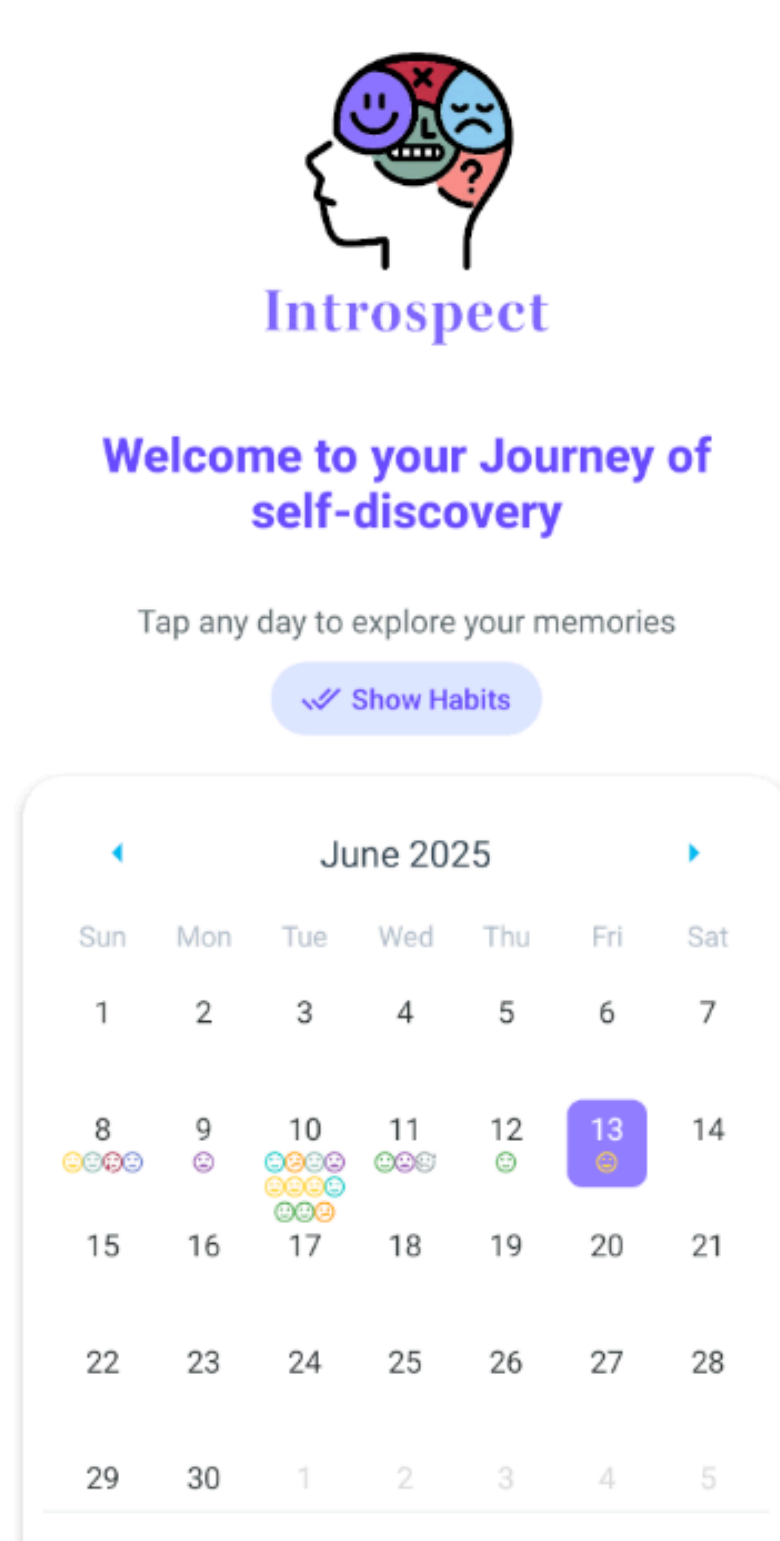
