

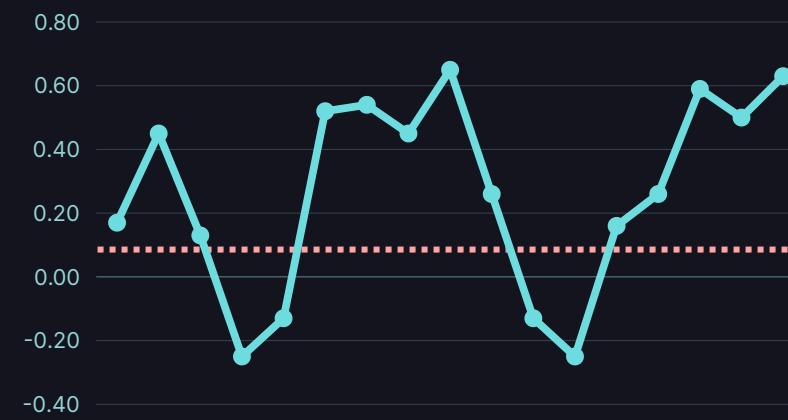
9:41



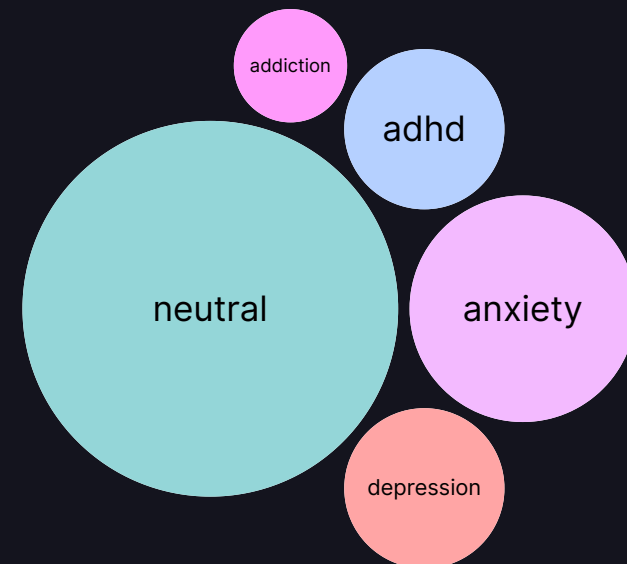
Your mood lately



You've been feeling positive overall :D



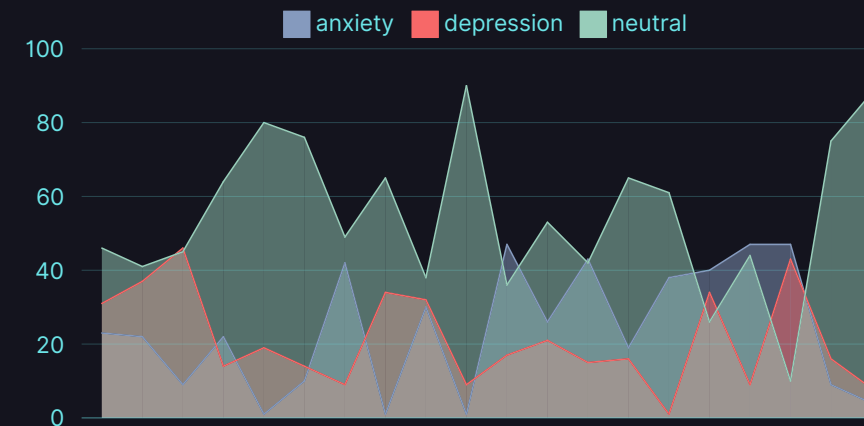
Your top emotion is 'neutral'



9:41



Your mood lately



- You did journal on 26 of the last 30 days.
- You observed over 15 oscillations in your mood this month.
- 65% of your emotions were mild in intensity.

[click here for more insights...](#)

My thoughts

I dont understand My husband of 8 years said he wants a divorce. He recently gave up drinking and has never developed healthy coping skills. I am trying to be supportive, and he told me...

Confronting your emotions, feelings and thoughts is the first step towards making sense of it all. Congrats on working towards your mental well-being!

9:41



What's up?

Hi there! I'm **Serendipity AI**, your AI assistant. What's up?

Hi, I've been feeling anxious lately, and it's starting to feel overwhelming. I don't know where to begin, but I'd like to sort through it :(

I understand. Take your time. To start, can you tell me what's been causing you the most anxiety recently? Is there a particular situation or thought that makes you feel this way?

Yeah, I think it's often triggered by work pressures, especially when deadlines pile up. Then I start worrying that I'm not doing enough or that I'll mess up.

Thank you for sharing that. When these thoughts start, do you notice any physical sensations in your body? Like a racing heart, tense muscles, or shortness of breath?

9:41



What's up?

Physically, I feel tense—my shoulders and neck get stiff, and I get a kind of tight feeling in my chest. Mentally, it's a lot of racing thoughts, mostly what-ifs, worries about not meeting expectations.

I see. It's good that you're aware of both the physical and mental sensations. Can you recall a specific instance when you felt this way recently, and how you handled it at that time?

I think taking a walk has helped a bit, just getting away from the screen. Writing down my to-do list sometimes helps too, though I don't always feel motivated to do it.

Those are great coping strategies. Why do you think it's sometimes hard to motivate yourself to use them, even when you know they help?

Oh I see, that makes sense.

9:41



What's up?

I think this conversation has helped me, I need time to internalize and self reflect. Can you summarize this discussion for me?

Of course! Here's a summary of our discussion:

You:

- * Overwhelmed by anxiety lately.
- * Notice that your anxiety is often triggered by work pressures and worries about meeting expectations.
- * Experience physical symptoms like muscle tension, a tight chest, and mental symptoms like racing thoughts and "what-if" worries.
- * Have found that taking a walk and writing down your to-do list can help manage your anxiety.

We discussed:

- * The situations and thoughts that trigger your anxiety.
- * The physical and mental symptoms you experience when you're anxious.
- * Coping strategies that you've found helpful in the past.