**BetterLife**

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Anxiety and stress are prevalent in today's society, especially in a competitive world like ours where success and achievement are highly valued. Additionally, the limited availability and accessibility of experts can make it difficult for individuals and have a negative impact on daily functioning. This project aims to provide real-time anxiety support to individuals by using a dedicated application that connect them to an anxiety specialist. If necessary, the system will provide instructional videos to help manage anxiety attacks. Additionally, the system will provide feedback to help individuals improve their management of anxiety symptoms.

**Keywords:** stress, experts, anxiety attack, instructional videos.