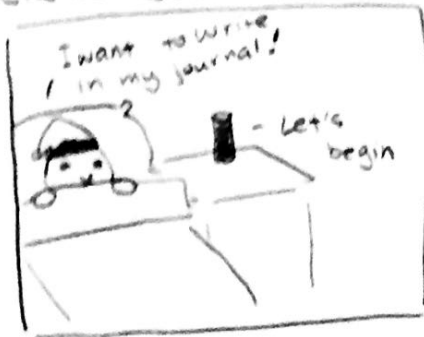


CREATE JOURNAL



→ Start journaling process

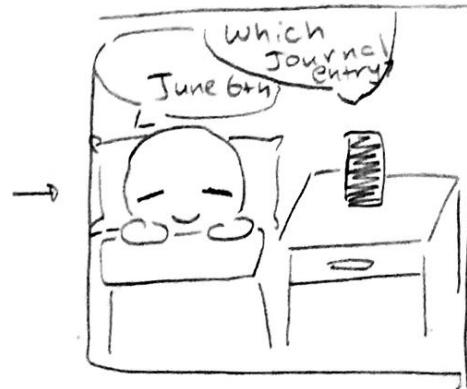


→ alexa transcribes as user speaks



→ alexa turns off upon 5 minutes of no response.

Read Journal



Breathing Exercises

