacted with the wellness activities on the platform. This module will use the information obtained from the user's answers on the mental health assessment quiz and the user's interaction with the modules on the platform to give the user appropriate feedback and suggestions on how to relax and be more positive. This will be done on an interactive screen, which will indicate the user's progress, the modules the user has completed, and suggestions on what the user can do to enhance their wellness. The user will be able to easily interpret the information on the screen, which will be presented in charts, counters, and completion markers. Along with the user feedback, the user will also be given uplifting messages and suggestions on what they can do to enhance their emotional state**.**

H. Technology Stack

Parameter	Technology Used
Frontend Development	HTML5
Styling Framework	CSS3, Tailwind CSS
Client-Side Scripting	JavaScript
Interactive Animations	CSS Animations, JavaScript
Chatbot Implementation	JavaScript Rule-Based Logic
Data Visualization	Chart.js
Data Storage	Browser LocalStorage

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TABLE.IV. TECHNOLOGY STACK USED IN THE MENTAL WELLNESS SUPPORT PLATFORMRESULTS AND DISCUSSION

A. Experimental Setup

For instance, the Interactive Mental Wellness Support Platform was tested and assessed by examining how all the components of this platform would work together in various scenarios and with various browsers. We also considered how all the main components of this platform would work in terms of functionality, speed, and user-friendliness, including the mental wellness quiz, games, relaxation techniques, chatbot interactions, and tracking of user progress. We also tested this platform using various web browsers, both on desktop and mobile devices, to assess compatibility and user interaction. The experimental design involved various frontend technologies, user interaction techniques, and visualization tools.

Component	Technology
Frontend Framework	HTML5
Styling Framework	CSS3, Tailwind CSS
Client-Side Scripting	JavaScript
Interactive Animations	CSS Animations, JavaScript
Chatbot Logic	Rule-Based Response System
Data Visualization	Chart.js
Data Storage	Browser LocalStorage
User Interface	Responsive Web Design

TABLE V. Experimental Setup for the Mental Wellness Support Platform

B.The Interactive Module Performance

The section examined how well the platform holds users' interest and maintains a relaxed atmosphere. To do this, we tried out various modules such as memory games, puzzle games, animation-based relaxation tools, and storytelling. It is evident that all the modules functioned well and were responsive across all supported browsers. Cognitive games such as memory matching games and puzzle games were effective at keeping users engaged and improving concentration. Animation-based relaxation tools provided a relaxed atmosphere. Uplifting stories and relaxation tools were effective at providing an opportunity to think emotionally and relax. From this study, it is evident that providing entertainment and relaxation tools is essential to keep users engaged and relaxed.

C. Chatbot Interaction Performance

The Chatbot Interaction Performance was evaluated to assess how effectively the conversational support module responds to user emotions and maintains engagement. The chatbot allows users to either type messages or select predefined emotional states such as anxious, sad, stressed, tired, overwhelmed,

okay, or good**.** Based on the selected mood or message input, the chatbot generates supportive responses and motivational messages. During testing, the chatbot successfully delivered empathetic responses and maintained smooth conversational flow. The integration of encouraging messages, daily affirmations, and supportive feedback helped users feel acknowledged and supported. These results demonstrate that the chatbot module effectively contributes to emotional assistance within the platform by providing simple but meaningful conversational interaction.

User Mood Input	Chatbot Response Type	System Output	User Mood Input
Anxious	Breathing guidance and reassurance	Calming support message	Anxious
Sad	Empathetic emotional support	Encouraging message	Sad
Stressed	Stress management suggestion	Relaxation advice	Stressed
Tired	Rest and self-care suggestion	Motivational reminder	Tired

TABLE VI. Chatbot Interaction and Emotional Response Evaluation

D. User Progress and Engagement Evaluation

We examined its ability to maintain user engagement with wellness activities over time. To do this, we monitored how users interacted with various modules of the system, such as breathing exercises, grounding exercises, stress-relieving activities, games, and even chats with a chatbot. Users can view their progress on the dashboard, where it is logged and shown through various visualizations. From our results, we found that users who frequently used relaxation exercises and games were more engaged with the system. Users were also encouraged to maintain regular mindfulness practice through the progress-tracking feature. From this study, we learned that a combination of engaging activities with progress visualization is essential to maintain consistent user engagement with mental wellness activities.

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E. System Performance

Metric	Value

| Metric	Value
Average page loading time	1 – 2 seconds
Interactive response time	Less than 500 milliseconds
Animation rendering time	Real-time browser rendering
Chatbot response delay	Approximately 1 – 2 seconds
Supported devices	Desktop, Tablet, Mobile
Browser compatibility	Chrome, Edge, Firefox, Safari
Maximum simultaneous modules	10+ interactive wellness features

TABLE VII. System Performance Metrics

F. Discussion

The evaluation of the Interactive Mental Wellness Support Platform highlights several strengths and limitations related to system usability, engagement, and overall functionality. The platform integrates multiple wellness tools such as interactive games, relaxation techniques, inspirational stories, and chatbot-based emotional support within a single digital environment. This integration helps users access various stress management activities in one place, improving the overall user experience. Interactive modules like memory games, animated relaxation tools, and guided breathing exercises successfully encourage user engagement while helping users divert attention from stress or negative emotions. The chatbot component further enhances the platform by providing supportive conversational interaction and motivational affirmations that promote emotional resilience. Additionally, the browser-based implementation ensures high accessibility, allowing users to access the platform without installing additional software or requiring specialized hardware.

