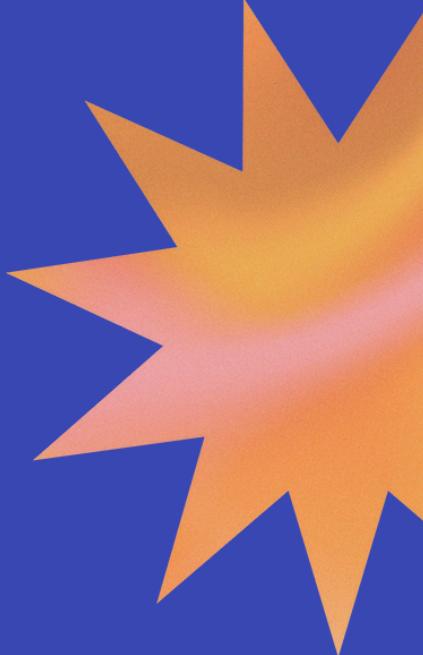


Amrita, James, Josh, & Katie



# SoulScribe \*

How do you feel today?



Smarter Journaling

# Mental Health

**People often hide their feelings, but this can result in**

- stress
- depression over time
- emotional buildup
- isolation

**In 2020, a review of 62 studies evaluated the prevalence of imposter syndrome, this study showed as high as 56% to 82% in graduate students, college students, nurses, medical students, and other professions.**

**Our app's goal is to reduce the stigma of mental health sharing your feelings in a spontaneous and anonymous way.**

# Process

## IMPLEMENTATION

1. Trained OpenAI model based on the tone and words of the journal entry
2. Rate the journal entry on these attributes ("goal-orientation", "self-esteem", "happiness", etc)
3. Sent top scoring, and lowest scoring attributes as queries to Spotify API to retrieve recommended podcasts

Enter a diary entry: Today feels like a heavy burden, weighed down by disappointment and frustration. I'm fed up with constantly falling short, with watching my grades plummet despite my efforts. It's infuriating to see others effortlessly succeed while I struggle to keep up. I'm tired of feeling like I'm not good enough, like I'm constantly fighting an uphill battle. But amidst the despair and anger, there's a fire within me, a determination to rise above these challenges and prove to myself that I am capable of more than what is shown.

```
{'gratitude': 1, 'social-support': 1, 'happiness': 1, 'satisfaction': 2, 'self-esteem': 3, 'goal-orientation': 7, 'anger': 6}
```

Podcasts recommended based on your feelings now

## Podcasts recommended based on your feelings now

### Title: 165. The psychology of anger

Description: Anger is one of our most primal emotions and yet we have no idea how to manage it. We suppress it, allowing it to rule our lives; we hide from it, we let it explode onto people who don't deserve our rage. In this episode we break down the psychology of anger and why anger is often a secondary emotion, masking our true fear, anxiety and insecurity. We explore how to manage our anger, use it for fuel and motivation, why the anger we experience as children often leads to our inability to fully express emotions, where our anger comes from and whether forgiveness truly is the solution. Listen now. Follow us on Instagram: @thatpsychologypodcast Follow Jemma on Instagram: @jemmasbeg See omnystudio.com/listener for privacy information.  
Listen here: <https://open.spotify.com/episode/1nFNdIY0QuBIfwuM0UavRs>

### Title: 104. Self Esteem Mindset. Changes To Make Immediately

Description: In this episode Leo shares the mindset he's found for increased self esteem. He gives exact details on how to be less impacted by the way other people feel about you, and how to care less about what they think of you. This episode is sure to leave you feeling a major boost. Get ready!

### Title: 19 – Three Tips For Building Self-Awareness

Description: In previous episodes of this podcast, I have shared that one of the most important keys to controlling your anger is to become aware that you are getting angry.

If you are not aware you are getting angry, you cannot change how you act toward them. However, if you are aware that you are getting angry, there are many things that you can do to change how you act. So how do you become more aware when you are feeling angry? The key is to build your self-awareness. In this episode, I will discuss three tips for building self-awareness so that you can catch yourself getting angry before your anger gets out of control.

For FREE support on your anger management journey, including free training and the opportunity to book a free 20-minute anger assessment call with me, visit my website [angersecrets.com](http://angersecrets.com). I look forward to helping you control your anger once and for all.

