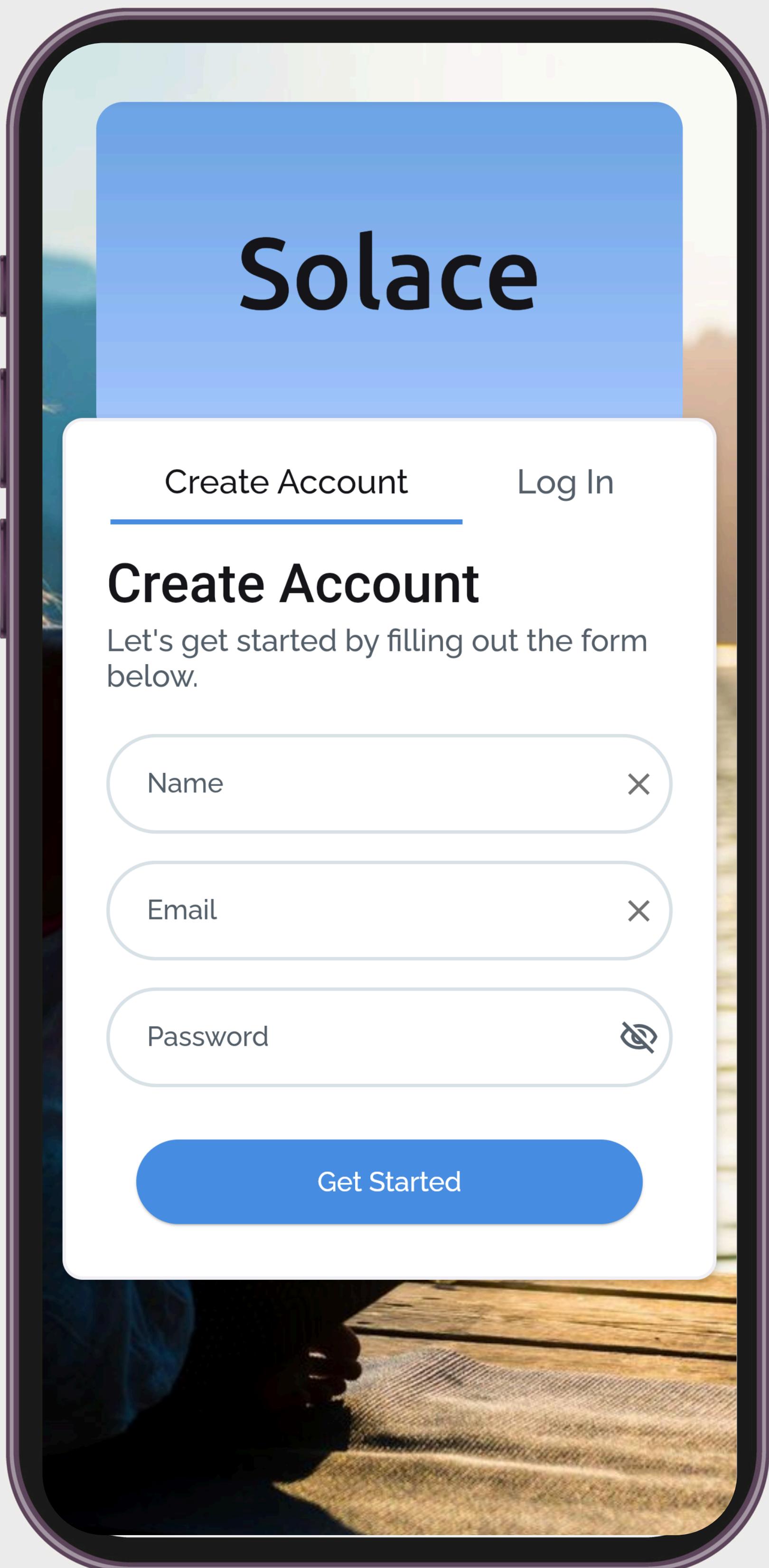


Login/Sign Up Page



Homepage

The image shows a smartphone displaying the Solace app's homepage. The app has a light blue header bar with the word "Solace" in white. A teal heart icon with a hand inside it is positioned to the left of the text. To the right is a grey circular menu icon with three horizontal lines. Below the header is a large, semi-transparent rectangular overlay containing a photograph of an open journal with handwritten notes and a fountain pen resting on it. Inside this overlay, the text "Try Journaling" is displayed in a large, stylized font, followed by the subtitle "Be creative on expressing your feelings!" in a smaller font. Below the overlay are three small circular dots, with the first one being teal and the others grey. The main content area below features the title "Discover Solace" in a large, bold, black font. Underneath it is the subtext "Find useful tools to help you become the better you." In the bottom left corner of the main content area, the text "What we offer" is visible. There are four rounded rectangular cards arranged in a grid. The top-left card shows a character holding two blue hearts and contains the text "Check mood". The top-right card shows a character standing next to a clipboard and contains the text "Try out journaling". The bottom-left card shows a small white dog silhouette. The bottom-right card shows a computer monitor icon.

Solace

Try Journaling
Be creative on expressing your feelings!

Discover Solace

Find useful tools to help you become the better you.

What we offer

Check mood

Try out journaling

Journaling Page

← Journaling

Journal Entries

A summary of your entries.

title

Date

title

Date

title

Date

title

Date

Add New Entry



New entry

Professional Resources Page



Explore Trusted Councillors

Find the best professional help you need.

Councillors



Nicki Smith

nicki@companyname.com



Albert Swiss

albert@companyname.com



Ayanda Zulu

ayanda@companyname.com

Mental Health Organisations



South African Depression and Anxiety

Zarie@sdady.org



Lifeline South Africa

info@lifeline.org.za



NP POWER SA

info@nppowersa.org



Akeso Behavioral Health

info@akeso.co.za

Breathing Exercises Page



Deep breathing

Time Left

C

00:03:00

||

▶

Exercise Deep breathing

Current Set 1 session for 3 minutes

Deep breathing exercises promote relaxation and reduce stress by focusing on controlled inhalations and exhalations.

Sit or lie comfortably, place a hand on your chest and abdomen, and breathe in through your nose for four counts, letting your abdomen rise.

Hold for four counts, then exhale through your mouth for four counts, allowing your abdomen to fall.

Repeat for 3 minutes daily, focusing on your breath in a quiet, comfortable environment.

Daily Check-in Page



Daily Check-In

How are you feeling today?

Mood



Sleep Quality

Select sleep quality



Energy Level

Low

High

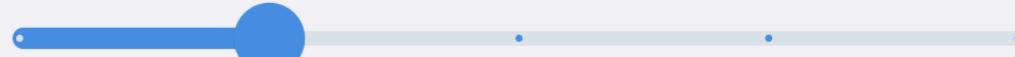
1

2

3

4

5



Stress Level

Low

High

1

2

3

4

5



Submit Check-In

Profile Settings Page



[Display Name]

[Email]



Edit Profile

Notification Settings

Account Deletion

Terms of Services

Log Out