

AI MoodMate - Session Summary

Date/Time: 2025-10-11 20:04:07

Input Mode: Text Input

Average Emotion Percentages:

- Angry: 100.0%
- Contempt: 0.0%
- Disgust: 0.0%
- Fear: 0.0%
- Happy: 0.0%
- Natural: 0.0%
- Sad: 0.0%
- Sleepy: 0.0%
- Surprised: 0.0%

Dominant Emotion: Angry

Recommended Songs:

- Linkin Park - Numb | Reason: High energy channels tension safely and validates frustration | Link: https://www.youtube.com/watch?v=kXYiU_JCYtU
- Imagine Dragons - Believer | Reason: Percussive drive aids affect regulation and builds resilience | Link: <https://www.youtube.com/watch?v=7wtfhZwyrcc>
- Eminem - Lose Yourself | Reason: Intense rap that channels anger into motivation and determination | Link: https://www.youtube.com/watch?v=_Yhyp-_hX2s
- Rage Against The Machine - Killing in the Name | Reason: Aggressive rock that provides safe outlet for anger expression | Link: <https://www.youtube.com/watch?v=bWXazVhlyxQ>
- Badshah - Proper Patola | Reason: High-energy Punjabi track that transforms anger into dance energy | Link: <https://www.youtube.com/watch?v=6ZgKuZqXwbg>

Reading & Mindfulness:

- Anger: Wisdom for Cooling the Flames (Nhat Hanh) | Why: Breath and awareness to de-escalate anger mindfully | Link: <https://www.amazon.com/Anger-Wisdom-Cooling-Flames/dp/1570629377>
- Box breathing 4-4-4-4 (3 mins) | Why: Physiological downshift for arousal and anger management | Link: <https://www.healthline.com/health/box-breathing>
- Nonviolent Communication (Rosenberg) | Why: Transform anger into constructive communication | Link: <https://www.amazon.com/Nonviolent-Communication-Language-Life-Changing-Relationships/dp/189200528X>
- Progressive muscle relaxation | Why: Release physical tension that accompanies anger | Link: <https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/progressive-muscle-relaxation/art-20045354>
- The Anger Trap (Carter) | Why: Break free from destructive anger patterns | Link: <https://www.amazon.com/Anger-Trap-Free-Destructive-Patterns/dp/0787963780>

Support & Counseling Resources:

- NIMHANS (India): National mental health institute with clinical services | <https://www.nimhans.ac.in/>
- iCALL Tata Institute of Social Sciences: Professional counseling helpline | <https://icallhelpline.org/>
- Fortis Mental Health: Counseling & psychiatry network | <https://www.fortishealthcare.com/india/clinical-speciality/mental-health-and-behavioural-sciences>