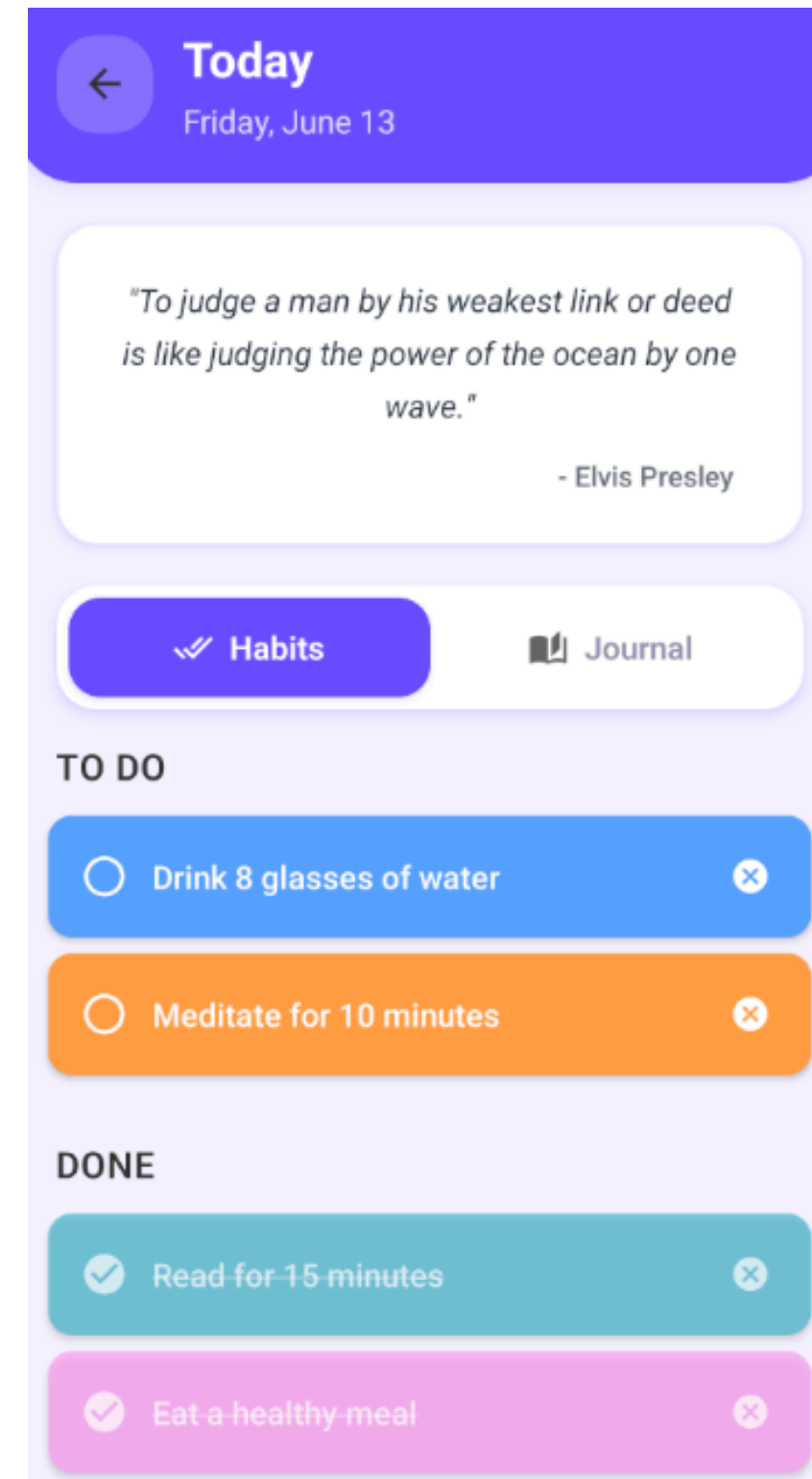


