



Setting



Camera



Clock



Safari



Gallery



HealHub



HEALHUB

LOADING ...



Welcome back, xxx
What can I help you today



24/7 online virtual support



Welcome back, xxx
What can I help you today

Self heal
resource

24/7 online virtual support

Meet
the
experien
peer

End
conversation

Miss Ann:
How are you feeling today, xxx?

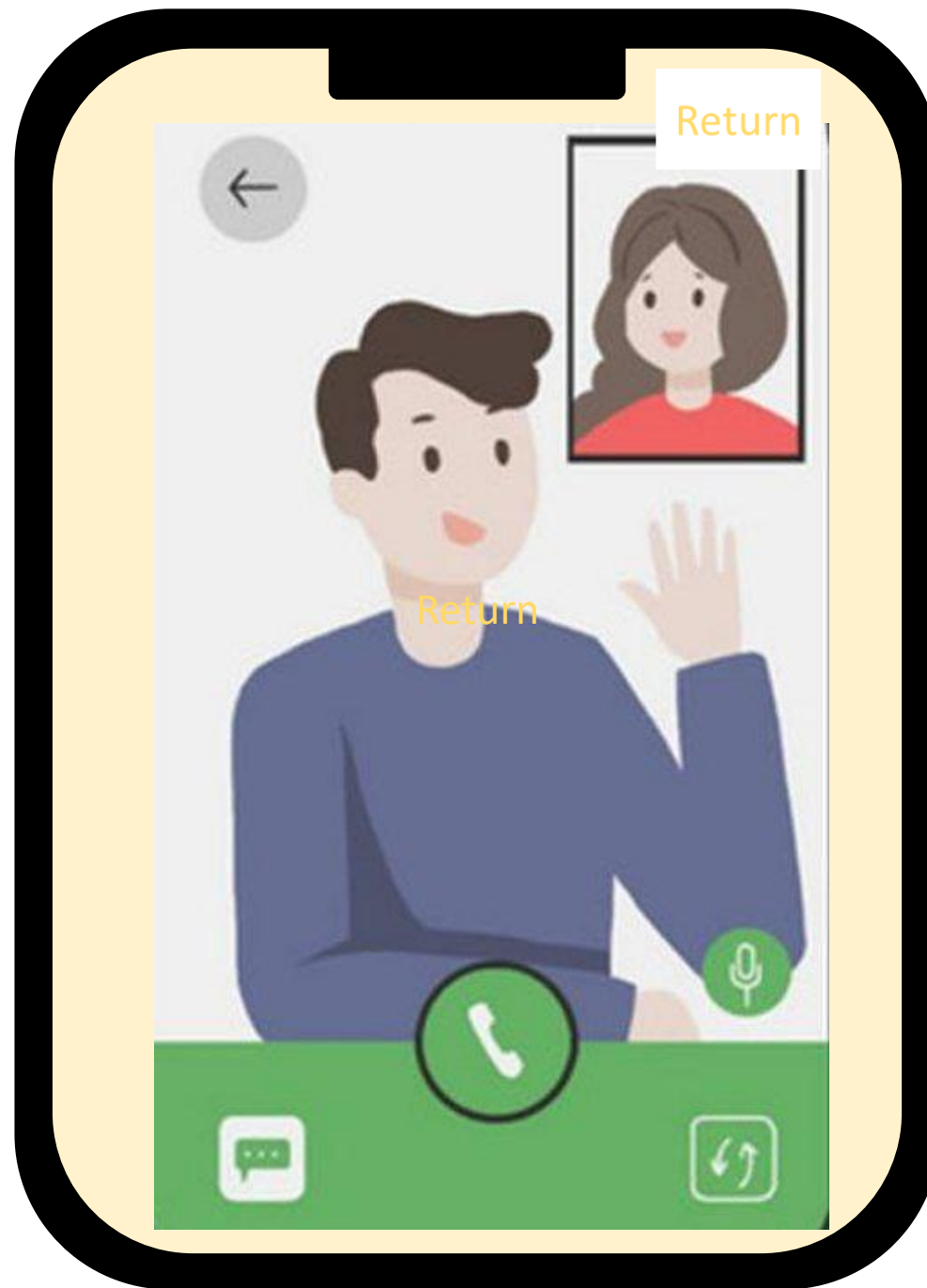
You:

I'm stressed out due to the
imcomplete assignments from
different courses.

Miss Ann:
Relax, tell me what kind of problems
you are facing about your
assignments.

Enter text here...





