

FOR IMMEDIATE RELEASE

Stress Less Relaunches With On-Device AI That Keeps Stress Data on the iPhone

First released in 2019, Stress Less has been rebuilt around Apple's Foundation Models framework, with no account, server sync, or stress data leaving the device

August 18, 2026: Independent developer Dave Faliskie today released a complete rebuild of Stress Less, a stress tracking app that has been on the App Store since February 2019. The rebuild keeps personalization entirely on the user's iPhone. On iPhones running iOS 18 with Apple Intelligence available, Apple's Foundation Models framework helps the app recognize a person's stress patterns and recommend relief tailored to each user, without their stress data ever leaving the device.

Many stress and mood apps ask users to hand over their most sensitive personal information, what stresses them, when, and why, and then process it on a company's servers. Stress Less takes the opposite approach. There is no account to create and no stress entry, note, or pattern that leaves the phone.

Built for the moment stress actually happens

Stress Less is designed around a specific moment: the point where stress hits and a person needs to do something about it right away. Users log how they are feeling, and the app responds with a relief session drawn from a library of more than 150 relief cards, including interactive, game-like cards that give the user a concrete task to complete on the spot. Sessions are built to finish in under five minutes, and most take about a minute.

After each session, the app asks a single question: did it help? That thumbs up or thumbs down is the signal that teaches the app what works for that specific person, and it is stored and used on the device only.

Personalization that stays on the phone

On iPhones running iOS 18 with Apple Intelligence available, Stress Less uses Apple's Foundation Models framework to surface insights from a user's own history: the stressors that keep recurring, and the relief that reliably helps. Because the model runs on device, the app can work with a user's open-ended notes, the most personal thing they write, without that text being transmitted anywhere.

On devices without Apple Intelligence, the app runs the same core experience with pattern-based personalization, without the deeper interpretation of free-form notes. Stress Less requires iOS 18 or later.

A first app, revisited

Faliskie built the original Stress Less in 2019 after being laid off, while dealing with the stress of the situation himself. It was his first iOS app, and it started the independent development career he has worked in since, including creating content teaching other developers to do the same.

The app kept quietly finding users. Seven years on, people were still opening it and new users were still downloading a version built in 2019.

"People will tell a stress app things they would not tell anyone. That data should never sit on someone else's server, including mine. Apple's on-device model finally made it possible to build something actually smart without asking anyone to give that up."

Dave Faliskie, creator of Stress Less

"What convinced me to come back to building Stress Less was that people never stopped using the old version. That told me the problem was real. I wanted to give Stress Less the chance it deserved."

Dave Faliskie, creator of Stress Less

Pricing and availability

Stress Less is available today on the [App Store](#) for iPhone, free to download. The free tier includes stress logging and relief sessions. Stress Less Max, the paid tier, adds pattern insights, deeper personalization, and the full interactive card library. It is priced at \$4.99 per month, \$29.99 per year, or \$49.99 for a one-time lifetime purchase.

About 1ManStartup LLC

1ManStartup LLC is the independent software company of developer Dave Faliskie, building privacy-respecting iOS apps including Stress Less, Roads Audio, and Birthday Vault.

Press contact

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Screenshots, app icon, logo files, and additional assets are available in the [Stress Less media kit](#).

Quick facts

- App name: Stress Less
- Developer: 1ManStartup LLC
- Original release: February 2019
- Relaunch date: August 18, 2026
- Platform: iPhone, iOS 18 and later
- Category: Health and Fitness
- Price: Free, with Stress Less Max at \$4.99 monthly, \$29.99 annually, \$49.99 lifetime
- Relief card library: More than 150 cards at launch
- Typical session length: One to five minutes
- On-device AI: Apple Foundation Models framework, on iOS 18 devices with Apple Intelligence available
- Privacy: No account required. Stress entries, notes, and personalization stay on device. Anonymous analytics, crash reporting, and subscription management use standard third-party services, detailed at <https://stresslessdaily.com/privacy-policy/>
- App Store: <https://apps.apple.com/us/app/id1450775943>
- Media kit: <https://stresslessdaily.com/media-kit/>