

# AI MoodMate - Session Summary

Date/Time: 2025-10-13 13:05:06

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](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](https://www.youtube.com/watch?v=_Yhyp-_hX2s)

## Reading & Mindfulness:

- Anger Management Techniques - Mayo Clinic | Why: Evidence-based strategies for managing anger | Link: <https://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/anger-management/art-20045434>
- Mindful Anger: A Guide to Emotional Regulation | Why: Free article on mindfulness-based anger management | Link: <https://www.mindful.org/mindful-anger/>
- Psychology Today: Understanding Anger | Why: Professional insights on anger psychology | Link: <https://www.psychologytoday.com/us/basics/anger>

## 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>