Listen here: <https://open.spotify.com/episode/2UYMG9npm5Ns9RePPH4NE6>

## You might also like:

### Title: Happiness Boosting Meditation ~ Increase Gratitude and Appreciation

Description: When we consciously cultivate gratitude and appreciation through meditation, we pave the way for increased happiness and a more fulfilling life. At its core, gratitude is a profound acknowledgment and recognition of the good things in our lives. It shifts our focus from what is lacking to what is abundant, fostering a sense of contentment and joy. Incorporating gratitude meditation into

Demo

Link

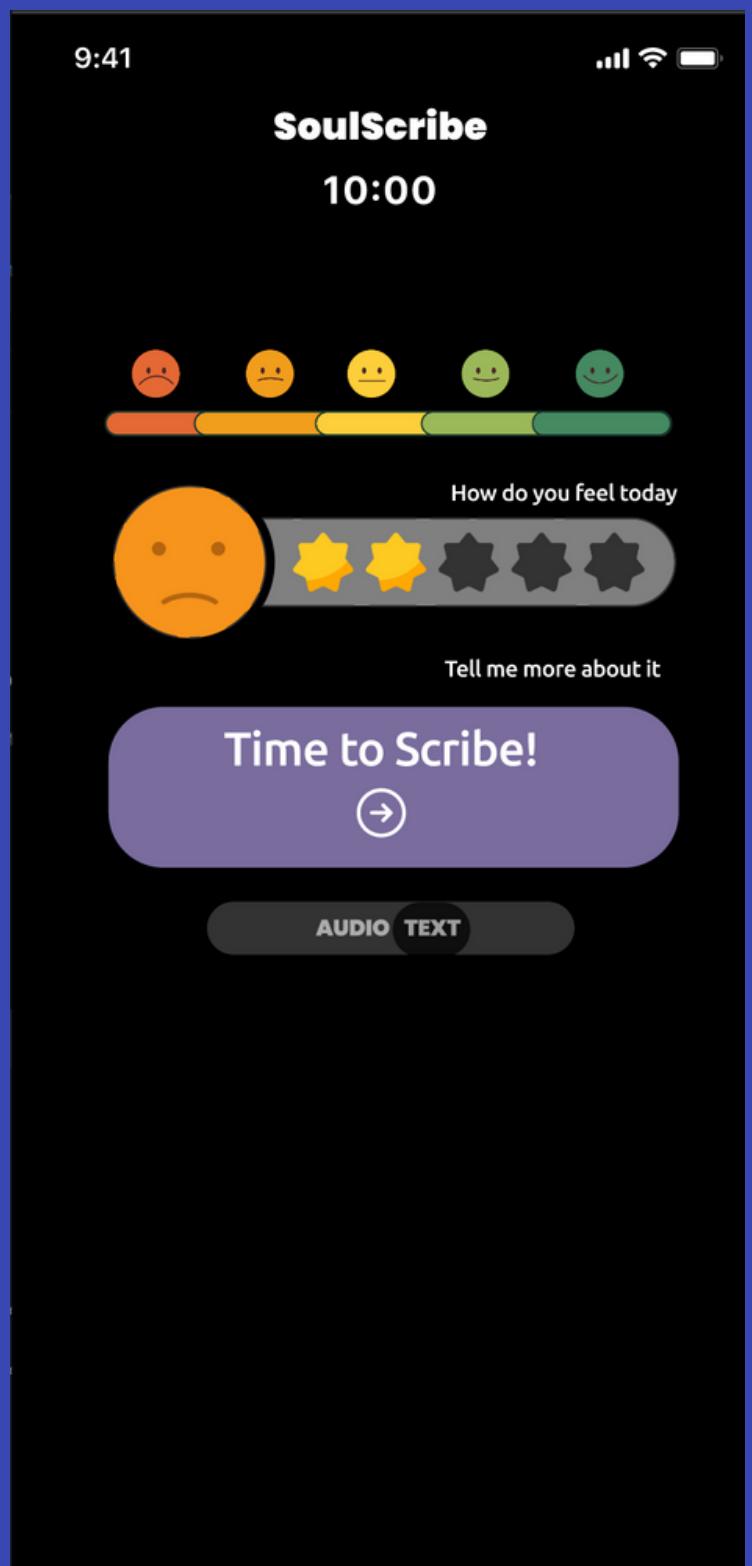
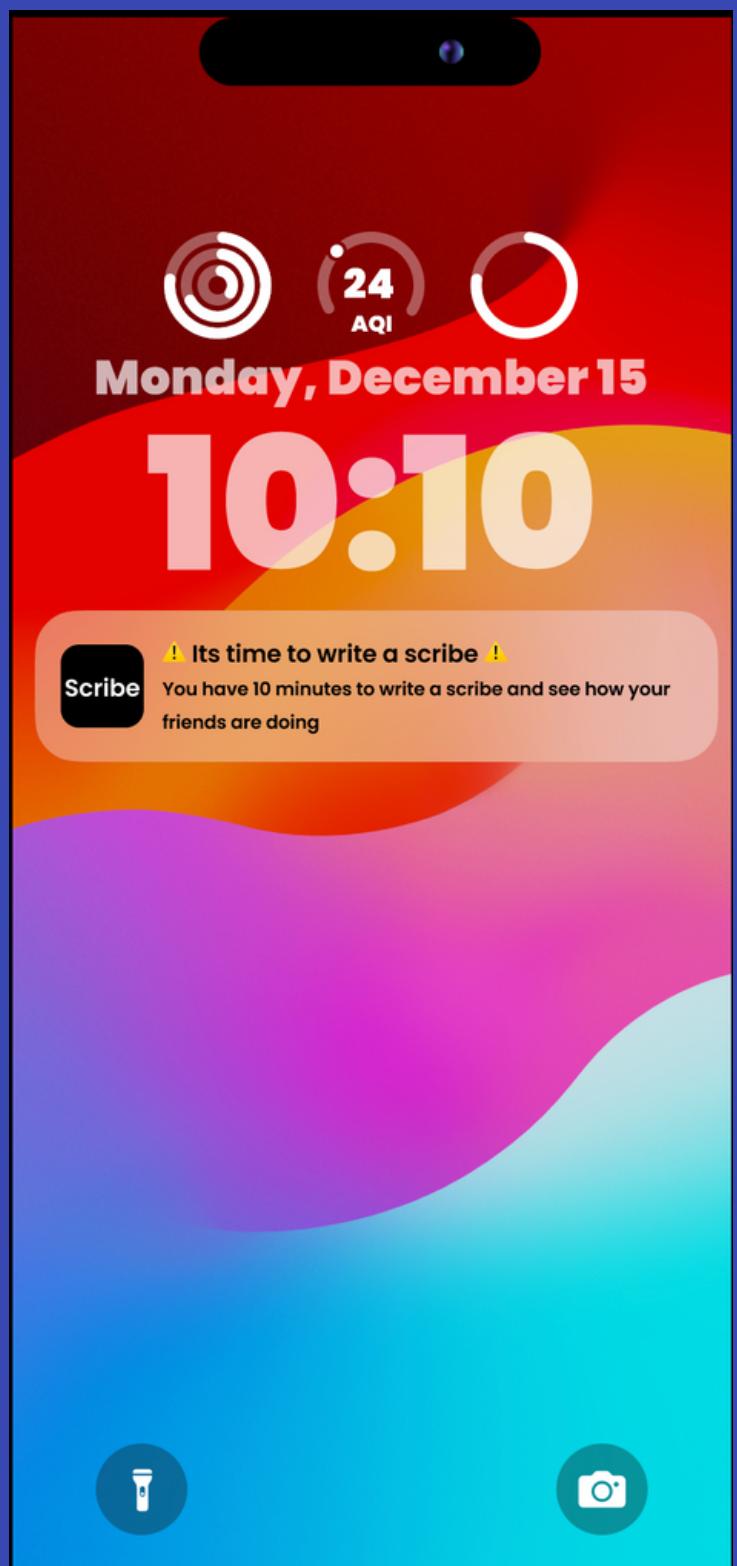
# Future Implementations

