MUSE - A Mental Health Well-Being Audio Journaling Tool

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Project Objective

- In a world that is very fast-moving, it is essential for individuals to be able to understand and find ways to improve their emotional well-being

- The main purpose of this application is to allow users to do audio journaling and keep a track of their daily emotions

- Our application is designed to provide personalized insights and recommendations to help users manage stress, enhance mindfulness, and foster emotional resilience

- We are using **Assembly AI audio to text transcriber** and **Lemur, the AssemblyAI LLM** to provide recommendations to users

- This will allow the model to get trained and enhance itself to align with the users' expectations, by improving the overall quality of the interaction

Project Workflow

The application analyses the audio file by summarizing the content and feeds it to the LLM to get personalised recommendations for the user

User records/uploads an audio file for a day on the calendar to get specific well-being recommendations

Recommendations provided to the users from their audio journals

AssemblyAI

Scenario

We have a user, Elena, who is very successful professionally but is struggling to maintain relationships with friends and loved one. She has an audio journal for December 2nd, 2024 as shown below. Let's take a look at how MUSE analyses this to provide recommendations for Elena.
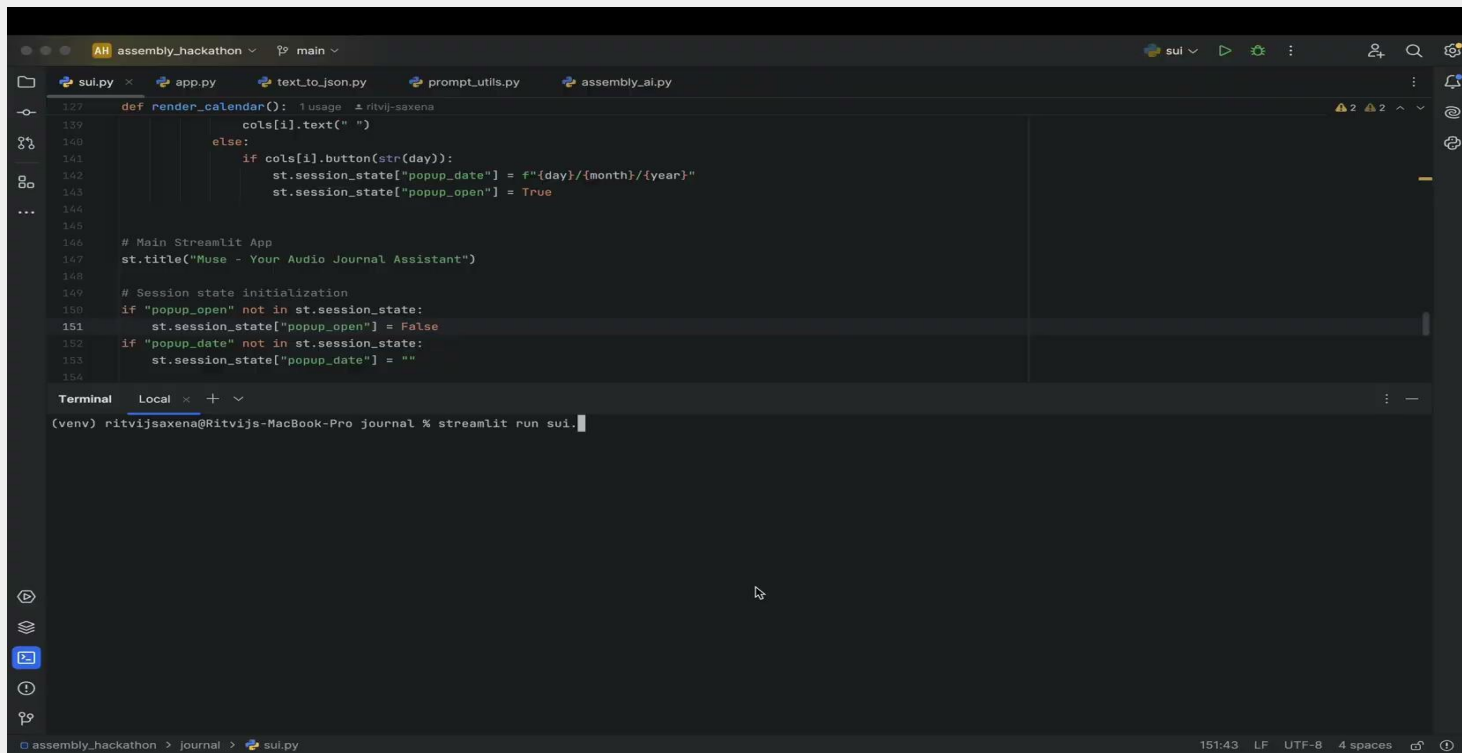
Voice Journal - December 2nd, 2024

Hey, it's me again.

Today was... better, I think. Work kept me busy, and for the most part, it went well. I actually felt productive, like I was hitting my stride again. There was this one project that had been stuck for ages, and I finally found a solution—it felt good, like I was back in my element. My team even gave me a little shoutout in the meeting, which was nice. Professional life felt... steady today, you know?

But outside of work... it's still complicated. I reached out to someone—I thought it might help—but the conversation didn't go the way I hoped. It left me feeling more... distant than before. I guess some things just take time, or maybe space. I don't know.

Still, the day didn't feel as heavy as yesterday. Progress, I guess? And work was a win, so I'll take that. Here's hoping tomorrow brings more of that energy.

Demo

Code Repository: https://github.com/ritvij-saxena/assemblyai_hackathon_ars.git

Future Scope

- More Personalized features
  - Goals setting tracking
  - Read out recommendations for visually challenged
  - Sleep recommendation

- Video Journaling
  - Analyzing facial expressions

- Tracking health
  - Fitness apps
  - Gadgets (Apple Watch etc)

- Provide Emotional statistics
  - Range of emotions over a period of time

AssemblyAI