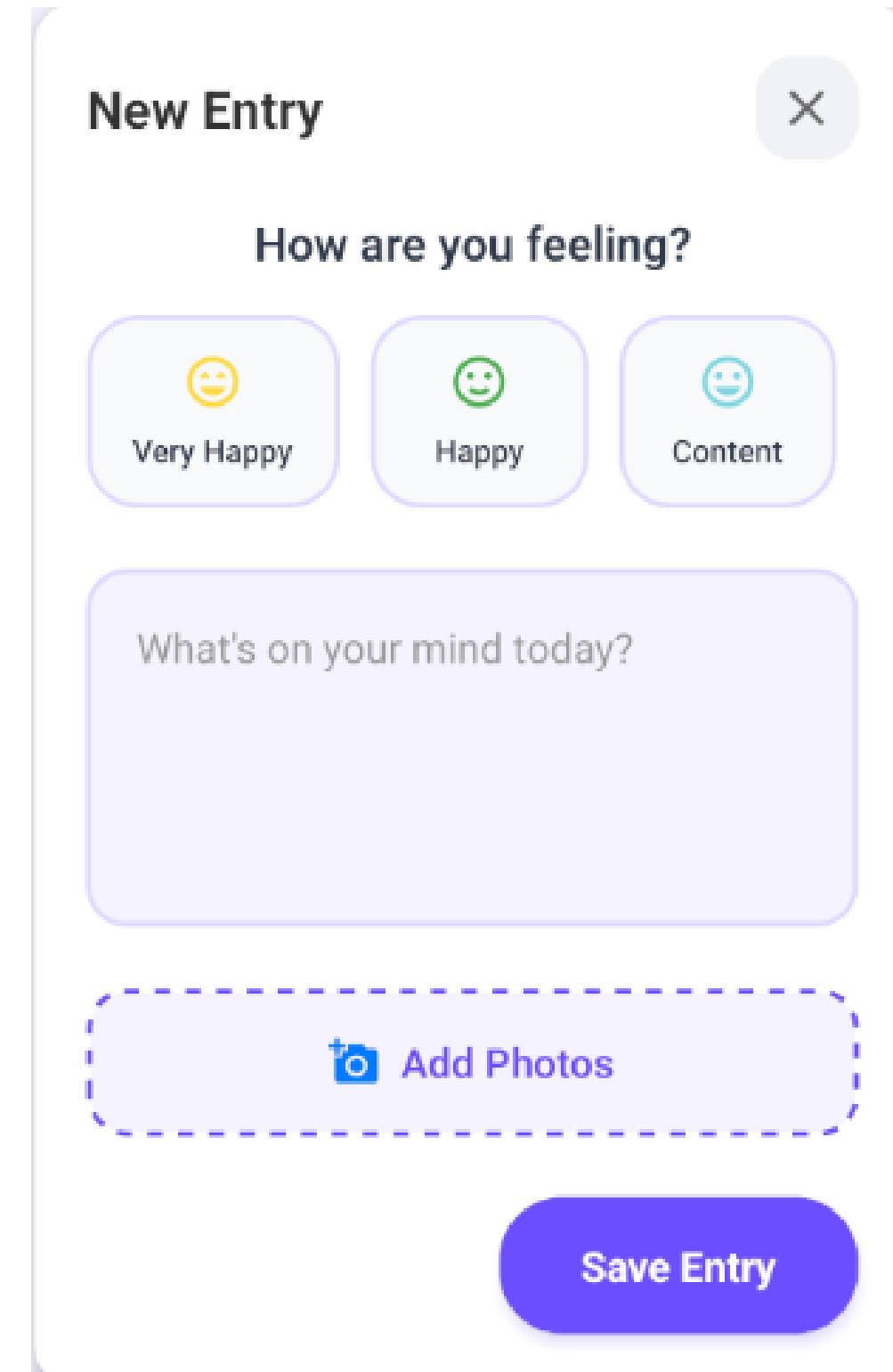
Landing page: View tracked Moods/Habits



Specific Day Habits View



Add Journal entry



History

AI Support Assistant

A safe space to talk - Remember, I'm an AI assistant, not a replacement for professional help

I've been feeling really anxious lately: My heart races, I struggle to focus, and I'm worried it's affecting my work and relationships. Can you help me explore what might be driving this anxiety.

4:31 PM

AI Assistant

I'm sorry to hear that you've been feeling anxious lately. It's important to acknowledge the impact it can have on various aspects of your life. It's great that you're looking to explore what might be causing these feelings. Sometimes, anxiety can be triggered by various stressors such as work pressures, relationship issues, health concerns, or life changes. Have there been any recent events or changes in your life that could be contributing to your anxiety? Understanding the underlying causes can be a helpful step in managing these feelings. Remember, it's okay to seek support from a mental health professional to help you navigate through this. If you ever feel overwhelmed, please consider reaching out to a therapist or counselor for further assistance.

4:31 PM

Share what's on your mind...

Send

Licensed Mental Health Professionals

Search by name...

Search by city or county...

Search by specialization...

Filter by Professional Type:

