

Be aware, Manage well.

Everyone experiences stress in different ways. Let Alivio guide you, in a personalized journal experience, to overcome your stress.

[Find Your Way](#)

How it works

Understand & Release the stress in 3 steps

Alivio offers as many journals it takes, tackling different areas such as anxiety, overwhelmedness, sadness, or anger, and a variety of personal causes, to help you become aware of your emotions, and guide you in how to manage stress.

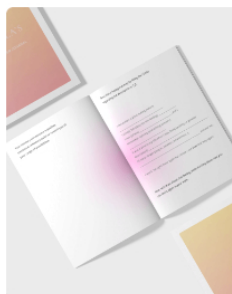
01 Personalize

Answer a quick survey about how you express yourself, what causes you stress, and what area would you like to work on. This way, we can fully personalize your journal!



02 Write & Understand

Write, draw, reflect, understand. Alivio will guide you through the prompts and will help you manage your stress!



03 Alivio!

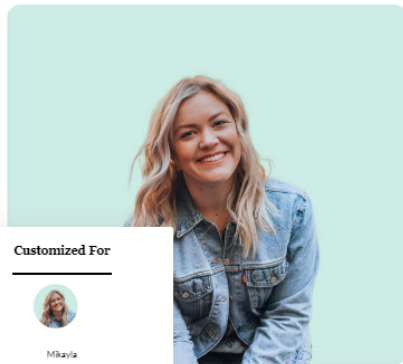
Now you are aware, and have a way to manage and overcome your own stress. What are you waiting for? Alivio today!



Let's hear about Kayla's success story

See how well Alivio works in a real
customer's life.

Let's get started



Customized For



Mikayla

Your custom contents

- Understand Your Stress
- Anger Management

Our product

You tell us your stress, We make your diary

Everyone experiences it, and in different ways. Let Alivio guide you, in a personalized journal experience, to overcome your stress.

Find Your Way

Alivio

Why Alivio

Solutions

Community

Pricing