Integrate more features to the front-end of our app

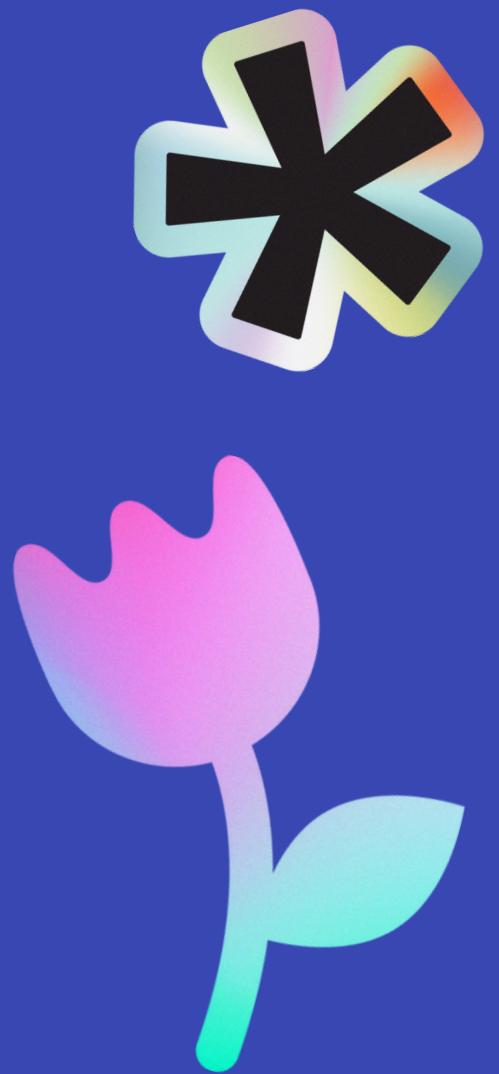
Added Features:

