ABSTRACT

This project presents "Harmony Guard," a novel wearable stress management device designed to alleviate stress through real-time monitoring and music therapy integration. The device integrates wearable technology, galvanic skin response sensors, Arduino microcontrollers, IoT connectivity, and a speaker system into a single, user-friendly band. Through galvanic skin response sensing, the device accurately measures stress levels, which are processed by an Arduino microcontroller using predefined algorithms .Upon detecting high stress levels, the device triggers an IoT connection to transmit data to a cloud-based platform for further analysis.The platform selects soothing music tracks known to promote relaxation and sends instructions back to the device for playback through its built-in speaker system.This innovative approach offers users immediate stress relief while providing valuable insights for long-term stress management strategies. Harmony Guard represents a promising solution for addressing stress- related concerns in today's fast-paced lifestyle.