

It's Ok Not To Be Okay!!



Ready to start
growing?

We've got just what you need

Get Started >



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our app



Enter via Social Networks

Sign Up/Login 

or login with
email

Login

Register

Login

Email



Password



Remember me

[Forget Password?](#)

Login

Don't have an account? **Register**

Registration

Email



Password



Remember me

[Forget Password?](#)

Register



Help: I feel Sad



**Take our assessment test for
personalized recommendations to
manage your mood.**

Start Test



Home



Book



Alert



Profile



Help: I feel Angry



**Take our assessment test for
personalized recommendations to
manage your mood.**

Start Test



Help: I feel Stressed



Take our assessment test for
personalized recommendations to
manage your mood.

Start Test



Home



Book



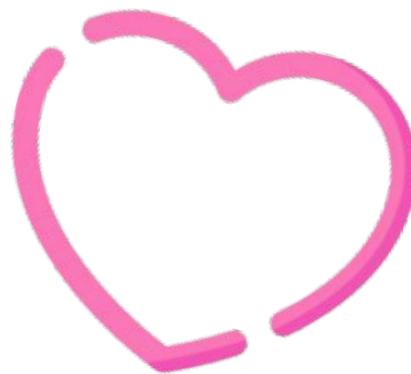
Alert



Profile



Help: I feel Empty



Take our assessment test for
personalized recommendations to
manage your mood.

Start Test



Home



Book



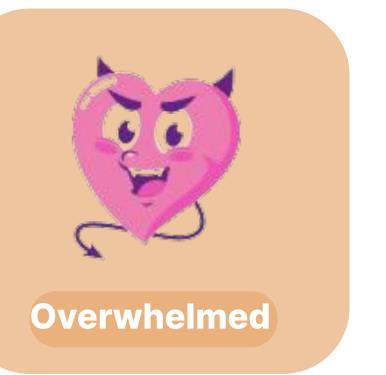
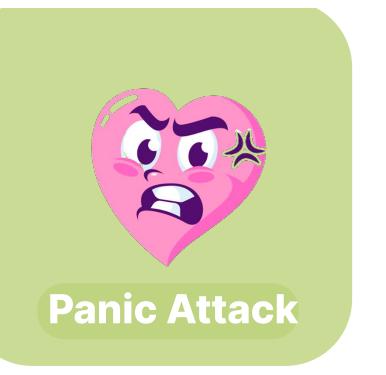
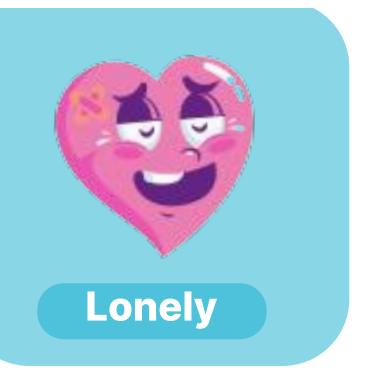
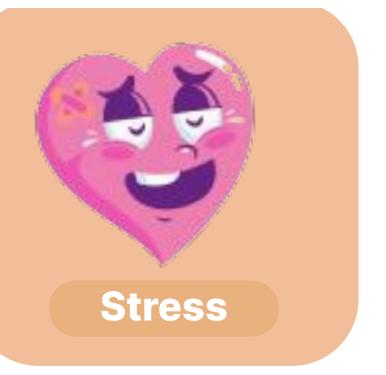
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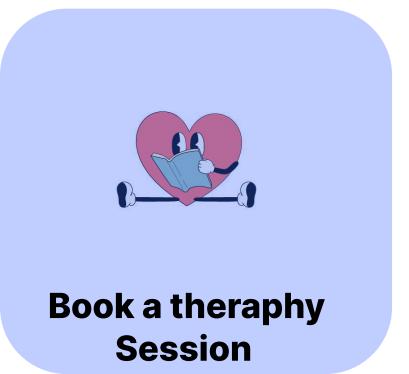
Profile



How are you feeling today?