All Professional Types

Child Care Specialists Only

Autism Specialists Only

Aanei Cristina

București, București

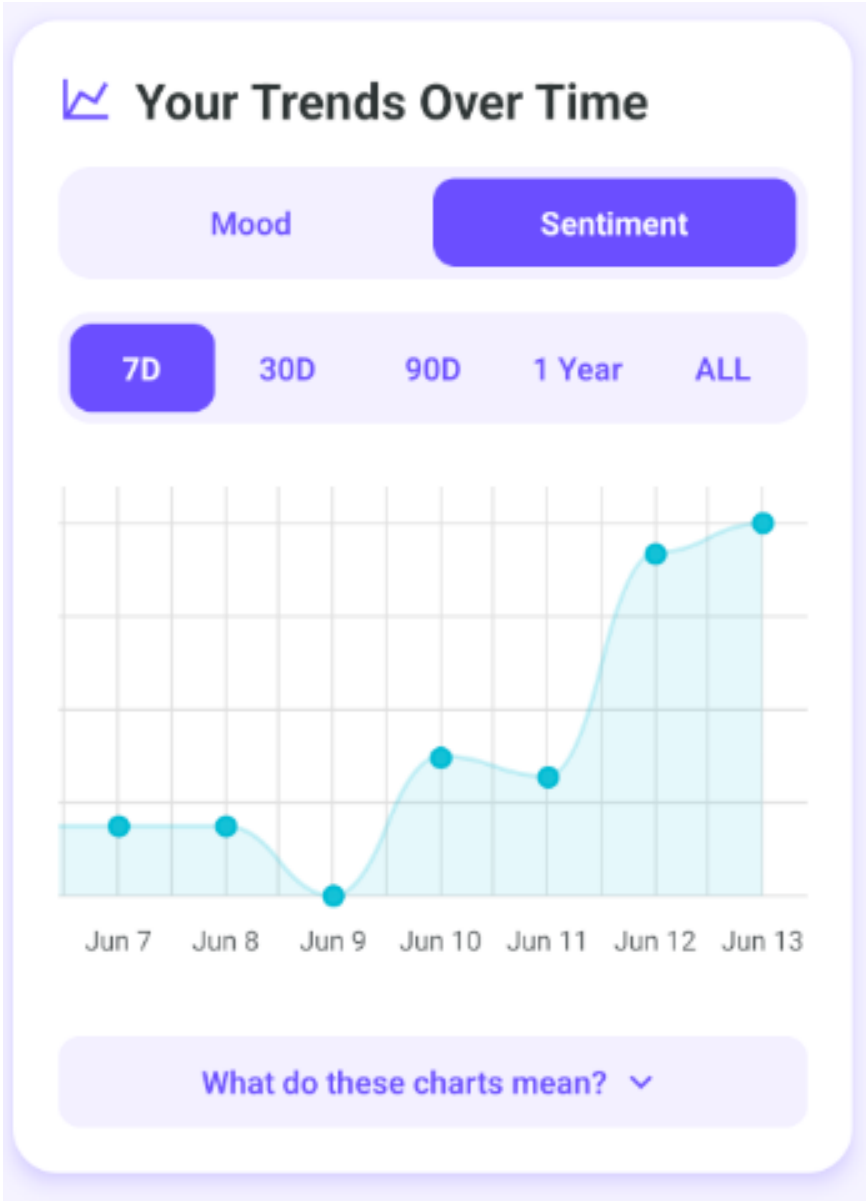
