

## Ideas

- Login
- Journaling
- Identify emotions
- Activity streak
- Well being exercises
- Summaries
- Emergency contacts
- Notifications
- Achievements
- Customizable themes
- Daily affirmations
- Quick and easy suggestions
- Peer support
- Professional help directory
- Shared journals
- Sleep and energy logs
- Triggers tracker
- Challenges
- Progress visualization
- Breathing coach
- Meditation library
- Gratitude list
- Wearable sync
- Accessibility features
- Export data for professional evaluation