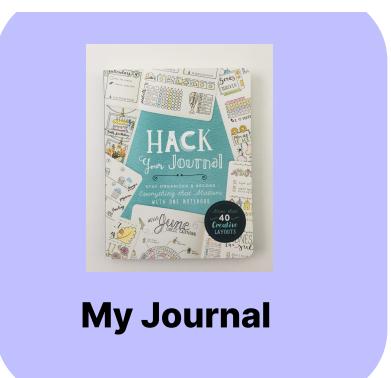
Friendly Coach



Stress free Workout



Happiness Tools





Help: I feel Lonely



**Take our assessment test for
personalized recommendations to
manage your mood.**

Start Test



Home



Book



Alert



Profile



Help: I feel Depression



Take our assessment test for
personalized recommendations to
manage your mood.

Start Test



Home



Book



Alert



Profile



Help: I feel Panic



Take our assessment test for
personalized recommendations to
manage your mood.

Start Test



Home



Book



Alert



Profile



Help: I feel Insomania



Take our assessment test for
personalized recommendations to
manage your mood.

Start Test



Home



Book



Alert



Profile



Help: I feel Overwhelmed



Take our assessment test for
personalized recommendations to
manage your mood.

Start Test



Home



Book



Alert



Profile



Help: I feel Anxiety



Take our assessment test for
personalized recommendations to
manage your mood.

Start Test



Home



Book



Alert



Profile



My Happiness Points 

My Notification 

My Privacy Settings 

FAQs 

Logout 



My Happiness Points 

My Notification 

My Privacy Settings 

FAQs 

Logout 



My Happiness Points 

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FAQs 

Logout 



Friendly Coach

Find a Friendly Coach

Pick a coach you would like to travel with!



Name

Sharmila

Area of expertise

Mood Disorders, Stress, Relationships, Depression, Anxiety

Year as a coach

3

Language

English, Hindi



Home



Book



Alert



Profile



The Happiness Expedition

What is Happiness Expedition?

Happiness Expedition are self placed courses that help you deal with issues like anxiety, low self esteem, toxic relationships etc.. These courses are designed to help you to get a better understanding of the root cause of your discomfort and ultimately helps you identify ways that are best suited for you to overcome them.

Mount
Codependency
relationship



Mount Stress
Management



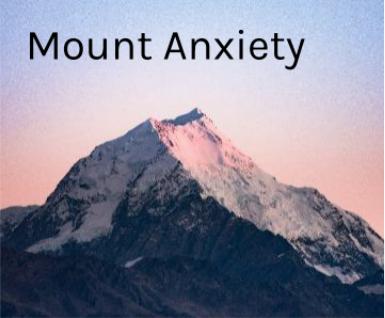
[Start Expedition](#)

[Start Expedition](#)

Mount Toxic
Relationships



Mount Anxiety



[Home](#)



[Book](#)



[Alert](#)



[Profile](#)



Home



Book



Alert



Profile



Friendly Coach

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[View](#)

Name

Sharmila

Area of expertise

Mood Disorders, Stress, Relationships,
Depression, Anxiety

Year as a coach

3

Language

English, Hindi



Friendly Coach

My Training Sessions

Upcoming Sessions

Previous Sessions



Back



Home



Book



Alert



Profile



Friendly Coach

Upcoming Sessions

You don't have any upcoming sessions here



Back



Home



Book



Alert



Profile



Friendly Coach

Previous Sessions

Action Plan

You don't have any previous sessions here



Back



Home



Book



Alert



Profile



The Stress free Workout

Today's Workout

Day Meet Happiness

Mood Tracker

Select moods that apply



Stress



Sad



Lonely



Angry



Overwhelmed



Empty



Panic



Home



Book



Alert



Profile



The Stress free workout

Review Previous Workouts

Select the Workout you wish to review and we'll pull it up for you!

Done



Back



Home



Book



Alert



Profile



Happiness Community

What is Happiness Community?

Happiness Community is a safe space to anonymously share your thoughts and experiences with a community of wellness seekers.