chrisaanei@yahoo.ro

0770324285

Psihologie educațională, consiliere școlară și vocațională

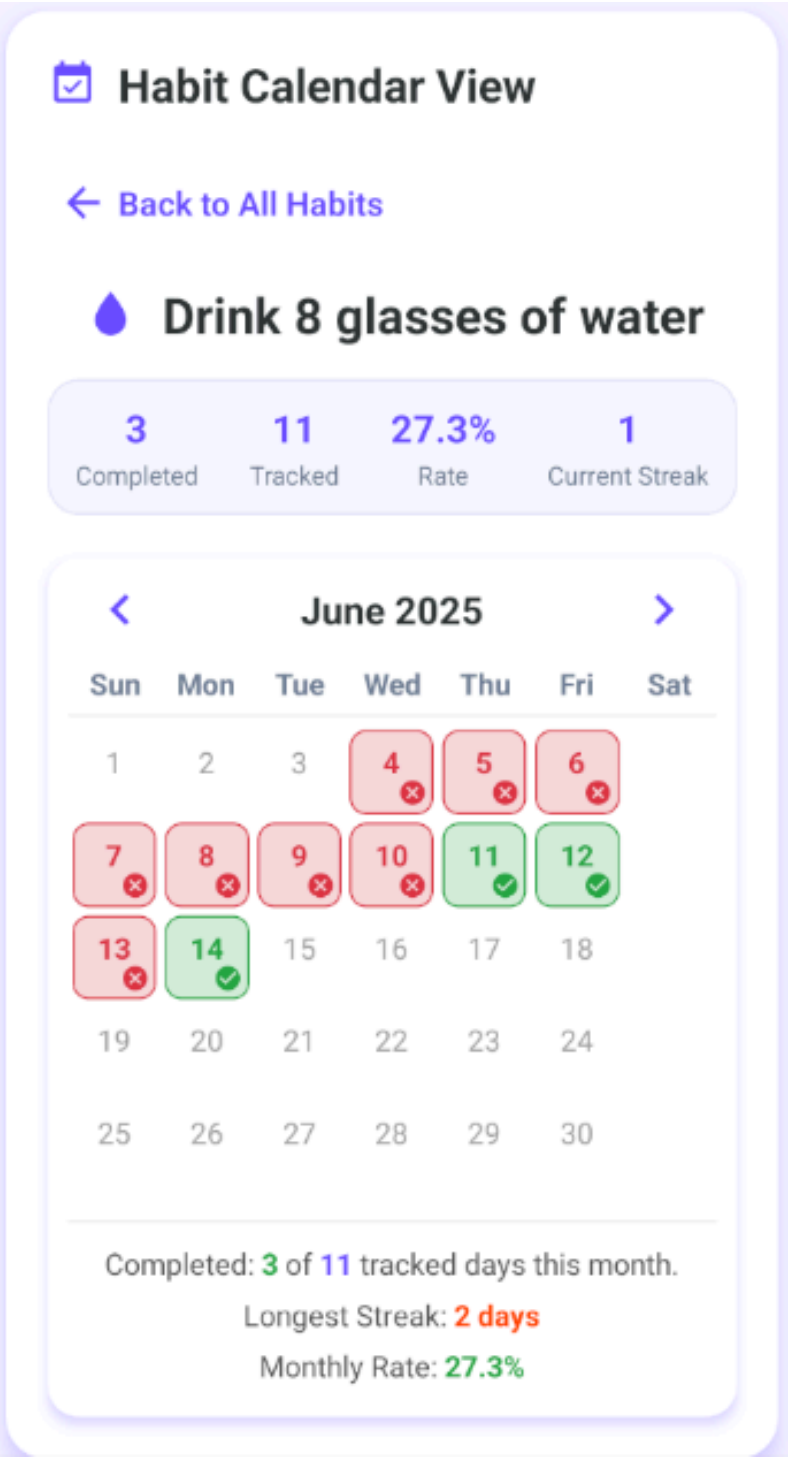
Psychologist

Supervizare

