

## Chat GPT API Test Run

This is an AI chat therapist. Feel free to ask it a question below.

User: Hello

Bot: Hello! How can I assist you today?

User: I've been really stressed recently. What do you recommend I do?

Bot: I'm sorry to hear that you've been feeling stressed. Stress can be overwhelming, but there are several things you can try to help manage it. Here are a few suggestions:

Identify the source of stress: Take a moment to identify the specific factors that are causing your stress. Sometimes, simply recognizing the root cause can provide some clarity and help you determine the best way to address it.

Practice relaxation techniques: Engage in activities that promote relaxation, such as deep breathing exercises,

User: Thanks. I'll give it a shot

Bot: You're welcome! I'm glad you're open to trying some strategies to manage your stress. Remember, it may take some time to find what works best for you, so be patient with yourself. If you need any more guidance or support along the way, feel free to reach out. Take care!