[Return](#)

Quick personality assessment

1. Strongly disagree 2. Disagree
3. Agree 4. Strongly agree

1. I couldn't seem to experience any positive feeling at all
1. ☐ 2. ☐ 3. ☒ 4. ☐
2. I experienced breathing difficulty
1. ☐ 2. ☐ 3. ☐ 4. ☒
3. I tended to over-react to situations
1. ☐ 2. ☒ 3. ☐ 4. ☐
4. I experienced trembling
1. ☐ 2. ☐ 3. ☐ 4. ☒
5. I felt that I was using a lot of nervous energy
1. ☐ 2. ☐ 3. ☒ 4. ☐
6. I felt that I had nothing to look forward to
1. ☒ 2. ☐ 3. ☐ 4. ☐
7. I found difficult to relax
1. ☐ 2. ☐ 3. ☒ 4. ☐
8. I felt I was close to panic
1. ☐ 2. ☐ 3. ☒ 4. ☐
9. I felt I wasn't worth much as a person
1. ☐ 2. ☒ 3. ☐ 4. ☐

[Submit](#)

[Return](#)

Quick personality assessment

Your may have mental health
condition of:
{ Anxiety disorder}

What is anxiety:

- people with anxiety disorders frequently have intense, excessive and persistent worry and fear about everyday situations
- These feelings of anxiety and panic interfere with daily activities, are difficult to control, are out of proportion to the actual danger and can last a long time

Suggestion:

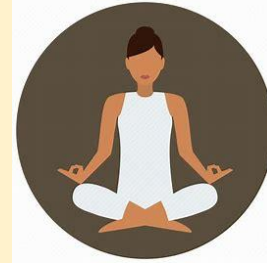
- i. Meet the cured anxiety disorder patient who would like to share their ways in get rid of anxiety disorders.
- ii. Watch the video below to get more information and some simple way to cure your anxiety disorder,

Self heal resource

[Return](#)



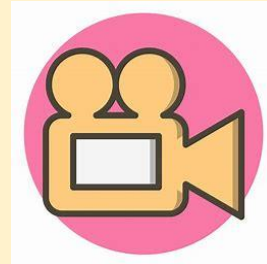
Read some relaxing article
that might heal you



Do a quick 10
minutes meditation



Play some mini game
to calm yourself down



Watch some funny
and joyful video



Listen to calm and
relaxing music

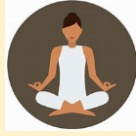


Self heal resource

[Return](#)

In the hustle and bustle of our daily lives, finding moments of tranquillity can be a powerful antidote to the stresses that weigh on our minds. Amidst the chaos, it's crucial to carve out spaces for mental healing and rejuvenation.

One of the simplest yet profoundly effective methods to soothe the mind is through mindful breathing. Take a few minutes each day to sit in a quiet space, close your eyes, and focus on your breath. Inhale deeply, feeling the air fill your lungs, and exhale slowly, releasing any tension. This practice not only calms the nervous system but also brings your attention to the present moment, away from the worries of the past or the uncertainties of the future.



Self heal resource

Return



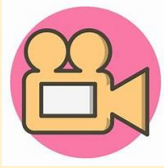


Self heal resource

Return



60+ GAMES



Self heal resource

[Return](#)





Self heal resource

Return

- | | | |
|-----|------------------------|------|
| 1. | Tiajuana Taxi | 2:06 |
| 2. | Bamboleo | 3:29 |
| 3. | Guantanamera | 3:03 |
| 4. | Tequila Boom Boom | 4:09 |
| 5. | Quando, Quando, Quando | 3:00 |
| ▶ | La Bamba | 0:30 |
| 7. | El Baille Del Perrito | 4:33 |
| 8. | Lambada | 3:16 |
| 9. | Oye Como Va | 2:58 |
| 10. | Tic Tic Tac | 3:48 |

Anonymous chat

Return

12/12/2022

11:08 PM

Anyone has an idea how to overcome insomnia. I have been suffered from insomnia for 1 week. 😞

Anonymous 1:
I think avoid using electronic gadgets before...

Write your post
anonymously

8/12/2022

08:57 PM

I have no friends to play game with. Is there anyone willing to play Valorant with me?

Anonymous 1:
Of course! My id is 0123,
feel free to play with me
Anonymous 2:

7/12/2022

8:30 AM

Good morning everyone. Hope all of you are having a great day

Meet the experience peers

[Return](#)

1. Meet Tan Xiao Ming
 - A cured person with post-traumatic stress disorder (PTSD) is here to share the progress of how he is able to cure his mental health disorder..
2. Meet Ahmad Daniel bin Mustafa
 - A depression university students who had solved his depression with the help of friend and finding himself a hobby.
3. Meet Suria a/p Murugan
 - A girl who has low self-esteem and causing her to have anxiety and autism disorders but she ...