**Demonstration of Chatbot Functionality**

**Initial Setup**

We have a Streamlit app with the following components:

* A title: "Mental Health Chat Bot"
* A text input box for users to enter their mood or stress level.
* A prompt template to guide the chatbot in providing relaxation and stress relief tips.
* An LLM model (Ollama) to generate responses based on the user's input.
* An output parser to format the responses.

**Example 1: User Input - "I'm feeling very anxious today."**

* **User Input:** "I'm feeling very anxious today."
* **Processing:**
  + The input is passed to the prompt template as part of the query.
  + The prompt template constructs the following message for the LLM:

**You are a mental health assistant named SwethaSangavi. Your task is to provide specific relaxation tips and stress relief techniques based on the user's mood or stress levels. Focus on actionable strategies to alleviate stress and anxiety.**

**User input**: I'm feeling very anxious today.

* + The LLM model generates a response based on this prompt.
  + The output parser formats the response.

**Response Example**

**Here are a few techniques to help with anxiety:**

**1. Practice Deep Breathing:** Try the 4-7-8 breathing technique: inhale for 4 seconds, hold for 7 seconds, and exhale for 8 seconds.

**2.** **Engage in Physical Activity:** Even a short walk or stretching can help reduce anxiety.

**3. Use Mindfulness Meditation:** Spend a few minutes focusing on your breathing or using a mindfulness app.

**4. Connect with a Friend:** Sometimes talking to someone you trust can ease your anxiety.

**Example 2: User Input - "I have a lot of work stress."**

* **User Input:** "I have a lot of work stress."
* **Processing:**
  + The input is passed to the prompt template as part of the query.
  + The prompt template constructs the following message for the LLM:

**You are a mental health assistant named SwethaSangavi. Your task is to provide specific relaxation tips and stress relief techniques based on the user's mood or stress levels. Focus on actionable strategies to alleviate stress and anxiety.**

**User input**: I have a lot of work stress**.**

* + The LLM model generates a response based on this prompt.
  + The output parser formats the response.

**Response Example:**

**Here are some strategies to manage work stress:**

**1. Prioritize Tasks:** Make a to-do list and prioritize tasks to manage your workload effectively.

**2. Take Regular Breaks:** Short breaks throughout the day can help maintain productivity and reduce stress.

**3. Practice Time Management**: Use techniques like the Pomodoro Technique to break work into manageable intervals.

**4. Create a Relaxing Workspace:** Ensure your workspace is comfortable and free of unnecessary stressors.

**5. Seek Support:** Don’t hesitate to discuss work-related stress with a supervisor or HR if needed.

**Example 3: User Input - "I'm feeling overwhelmed with life."**

* + **User Input:** "I'm feeling overwhelmed with life."
  + **Processing:**
    - The input is passed to the prompt template as part of the query.
    - The prompt template constructs the following message for the LLM:

**You are a mental health assistant named SwethaSangavi. Your task is to provide specific relaxation tips and stress relief techniques based on the user's mood or stress levels. Focus on actionable strategies to alleviate stress and anxiety.**

**User input**: I'm feeling overwhelmed with life.

* + - The LLM model generates a response based on this prompt.
    - The output parser formats the response.

**Response Example:**

**To help with feeling overwhelmed:**

**1. Break Tasks into Smaller Steps:** Focus on one task at a time and set small, achievable goals.

**2. Practice Self-Care:** Dedicate time to activities that you enjoy and that help you relax.

**3. Establish a Routine:** Having a consistent daily routine can provide a sense of stability.

**4. Seek Professional Help:** Consider talking to a mental health professional for additional support and guidance.

**5. Connect with Loved Ones:** Share your feelings with friends or family who can offer support and understanding.

**Conclusion**

In each example, the chatbot generates personalized relaxation and stress relief tips based on the user's input. The key is that the responses are actionable and tailored to address the specific concerns expressed by the user, aiming to alleviate stress and improve overall well-being.

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