



# Sign up

Already Have An Account? [Log in](#)

First name\*

Last name\*

Email address\*

Password (8+ characters)\*



Create an Account





## Meditation



## Stress



## Sleep and Wake up



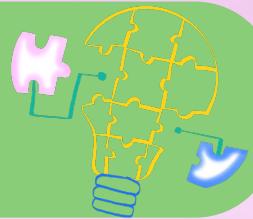
## Sports



## Mental Health



## Work and Productivity





# Hello, Friend

## Meditation



### Focused



Focus on the moment and be aware of your environment.

### Visualization



Focus on one image, it helps block out distractions.

### Spiritual



Prayer, brings benefits along with a sense of spiritual well-being.

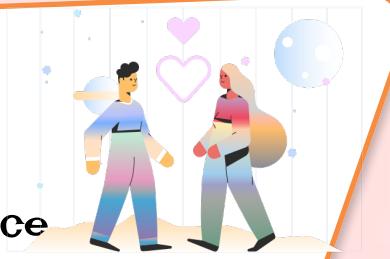
### Movement



Yoga, body positions for tranquility and exercise.

## Loving-kindness

Feeling love and being kind toward yourself and other people, at a Buddhist practice



Today



Meditate



Sleep



Move



Focus



# Hello, Friend

## Stress



1

Learn to say NO.

# NO!



2

Set your priorities.



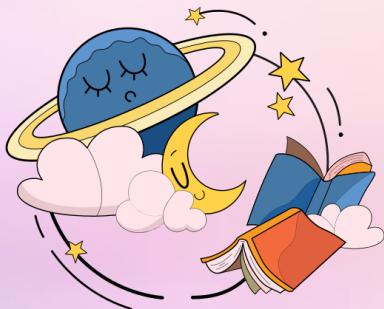
3

Disconnect with music.



4

Get enough sleep.



Today



Meditate



Sleep



Move

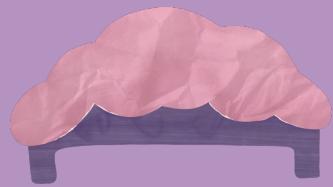


Focus



← Hello, Friend

# Sleep and Wake up



## Establish a Bedtime



## Read a book



## Limit screentime



## Drink a tea



## Journal



## Plan for tomorrow



Today



Meditate



Sleep



Move



Focus



# Hello, Friend

## Sports



### Soccer



### Basketball



### Volleyball



### BoXing



Today



Meditate



Sleep



Move



Focus

9:41



# Hello, Friend

## Mental Health



Exercise

Food

Meditate



Today



Meditate



Sleep



Move



Focus

9:41



# Hello, Friend



Today



Meditate



Sleep



Move



Focus





Happy



Calm



Manic



Angry

## 1 on 1 Sessions

Let's open up to the things that matter the most



**Book Now**



**Journal**



**Library**

“It is better to conquer yourself than to win a thousand battles”



## Plan Expired

Get back chat access and session credits



**Buy More →**





## Upcoming Session

Sahana V, Msc in Clinical Psychology

7:30 PM - 8:30 PM

**Join Now**

## All Sessions



**Sahana V**

Msc in Clinical Psychology



31st March '22



7:30 PM - 8:30 PM

**Reschedule**

**Join Now**



**Sahana V**

Msc in Clinical Psychology



31st March '22



7:30 PM - 8:30 PM

**Re-book**

**View Profile**



**Sahana V**





## Wellness Hub

Trending

Relationship

Self Care



**Coal Dingo** • just now

Is there a therapy which can cure crossdressing & bdsm compulsion?



2



**Pigeon Car** • 3 hrs ago

Is there a therapy which can cure crossdressing & bdsm compulsion?



12



**Pigeon Car** • 1 hr ago

Is there a therapy which can cure crossdressing & bdsm compulsion?



12



**Pigeon Car** • 2 min ago

Is there a therapy which can cure crossdressing & bdsm compulsion?



12



**Pigeon Car** • 3 hrs ago