Happiness



Anxiety

[Join community](#)

[Join Community](#)



Depression



Loneliness



Home



Book



Alert



Profile



The Happiness Tools

My Journal

What is my journal?

Your journal is a safe to organize your thoughts, sort through your feelings and identify patterns. It is a place where you can simply vent about your day!



Set Reminder

New Entry

Start a new entry today

Archive

Access your journal archive

←

Back



Home



Book



Alert



Profile

Why do I Feel this way Today

Let's get you to your Goal

1. In the last few days, Have you felt Angry?

- Never
- Almost Never
- Sometimes
- Fairly Often
- Very Often

2. Have you felt like that you needed to scream on someone?

- Never
- Almost Never
- Sometimes
- Fairly Often
- Very Often

3. In the last few days, Have you felt that you did not pay attention to your health and sleep patterns?

- Never
- Almost Never
- Sometimes
- Fairly Often
- Very Often

4. In the last few days, Have you felt angry about our future and what awaits you?

- Never
- Almost Never
- Sometimes
- Fairly Often
- Very Often

5. Have you felt upset when others disagree with you?



Home



Book



Alert



Profile



Friendly Coach

Find a Friendly Coach

Pick a coach you would like to travel with!

Anxiety

Depression

Relatior

Filter



Shivya roy

3+ year(s) of experience

Starting @ ₹75 for
30 mins



Area of Expertise

:

Mood Disorders ▾



Language Known

:

English ▾



Next Available Slot

:

Tue 26th - 10:45 PM

View Profile



Prathvi Nayak

3+ year(s) of experience

Starting @ ₹75 for
30 mins



Home



Book



Alert



Profile

Why do I feel this way Today

Let's get to your Goal

1.Have you felt feeling down,Depressed or hopeless?

- Never
- Almost Never
- Sometimes
- Fairly Often
- Very Often

2.Have you felt having trouble falling or staying asleep or sleeping too much?

- Never
- Almost Never
- Sometimes
- Fairly Often
- Very Often

3.Have you felt having trouble concentrating on things such as reading the newspaper or watching television?

- Never
- Almost Never
- Sometimes
- Fairly Often
- Very Often

4.Have you felt Feeling tired or having little energy?

- Never
- Almost Never
- Sometimes
- Fairly Often
- Very Often

5.Have you felt having little interest or pleasure in doing things?

- Never
- Almost Never





Why do I feel this way Today

Let's get to your Goal

1. About how did you feel tired out for no reason?

- Never
- Almost Never
- Sometimes
- Fairly Often
- Very Often

2. How often did you Feel nervous?

- Never
- Almost Never
- Sometimes
- Fairly Often
- Very Often

3. Did you have tended to overreact to situations?

- Never
- Almost Never
- Sometimes
- Fairly Often
- Very Often

4. Did you have used to found yourself getting upset daily?

- Never
- Almost Never
- Sometimes
- Fairly Often
- Very Often

5. Did you been feeling irritable?

- Never
- Almost Never
- Sometimes



Home



Book



Alert



Profile

Help:I Feel:Empty

Why do I feel this way Today

Let's get to your Goal

1.Have you felt emotionally numb or detached,ass if you are not fully present or engaged in life?

- Never
- Almost Never
- Sometimes
- Fairly Often
- Very Often

2.Have you felt that you have no longer find pleasure or enjoyment in activities that once brought me happiness?

- Never
- Almost Never
- Sometimes
- Fairly Often
- Very Often

3.Have you felt inadequate ,worthless or lacking in self-worth?

- Never
- Almost Never
- Sometimes
- Fairly Often
- Very Often

4.Have you felt Tired ,run-down,or having a lack of energy?

- Never
- Almost Never
- Sometimes
- Fairly Often
- Very Often

5.Have you felt that having trouble focusing or completing a tasks?

- Never
- Almost Never
- Sometimes
- Fairly Often

Help:I feel:Lonely

Why do I feel this way Today

Let's get to your Goal

1.How often do you feel unhappy doing so many things alone?

- Never
- Almost Never
- Sometimes
- Fairly Often
- Very Often

2.How often do you feel you have nobody to talk to?

