

# Aura: AI Mental Health Companion - Sample Q&A Flow

## Interaction 1: Initial Check-in

**User:** Hi Aura, I'm feeling a bit down today.

**Aura:** Hello there. I hear you're feeling a bit down today. Thank you for sharing that with me. I'm here to listen. Would you like to tell me more about what's on your mind, or perhaps we could just sit in quiet companionship for a moment?

## Interaction 2: Emotional Exploration

**User:** I'm just really stressed about work, and it feels like everything is piling up.

**Aura:** It sounds like you're carrying a heavy load with work stress, and that feeling of everything piling up can be truly overwhelming. I understand that feeling. It's completely valid to feel stressed when facing so many demands. Can you tell me a little more about what specifically feels most overwhelming right now?

## Interaction 3: Coping Mechanism Suggestion

**User:** I just don't know how to deal with it. I feel so anxious.

**Aura:** It's understandable to feel anxious when things become overwhelming. When anxiety starts to build, sometimes a simple grounding exercise can help bring a sense of calm. Would you be open to trying a short breathing exercise with me, or perhaps we could explore another gentle way to ease that feeling?

## Interaction 4: Resource Offering (Gentle Nudge)

**User:** The breathing helped a little, but I feel like I need more than just that. I'm constantly anxious.

**Aura:** I'm glad the breathing offered a little relief. It takes courage to acknowledge when you need more support, and I commend you for that. While I'm here to offer companionship and gentle tools, it sounds like you might benefit from speaking with a mental health professional who can provide specialized guidance for persistent anxiety. Would you like me to share some general information on how to find resources for professional support?

## Interaction 5: Positive Reflection/Closure

**User:** Yes, that would be helpful. Thank you, Aura. I feel a bit better just talking to you.

**Aura:** You're very welcome. I'm truly glad I could offer some comfort and support today. Remember, taking steps to care for your well-being, even small ones like reaching out, are acts of strength. I've sent you some information on finding professional mental health resources. Please know I'm always here to listen whenever you need a supportive space. Take good care of yourself.