

1. Tracking & Awareness

Helping users gain clarity through consistent self-monitoring.

- **Mood Journals** → Daily emotional logging (Depression, Bipolar).
- **Trigger Logs** → Record obsessions/compulsions (OCD) and anxiety triggers.
- **Sleep Logs** → Monitor sleep patterns and quality (Insomnia).

2. Therapy-Based Guidance

Digitized versions of structured therapeutic interventions.

- **Exposure Challenges** → Gradual exposure tasks (OCD, Anxiety).
- **ERP Coaching** → Step-by-step support to resist compulsions (OCD).
- **Cognitive Reframing** → AI helps challenge irrational thoughts (Depression, Anxiety, Bipolar).
- **Behavioral Activation** → Activity scheduling to break inactivity cycles (Depression).

3. Coping Tools

On-demand tools to handle distressing situations.

- **Breathing, Grounding, Mindfulness** → For Anxiety & Insomnia.
- **Compulsion Delay Timer** → Helps OCD users resist urges.
- **Panic Button** → Instant calming support during panic attacks (Anxiety).
- **Relaxation Audios** → Guided sleep and relaxation exercises (Insomnia).

4. Routine & Lifestyle Support

Stabilizing daily habits to reduce symptom triggers.

- **Sleep Hygiene Reminders** → Consistent bedtime routines (Insomnia, Bipolar).
- **Routine Stabilizer** → Regular meals, exercise, and sleep schedules (Bipolar).
- **Activity Planner** → Small, rewarding tasks to boost mood (Depression).

5. Crisis & Motivation Systems

Safety nets and reinforcement for long-term engagement.

- **Progress Trackers & Streaks** → Visual motivation (OCD, Depression).
- **Emergency Contacts & Crisis Plan** → Quick access during severe Bipolar episodes.
- **Motivation Nudges** → Gentle reminders to stay consistent (Depression, Bipolar).

SUMMARY TABLE:

Category	Solutions	Disorders Covered
1. Tracking & Awareness	- Mood Journals	Depression, Bipolar
	- Trigger Logs	OCD, Anxiety
	- Sleep Logs	Insomnia
2. Therapy-Based Guidance	- Exposure Challenges	OCD, Anxiety
	- ERP Coaching (Exposure & Response Prevention)	OCD
	- Cognitive Reframing (challenge irrational thoughts)	Depression, Anxiety, Bipolar
	- Behavioral Activation (activity scheduling)	Depression
3. Coping Tools	- Breathing, Grounding, Mindfulness	Anxiety, Insomnia
	- Compulsion Delay Timer	OCD
	- Panic Button (instant calming)	Anxiety
	- Relaxation Audios	Insomnia
4. Routine & Lifestyle Support	- Sleep Hygiene Reminders	Insomnia, Bipolar
	- Routine Stabilizer (meals, exercise, sleep)	Bipolar
	- Activity Planner	Depression
5. Crisis & Motivation Systems	- Progress Trackers & Streaks	OCD, Depression
	- Emergency Contacts & Crisis Plan	Bipolar
	- Motivation Nudges	Depression, Bipolar