- Never
- Almost Never
- Sometimes
- Fairly Often
- Very Often

3.How often do you feel as if nobody really understands you?

- Never
- Almost Never
- Sometimes
- Fairly Often
- Very Often

4.How often do you feel starved for company?

- Never
- Almost Never
- Sometimes
- Fairly Often
- Very Often

5.How often do you feel yourself waiting for people to call?

- Never
- Almost Never
- Sometimes
- Fairly Often
- Very Often



Home



Book



Alert



Profile

Help:I feel:Depression

Why do I feel this way Today

Let's get to your Goal

1.I feel overwhelming sad at times?

- Never
- Almost Never
- Sometimes
- Fairly Often
- Very Often

2.When I think of the future I feel hopeless?

- Never
- Almost Never
- Sometimes
- Fairly Often
- Very Often

3.I feel like complete future?

- Never
- Almost Never
- Sometimes
- Fairly Often
- Very Often

4.I feel like guilty about something most of the time?

- Never
- Almost Never
- Sometimes
- Fairly Often
- Very Often

5.I feel like I am being punished?

- Never
- Almost Never
- Sometimes

Help:I feel:Panic Attack

Why do I feel this way Today

Let's get to your Goal

1.I have not been able to cope with daily stresses?

- Never
- Almost Never
- Sometimes
- Fairly Often
- Very Often

2.I have felt very detached from reality?

- Never
- Almost Never
- Sometimes
- Fairly Often
- Very Often

3.I have felt afraid as if something awful might happen?

- Never
- Almost Never
- Sometimes
- Fairly Often
- Very Often

4.I have had difficulty controlling about worrying thoughts?

- Never
- Almost Never
- Sometimes
- Fairly Often
- Very Often

5.I have felt very nervous?

- Never
- Almost Never
- Sometimes
- Fairly Often
- Very Often



Home



Book



Alert



Profile

Help:I feel:Insomnia

Why do I feel this way Today

Let's get you to your Goal

1.I have found it difficult to asleep?

- Never
- Almost Never
- Sometimes
- Fairly Often
- Very Often

2.I have awakended during the night or early morning?

- Never
- Almost Never
- Sometimes
- Fairly Often
- Very Often

3.I have not been manage my stress levels?

- Never
- Almost Never
- Sometimes
- Fairly Often
- Very Often

4.I have to go to the bathroom in the middle of the night?

- Never
- Almost Never
- Sometimes
- Fairly Often
- Very Often

5.I have trouble staying awake while driving ,eating meals or engaging in social activity?

- Never
- Almost Never
- Sometimes



Home



Book



Alert



Profile

Help:I Feel:Overwhelmed

Why do I feel this way Today

Let's get you to your Goal

1.I have felt overwhelmed by all I have to do?

- Never
- Almost Never
- Sometimes
- Fairly Often
- Very Often

2.I have felt anxious.

- Never
- Almost Never
- Sometimes
- Fairly Often
- Very Often

3.I have felt that things are getting worse and worse?

- Never
- Almost Never
- Sometimes
- Fairly Often
- Very Often

4.I have felt that things are not going my way.

- Never
- Almost Never
- Sometimes
- Fairly Often
- Very Often

5.I have felt that there is nothing I can do to improve my situation.

- Never
- Almost Never

Help:I feel:Anxiety

Why do I feel this way Today

Let's get you to your Goal

1.I have excessive or unrealistic worry about everyday events or activities.

- Never
- Almost Never
- Sometimes
- Fairly Often
- Very Often

2.I feel on edge,keyed up or unable to relax.

- Never
- Almost Never
- Sometimes
- Fairly Often
- Very Often

3.I feel easily annoyed or angered.

- Never
- Almost Never
- Sometimes
- Fairly Often
- Very Often

4.I feel tired,run-down or having a lack of energy?

- Never
- Almost Never
- Sometimes
- Fairly Often
- Very Often

5.I have trouble focusing or completing tasks.

- Never
- Almost Never
- Sometimes
- Fairly Often