

Emotion Regulation in the Context of Stress Management

ABSTRACT:

Modern life cannot be lived without stress. Untreated stress can have a negative impact on a person's health, well-being, and socioeconomic status. The market for stress management applications for wearable smart devices is

r the world and is practiced in many

emphasize pranayama, others are more physical. Vinyasa

breath patterns to move through a variety of yoga postures. The movement becomes meditative as a result of this. Standing postures and a movement called vinyasa, which is similar to a sun salutation, are often part of the practice.

and maintains connection to the breath. A variety of seated positions, an inversion (such as a headstand or shoulder

are also common elements of the practice (Gjoreski, et al. 2017).

UNOBTRUSIVE STRESS DETECTION SYSTEM: Our stress detection system, which was developed in, makes it possible for users to monitor their stress levels throughout their day without causing any disruption or restriction.