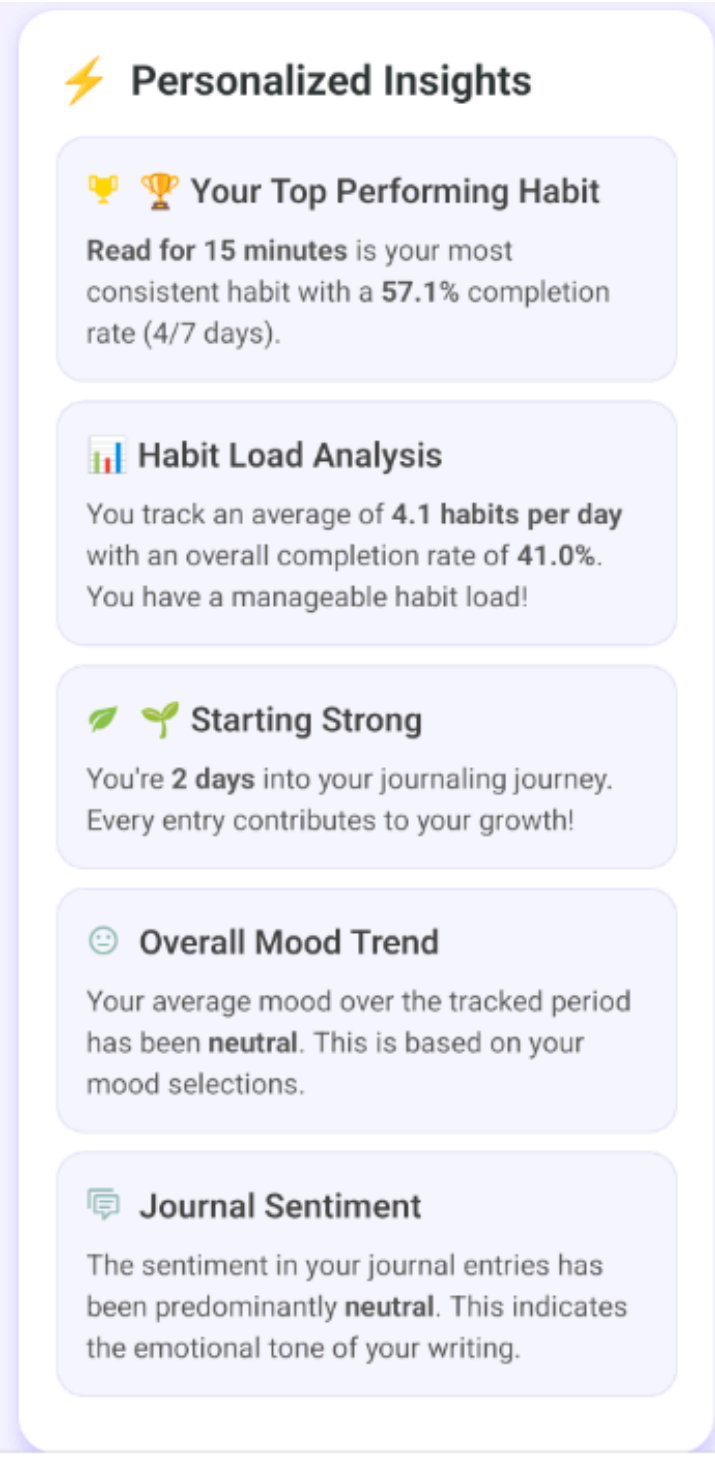


Insight charts

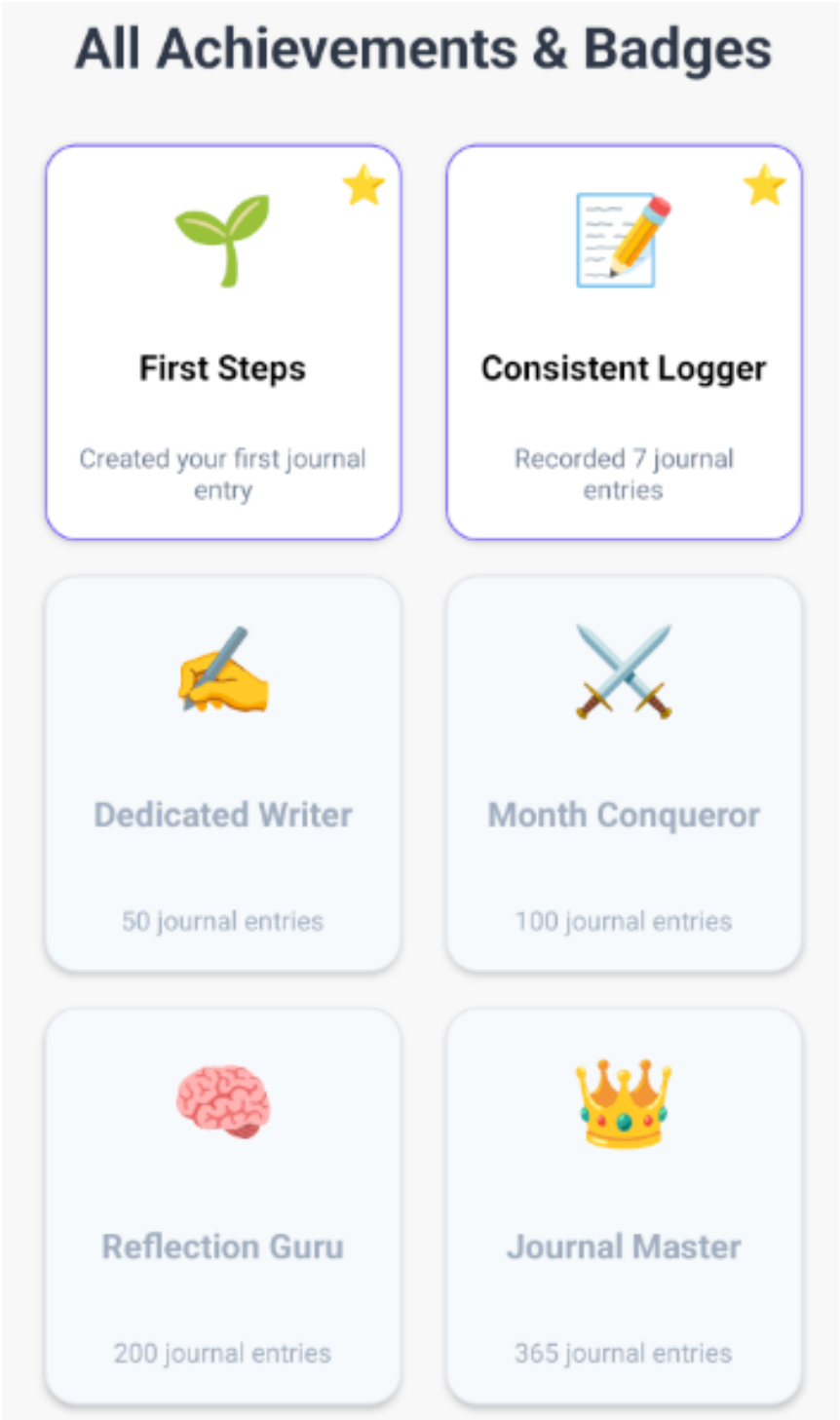
AI Support Assistant Therapist Directory:
Connecting to Professionals



