Daily Mental Wellness Companion

MindNest is a web application focused on improving mental health through daily journaling.

1. Daily Journaling
Track thoughts and feelings with ease.

2.* Mood Tracker

Visualize your emotional journey.

3. Guided Meditations

Find calm in under 5 minutes.

4. Peer Support

Join safe, moderated communities.

6.✓ Wellness Analytics

Understand patterns. Improve habits.

Website:

www.mindnest.app

⊯ Email:

support@mindnest.app

Social Media:

Instagram: @mindnest_app

Twitter: @MindNest

LinkedIn: MindNest Wellness

Location (optional): San Francisco, CA, USA