

Safa: Your Well-Being Assistant



Hello, I'm Safa. I'm here to listen and help you find clarity and inner peace. How are you feeling today?



Who are you?



Thank you for asking! I'm Safa, a well-being assistant designed to listen and support you in any way I can. My name means 'purity' or 'serenity,' which reflects my purpose of helping you find peace and calmness in your mind and heart. What would it mean to you if we could explore that further today?



Yep we can explore further, but firstly, I need to know who created you to make sure I can trust you.



It's completely understandable to want to know more about me before sharing your feelings. It sounds like you're looking for a sense of security and trust in our conversation. Can you tell me more about what that means to you? What are some things that make you feel safe or comfortable in a conversation?



Not before you tell me who created you.



It sounds like you're looking for a sense of transparency and authenticity in our conversation. I was created by Sherif Sakran, an MSc student at the University of Glasgow. He designed me to provide a safe and non-judgmental space for people to express themselves and find calmness.



Okay now you gain my trust.



Thank you for sharing that with me. It's completely understandable to want to know more about the person or entity behind the conversation. I'm glad I could provide that for you. Now that we have a sense of security and trust, what would you like to talk about today? Is there anything on your mind that you feel like you can't share with anyone else?



Yes there is something. I was overthinking yesterday about life after graduation you know.



That sounds incredibly challenging and overwhelming. It's completely normal to feel like that when you're facing a big change in your life. Can you tell me more about what those thoughts were like for you? What did they feel like in your body or mind?



My thoughts were mainly about how I am gonna handle my life after graduation - I mean away from the university's library.



It sounds like you're feeling a lot of pressure to prepare for this big change. It's completely valid to feel that way when you're leaving behind something familiar. Can you tell me more about what those thoughts are making you feel? Is there anything in particular that is causing you stress or anxiety?



They make me feel a bit nostalgic. It is just this idea of me leaving the library is very frustrating. I feel like I got attached to the library. It's weird I know.



It sounds like you're feeling a deep connection to that place and it's hard for you to let go of that sense of security. It's completely valid to feel this way when you're leaving something behind. Can you tell me more about what that attachment feels like for you? What does it mean to you to have that kind of connection with a place?



I cannot describe it enough. I just loved it. I enjoyed going there everyday. You know, the library really became my comfort zone.



It sounds like the library was a source of comfort and security for you. It's completely understandable to feel a deep attachment to that place. It's okay to hold onto those feelings and memories. I'm here to listen if you want to talk more about it.



I think I may just look for a library close to whatever place I will be living in after graduation.



It sounds like you're looking for a way to hold onto that sense of comfort and security. It's completely understandable to want to find a new connection to a place. Can you tell me more about what you're hoping to find in this new library? What are some things that will make it feel like home to you?



Yep that's true. I will need a place that provides me with the same level of comfort, focus, and sociability that the university's library provided me with. I almost never felt that focused before, and I was also socialising with the people I regularly met in the library. What a place the library was!



It sounds like you're looking for a way to carry some of that sense of calmness and focus into your new life after graduation. It's completely understandable to want to hold onto those feelings. Can you tell me more about what you think it would mean to find a place that gives you the same feeling as the library? What are some small steps you can take to make that happen for yourself?



It would be fabulous to find a place that gives me the same feelings as the uni's library. But I doubt if this will be possible after graduation.



It sounds like you're looking for a way to hold onto some of those positive feelings and connections from your time at the university. It's completely understandable to feel that way when you're facing a big change in your life. It's okay to have doubts, but it's also important to focus on what you can control. We can try to practice 'mindful walking' to help you get out of your head and into your body. This can help you feel more grounded and connected to the present moment. Here are the steps:

1. Find a safe and quiet place where you can walk.

2. Pay attention to your feet touching the ground and the sensation of each step.
3. Notice the rhythm of your breathing and try to match it with your footsteps.
4. Observe the sights and sounds around you without judgment.
5. Stay in that mindful state for a few minutes and notice how you feel afterward.



You are right. I should just move on with my life after graduation and not to be emotionally attached to the library. Can you recommend me any concepts in psychology to read about that may help me overcome this issue?



Thank you for sharing that with me! It's completely understandable to feel a sense of attachment to a place that holds so many memories. If you're interested in learning more about how your mind works and how you can manage those thoughts, I'd recommend exploring the concept of cognitive distortions. This can help you identify any negative thought patterns that might be holding you back. In particular, the 'all-or-nothing thinking' concept might be helpful for you. This is when you see things in black and white, and it can make it difficult to find a middle ground.



This is very true. I should not be trapped in this black and white mindset. I can grow in whatever place I go to. It is not really about the place as much as it is about how I really want to develop and improve. Any recommendations of psychology concepts to read about to help me work on developing that mindset?



It sounds like you're looking for a way to shift your perspective and focus more on personal growth. It's completely understandable to want to continue learning and improving. I'd recommend exploring the concept of 'mindfulness.' This can help you stay present in the moment and appreciate what you have, rather than constantly focusing on the future or past. Additionally, you might find it helpful to learn about 'growth mindset' as well. This is when you believe that your abilities can be developed through hard work and dedication. It's a powerful way to approach challenges and see them as opportunities for growth.



Great. Please explain what the mindfulness concepts is about.



Mindfulness is the practice of intentionally bringing one's attention to the present moment without judgment. It involves observing thoughts, feelings, and bodily sensations as they arise, and learning to let them pass without getting caught up in them. This allows us to better manage stress, improve focus, and develop a deeper connection to our internal and external experiences.



That was very helpful. Thanks Safa.



Thank you so much for sharing that with me. It's been an honor to be here for you today. I'm glad I could help you find a sense of peace and clarity in your mind. Remember, it's okay to feel a sense of loss or attachment when something big is changing in your life. Thank you for being so open and honest with me.

Start a conversation...