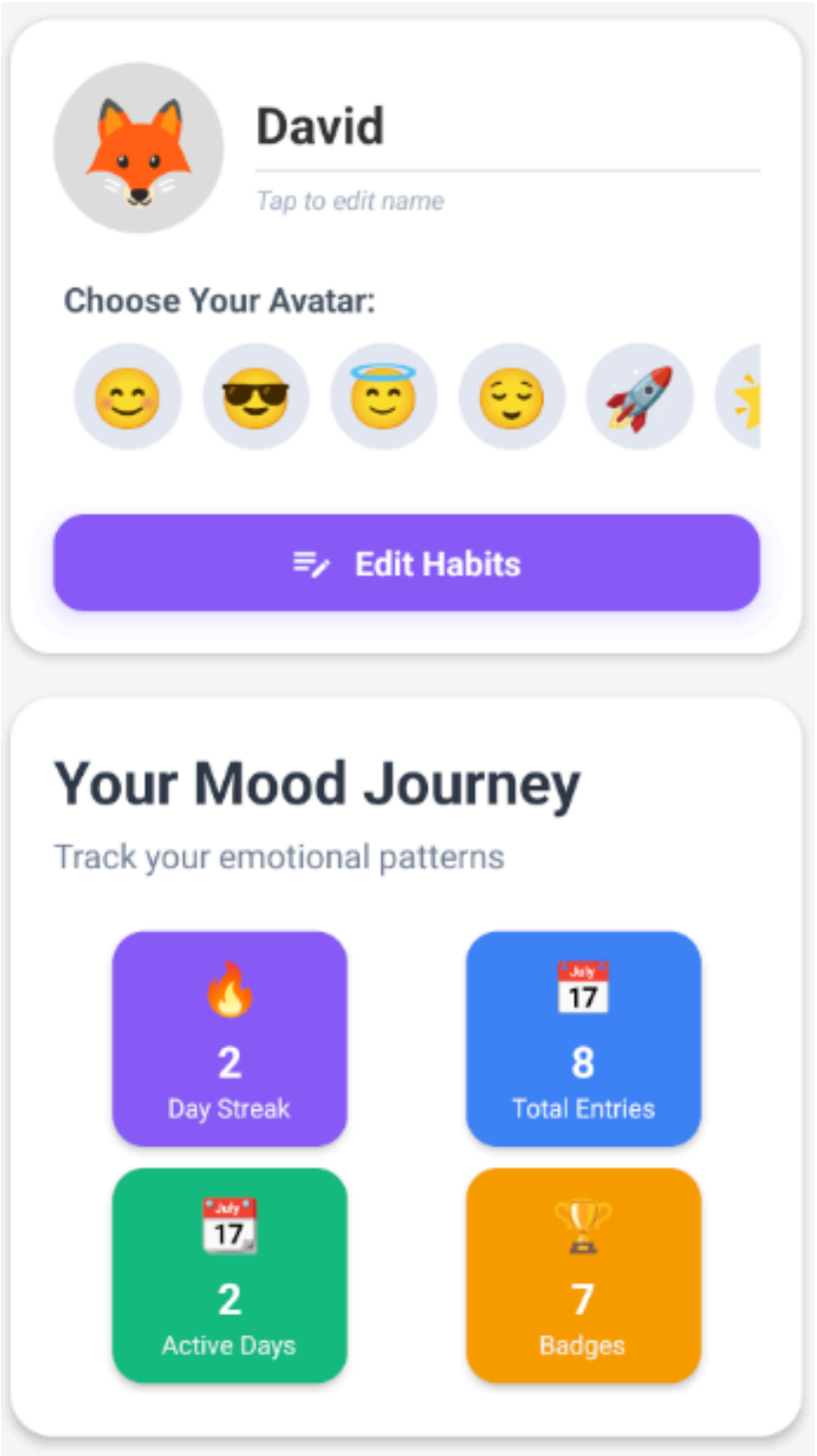
Habit tracker

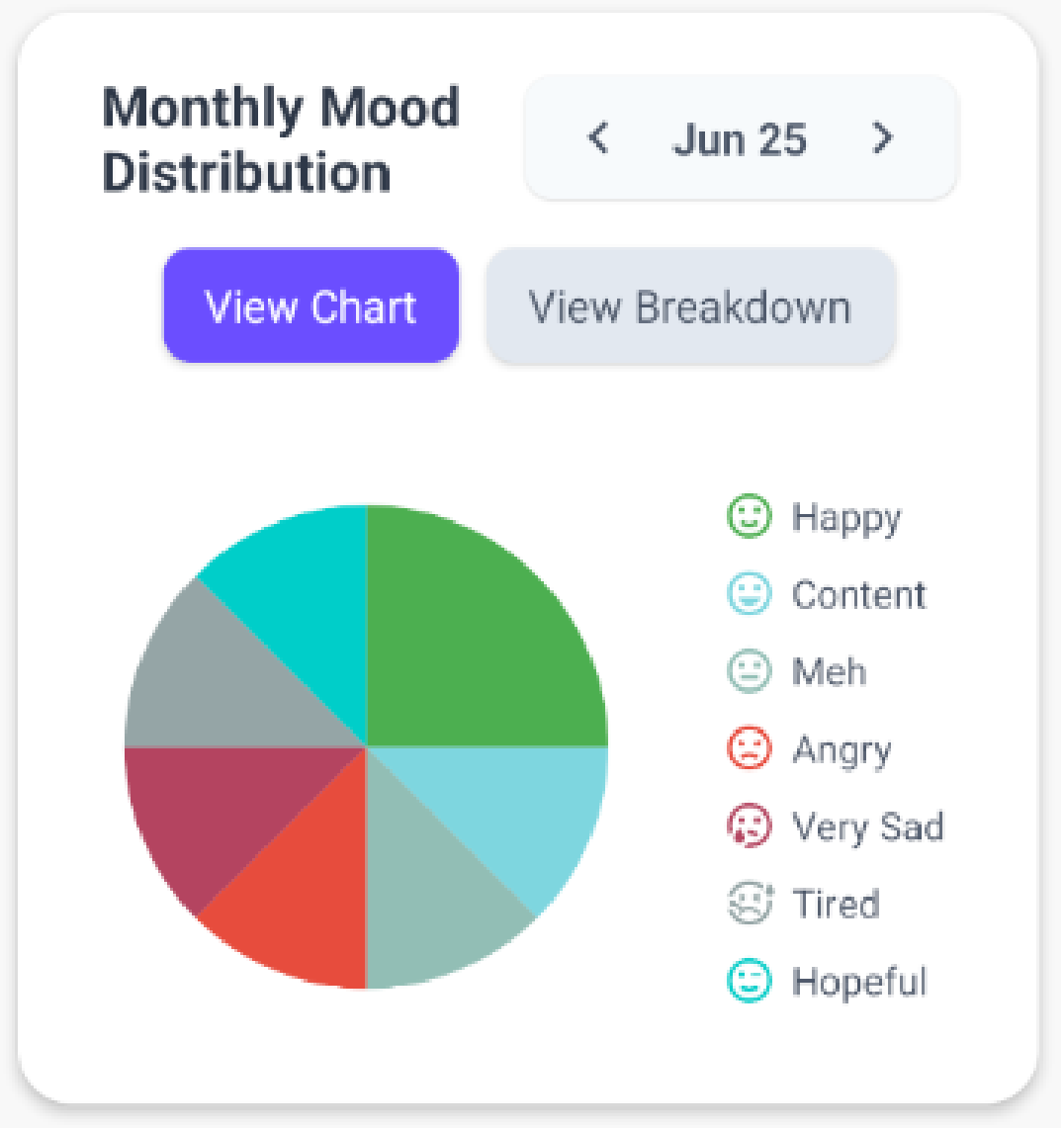


Personalized Insights



Profile Page





Monthly Mood
Distribution Graph

Manage Master Habits ✕

Your Master List:

💧 Drink 8 glasses of water	—
🧘 Meditate for 10 minutes	—
📖 Read for 15 minutes	—
🍏 Eat a healthy meal	—
zzz Go to bed early	—
📓 Write in journal	—
🏃 Exercise for 30 minutes	—

Manage Custom Habits:

Create new custom habit... [+ Add](#)

Choose Icon for New Habit:

★ ❤️ ✓ 📅 🏃

Your Custom Habits Pool:

🏃 Walking 🗑️

Habits Manager

Recent Insights

Growing Habit

You're ****2 days**** into your journaling journey. Every day counts toward building this valuable habit!

June 2025 Overview

You logged ****8 entries**** in June 2025. Your overall mood trend was ****neutral****. Remember, all emotions are valid and temporary.

Monthly Mood Pattern

In June 2025, you felt ****Happy**** most often. Understanding your patterns helps you recognize what influences your well-being.

Your Achievements

You've unlocked ****7 amazing badges**** so far! Your dedication to self-reflection is paying off. Tap the Badges card to see them all!

Summer Reflection

Summer can be a time of change and reflection. How has this season affected your mood and perspective recently?

View recent insights