

# SOULSYNC

A MENTAL HEALTH TRACKER

Created by Gryffin Coders



# TODAY'S AGENDA:

Develop a platform that uses data visualization to map out an individual's mental health journey. By inputting daily moods, thoughts, and activities, users can see patterns and triggers over time. React's dynamic UI capabilities can create interactive charts and graphs, while MongoDB stores user entries, providing insights into mental health trends.





# WHY IS IT IMPORTANT TO TALK ABOUT MENTAL HEALTH

## HEALTH REFLECTION

Mental health tracking enables individuals to reflect on their emotions, thoughts, and behaviors, fostering self-awareness and insight into their mental well-being.

## IDENTIFYING PATTERNS

By consistently tracking their moods and emotions, individuals can identify patterns and triggers, empowering them to take proactive steps to manage their mental health.

## PROMOTING ACCOUNTABILITY

The act of tracking mental health encourages accountability and ownership of one's well-being, leading to a more proactive approach to self-care.

# ROLE OF SOULSYNC IN MENTAL HEALTH



# EFFECTIVE TRACKING



**It's essential to track various aspects of mental health, including mood, anxiety levels, and stress triggers, to gain a holistic understanding.**

---

Mental health trackers empower individuals to take an active role in managing their well-being, promoting a sense of control and agency over their mental health.

# NORMALISATION



**Trackers can serve as valuable communication tools for individuals to share their mental health insights with healthcare providers, facilitating more effective support and treatment.**

---

By promoting open conversations about mental health, trackers contribute to the normalization of discussions around emotions and well-being.