However, the system also has certain limitations that may be addressed in future improvements. The chatbot currently operates using rule-based response logic, which limits its ability to understand complex natural language inputs compared to advanced AI-powered conversational models. User progress tracking relies on browser LocalStorage, meaning progress data may be lost if the user clears browser storage or switches devices. The platform currently functions as a supportive wellness tool rather than a clinical diagnostic system, and therefore it does not provide professional mental health evaluation or treatment recommendations. Furthermore, the system does not yet integrate with external mental health services or professional counseling platforms. Despite these limitations, the platform demonstrates strong potential as an accessible and engaging digital solution for promoting emotional well-being and stress management.
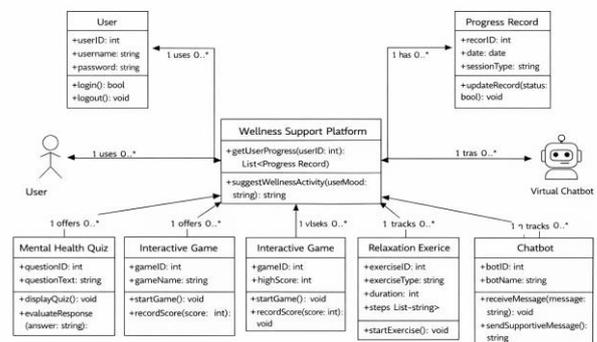
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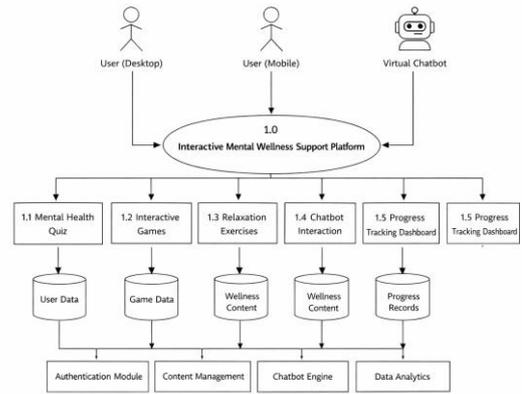
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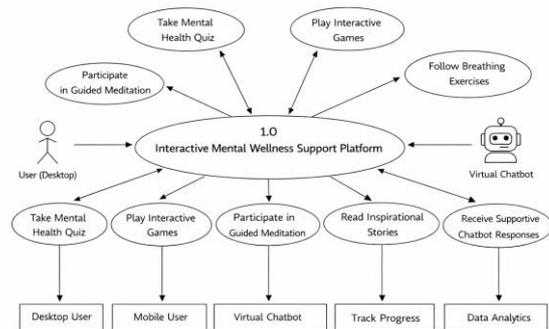
I. UML Diagram

III. CONCLUSION

A. *Summary*

The Interactive Mental Wellness Support Platform provides a comprehensive digital environment designed to support emotional well-being through interactive activities, mindfulness techniques, and supportive conversational tools. The system integrates multiple modules including a mental

health assessment quiz, user authentication system, interactive wellness dashboard, relaxation exercises, cognitive games, inspirational stories, animated visual soothers, and a chatbot-based emotional support system**.** These modules work together to guide users toward appropriate wellness activities based on their emotional state and engagement patterns. By combining entertainment-based engagement with scientifically supported mindfulness practices, the platform encourages users to manage stress, improve focus, and develop healthier coping strategies.

The platform is implemented as a browser-based application using HTML5, CSS3, Tailwind CSS, and JavaScript**,** ensuring accessibility across different devices and web browsers without requiring additional software installation. Interactive components such as animations, breathing exercises, games, and chatbot responses are executed in real time, providing a responsive and engaging user experience. The system also includes a progress tracking mechanism using Chart.js and LocalStorage**,** allowing users to monitor their participation in wellness activities and stay motivated to continue practicing relaxation techniques.

Overall, the platform demonstrates that **combining** interactive entertainment, mindfulness-based stress management techniques, and conversational emotional suppor**t** can create an effective and accessible digital solution for promoting mental wellness. While the system is not intended to replace professional mental health services, it serves as a supportive tool that encourages self-care, emotional awareness, and regular engagement in activities that help reduce stress and improve overall well-being.

B. Future Scope

• **Integration of AI-based conversational models** such as Natural Language Processing (NLP) chatbots or transformer-based language models to provide more intelligent, context-aware emotional support and personalized responses to users.

• **Development of a mobile application version** of the platform for Android and iOS devices, allowing users to access mental wellness tools, relaxation exercises, and chatbot support anytime and anywhere.

• **Cloud-based deployment and database integration** to enable secure user accounts, centralized progress tracking, and multi-device accessibility instead of relying only on browser LocalStorage.

• **Personalized wellness recommendations** using machine learning techniques that analyze user activity patterns and emotional responses to suggest suitable relaxation techniques, games, or mindfulness exercises.

• **Integration with professional mental health resources**, such as online counseling services, helpline contacts, or therapist appointment systems, to provide additional support for users who may require professional assistance.

• **Expansion of wellness modules** by adding more interactive activities such as guided meditation sessions, stress-management workshops, journaling tools, and mood-tracking systems.

• **Real-time emotional monitoring features** that allow users to regularly track their mood and receive personalized wellness suggestions based on emotional trends over time.

• **Enhanced gamification features** such as rewards, achievement badges, and activity streak tracking to motivate users to consistently engage with mental wellness activities.

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