

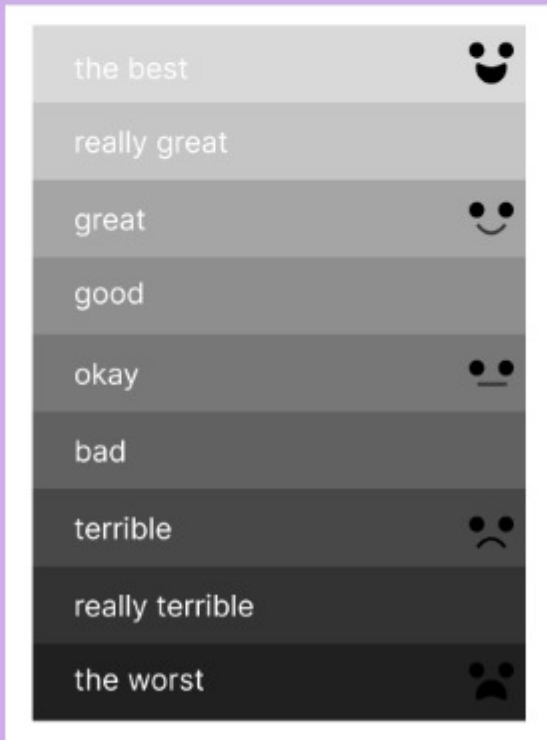
Your mood:

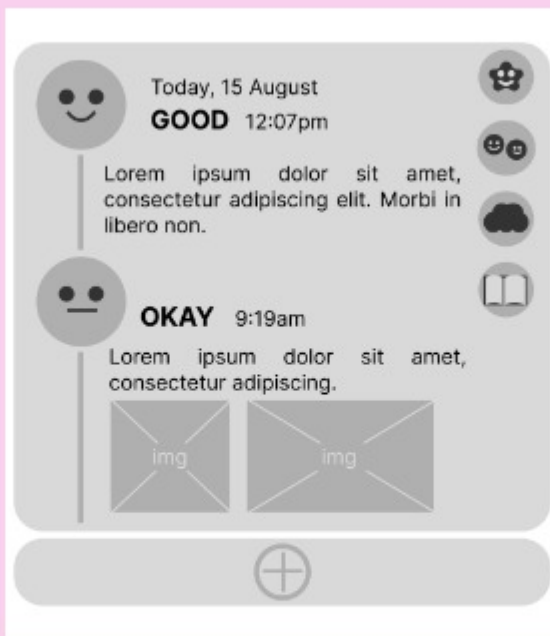
|

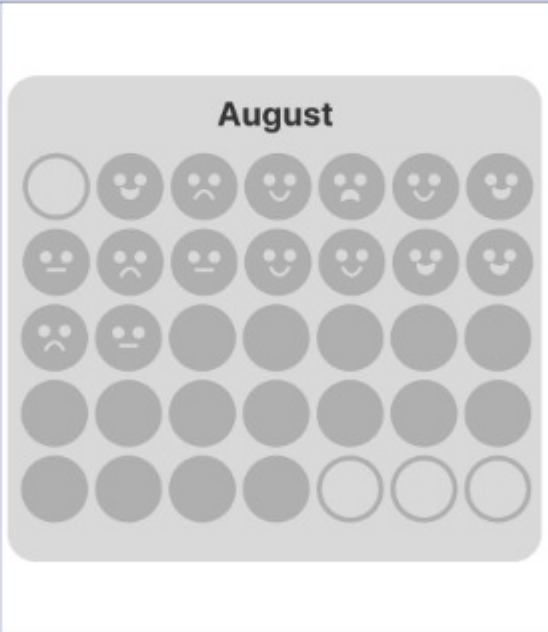
Your thoughts:

|

Add



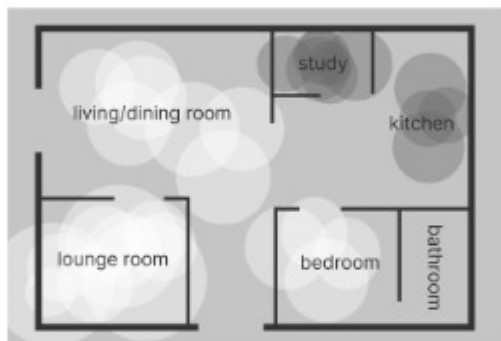




mood mapping



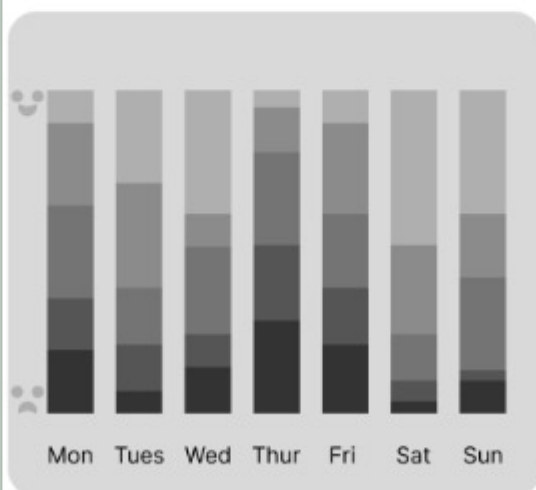
home



August



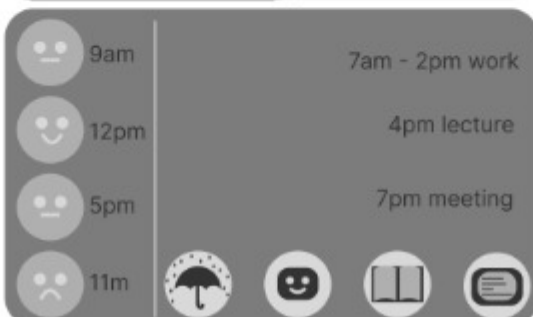
Streak



Today you've been feeling:



OKAY



Today, you have had low levels of sleep, and focused mainly on university study etc etc. This could be the cause of your okay mood etc etc. Tonight, try to get some sleep and tomorrow reach out to a friend etc etc.

You feel **THE BEST** when:



book club

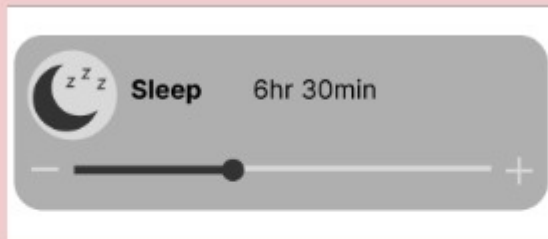
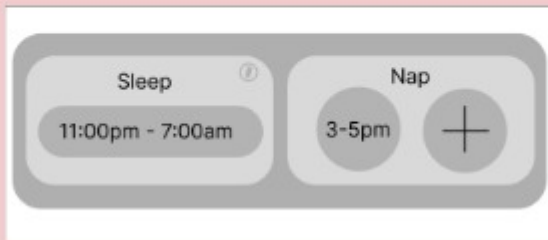
movie night

You feel **THE WORST** when:



tutorial

lecture



data export

send your data to:

email

1 day

3 days

1 week

1 month

3 months

6 months

1 year

daily affirmation

I have the power to let go of my bad thoughts.

breathing exercise

1 minute

2 minutes

4 minutes



meditation



5 minutes



20 minutes

45 minutes