# CONTROL OVER DECISION MAKING

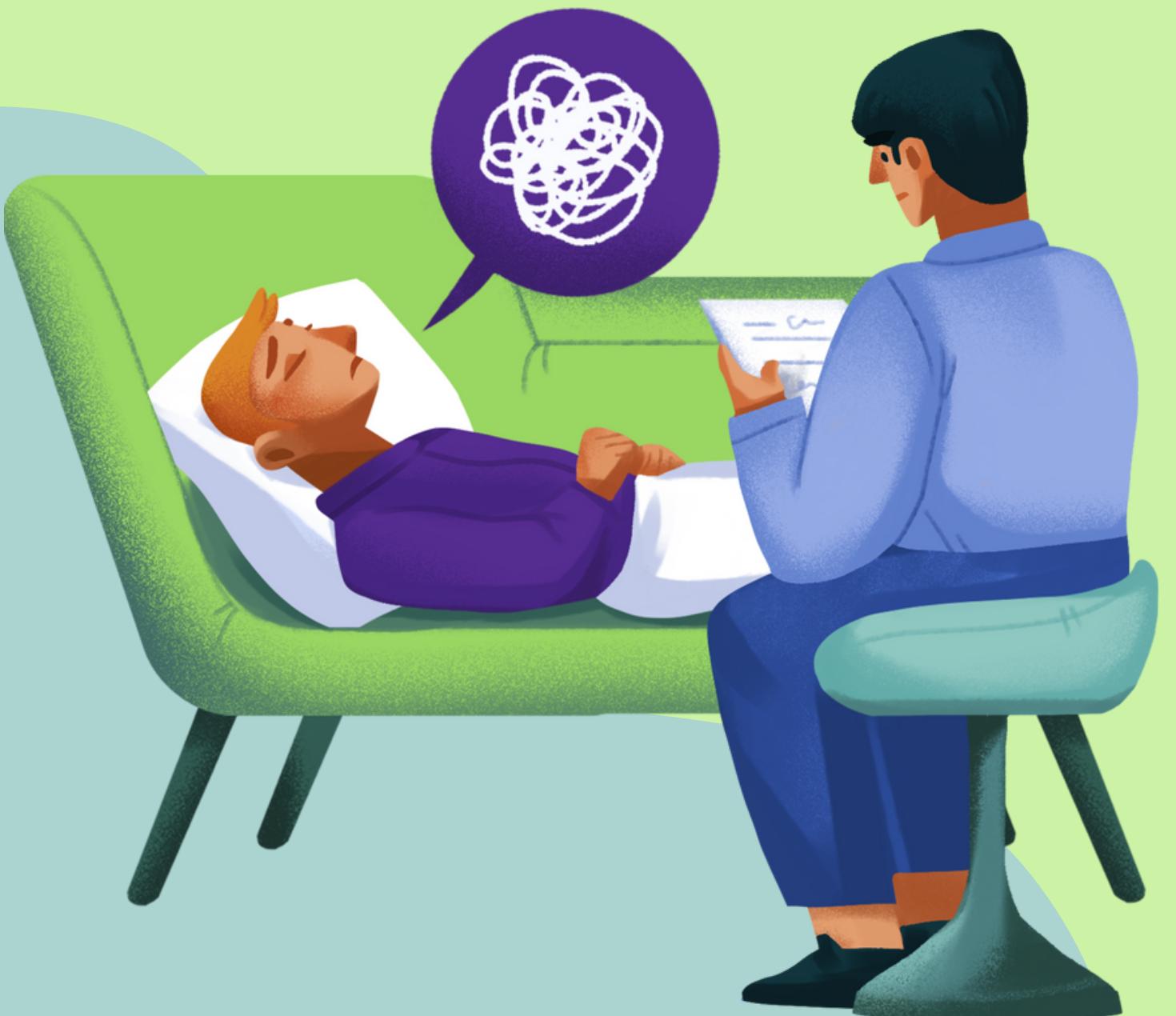


The act of tracking mental health instills a sense of control and agency, reducing feelings of helplessness and promoting proactive self-care.

---

Tracked data can support individuals in making informed decisions about lifestyle changes, coping strategies, and treatment options.

# GET EMERGENCY HELP



**SoulSync acts as a digital friend to help the user in any emergent situation**

---

Mental health trackers can include resources for seeking professional support, such as therapy, counseling, or crisis hotlines, promoting timely interventions.

# SOULSYNC'S SOUL

SoulSync



-  Dashboard
-  Daily Tracker
-  SOS! Get help NOW!
-  Logout

## Welcome to SoulSync!

"Your struggles do not define you."

How are you feeling today?

"Taking care of your mental health is an act of self-love."



# SOULSYNC'S SOUL

Go to Dashboard

## Mental Health Check-In

How are you feeling today? (0 = Terrible, 10 = Great)

5

How would you rate your level of serenity today? (0 = Poorly, 10 = Very well)

2

How well did you sleep last night? (0 = Poorly, 10 = Very well)

8

How productive were you today? (0 = Not at all, 10 = Extremely productive)

10

How much did you enjoy your day today? (0 = Not at all, 10 = Very much)

4

Your average mental health score today is 5.8

Mental Health Score

5.8

## Mental Health Guidances

Generate guidance

1. Seek professional help: If your mental health score is below average, it is important to seek help from a mental health professional. They can provide you with personalized guidance and support to improve your mental health.
2. Practice self-care: Make self-care a priority in your daily routine. This can include activities such as exercise, getting enough sleep, eating a healthy diet, and setting aside time for relaxation and hobbies.

## SoulSync SOS Assistant

If you're experiencing distress or emotional pain, use this tool to get immediate steps to help manage your condition.

Select your current symptom:

Anxiety

Get Immediate Steps

### Steps to Follow:

Take deep breaths, try grounding exercises, or use a meditation app.

### Emergency Contact:

If these steps do not help, or if you feel like you are in danger, please call emergency services or a mental health professional immediately.

⚠️ National Emergency Number: Call [112](#) or Ambulance: Call [102](#) or your local emergency number.

We, Gryffin Coders, strive to find problems that can be solved to make the life of others easier.

# THANK YOU!

