



# Unfold

learn to express yourself in a safe space

Username

Password

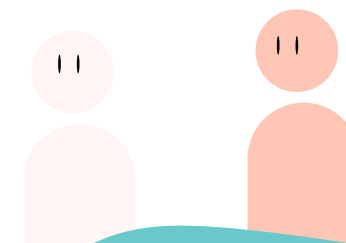


Log In

or

Don't have an account?

Sign Up





Home



Results



Settings

# Keep going! You're doing great :)

Small acts of Kindness go a long way.  
Encourage other people by reading and replying:



**or**

Write an anonymous letter and receive  
some encouragement!

Write



Sept 19

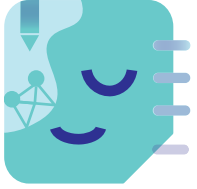
## Emotional Assessment

Get to know yourself a bit better

Hey Jeff! So how are you today? 1/3

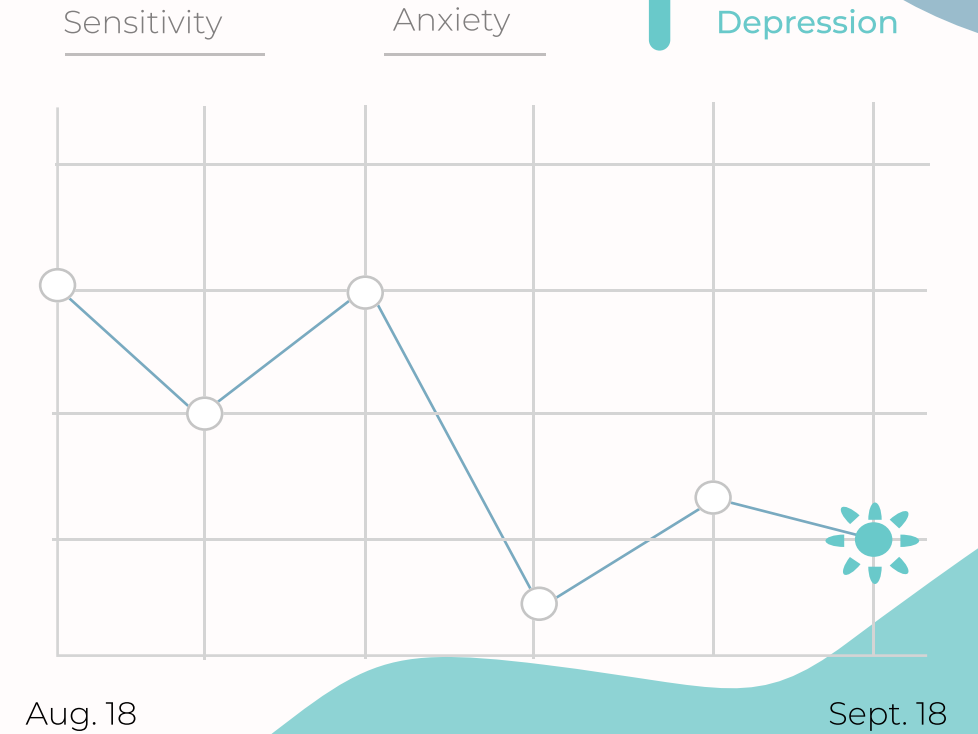
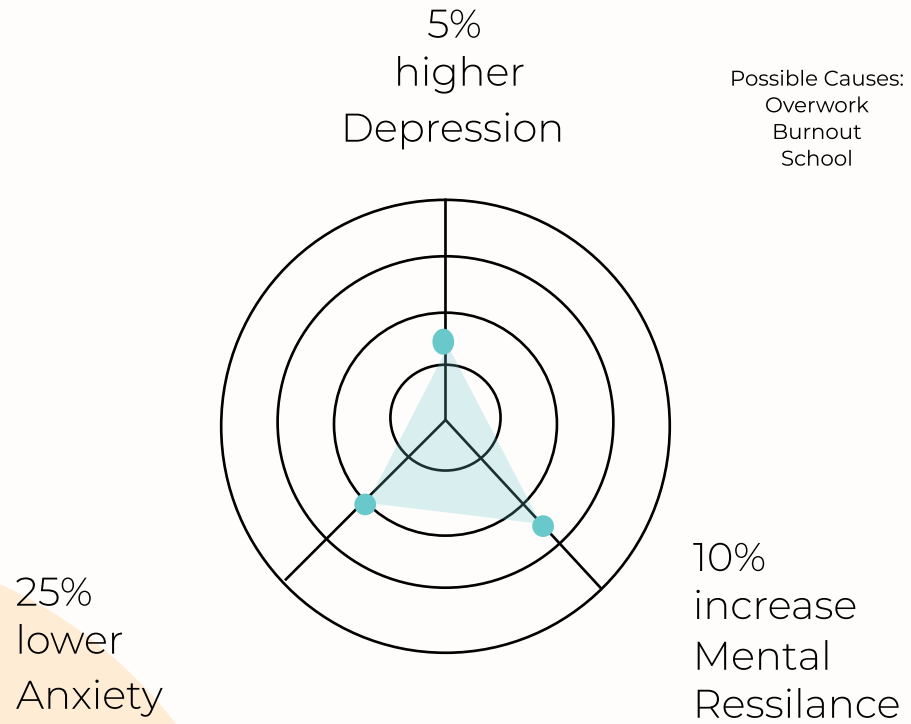
I've been having a **lot to do** lately  
and I don't know how to cope  
up....I think I **feel a bit lost** 😞





# Today's result

[Back to Home Page](#)





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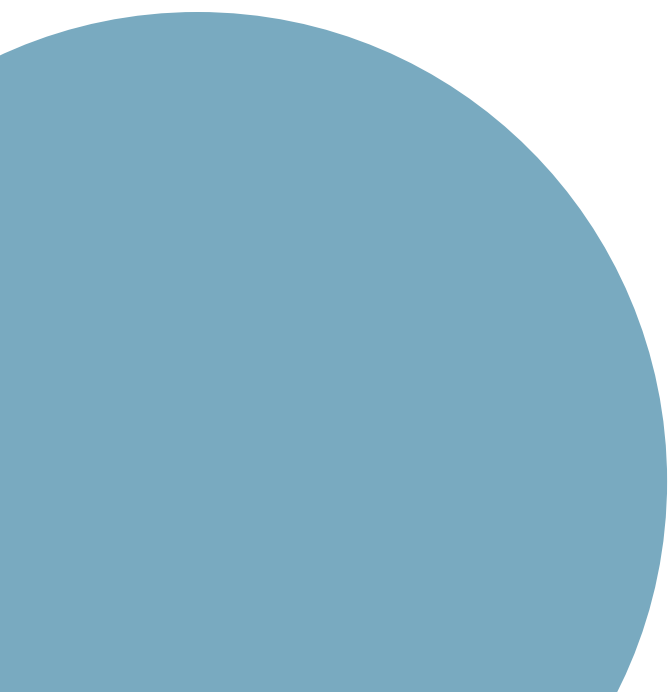


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Check Up



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Keep going  
doing great

Small acts of Kindness  
Encourage other people



Write an anonymous note  
some encouragement

Write

**September 19, 2021**



Today was a great day and I've made a lot of friends along the way. Hoping tomorrow is a bit better everyone :))

Encouragement:



I hope to make more friends too. Thanks for the encouragement!



All the best. You did good today :)



Photos



Videos



Stickers



MP3



GIF



Emoji

September 19

**Assessment**

Help yourself a bit better

How are you today? 1/3

I've been having a **lot to do** lately  
don't know how to cope  
I think I **feel a bit lost** 😞