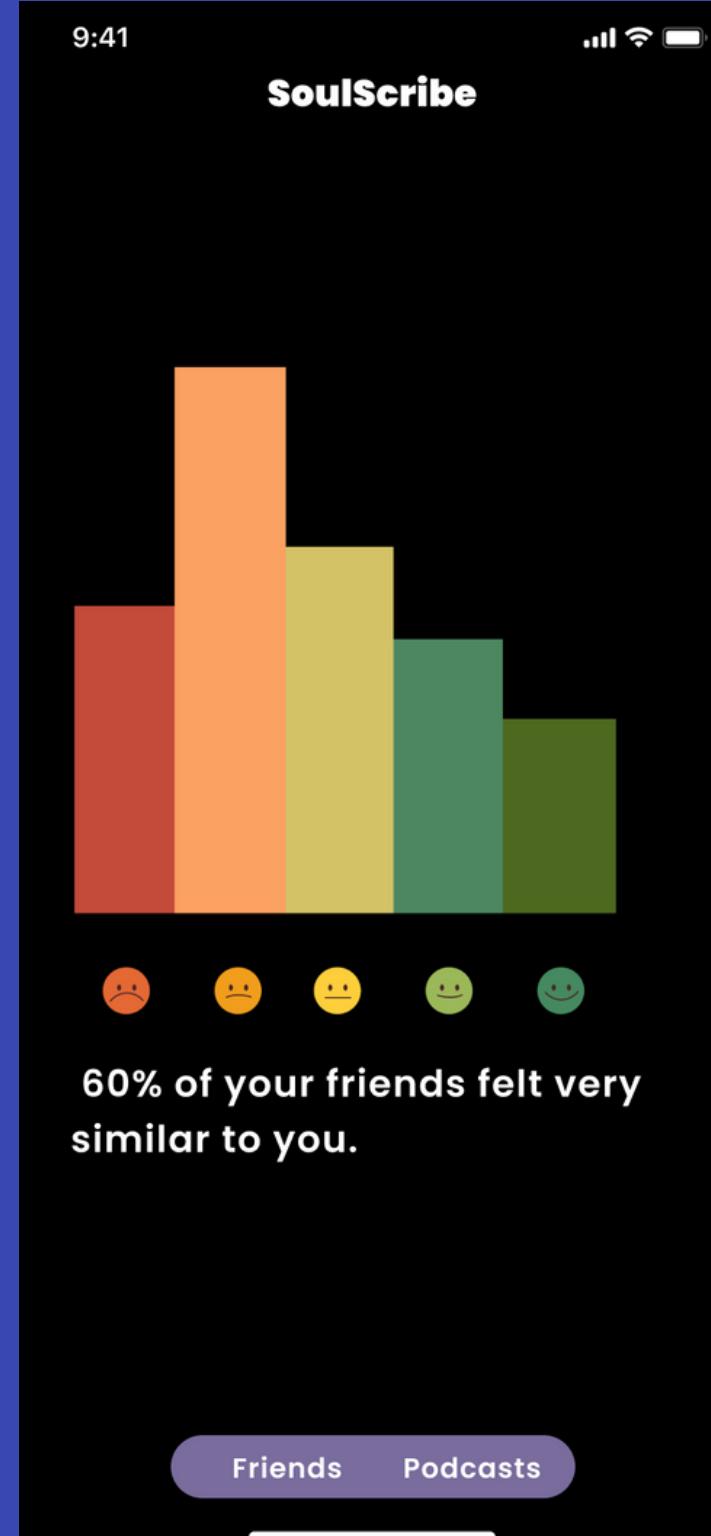
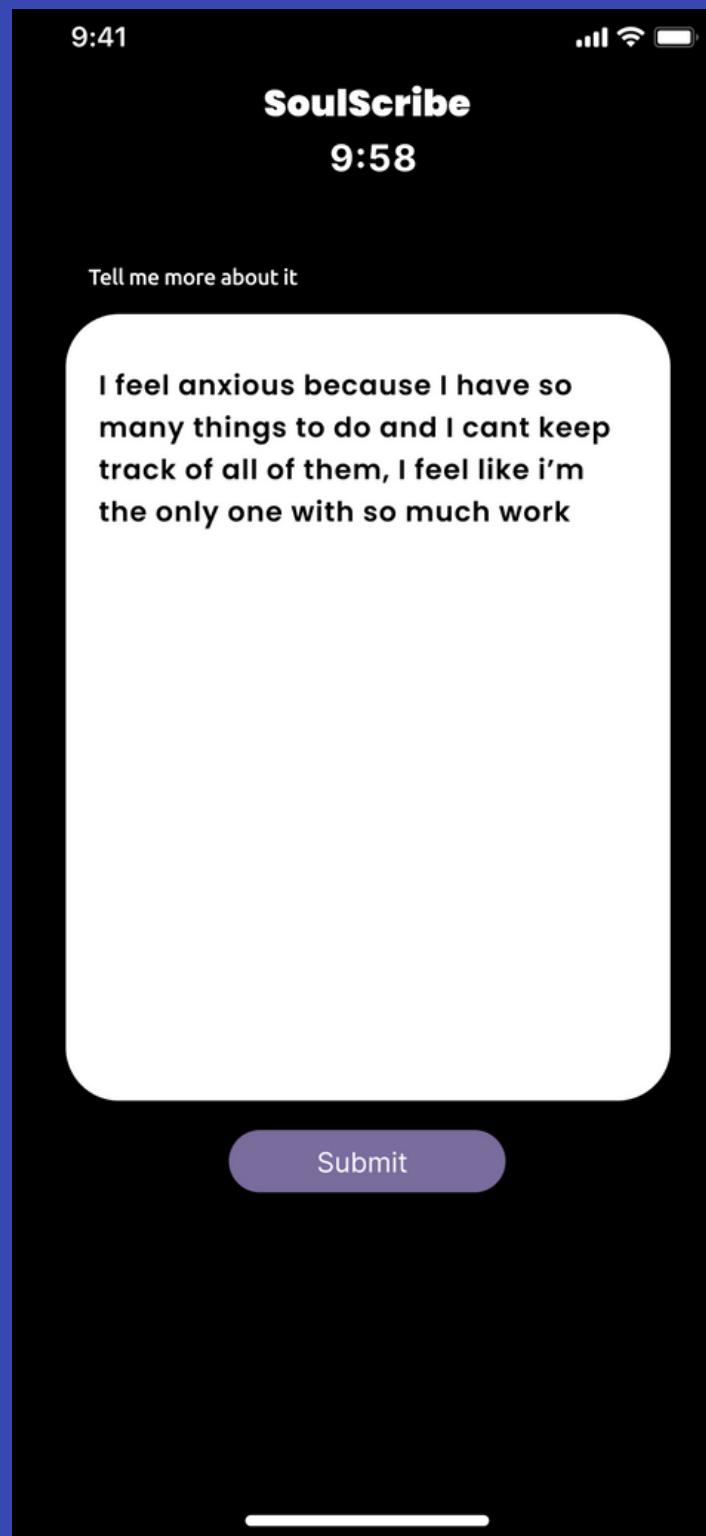
Incorporate music playlists based on your journalling  
Implement “friending,” and more ways to interact with the data of your friends

**Thank you!**

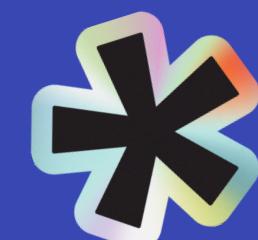


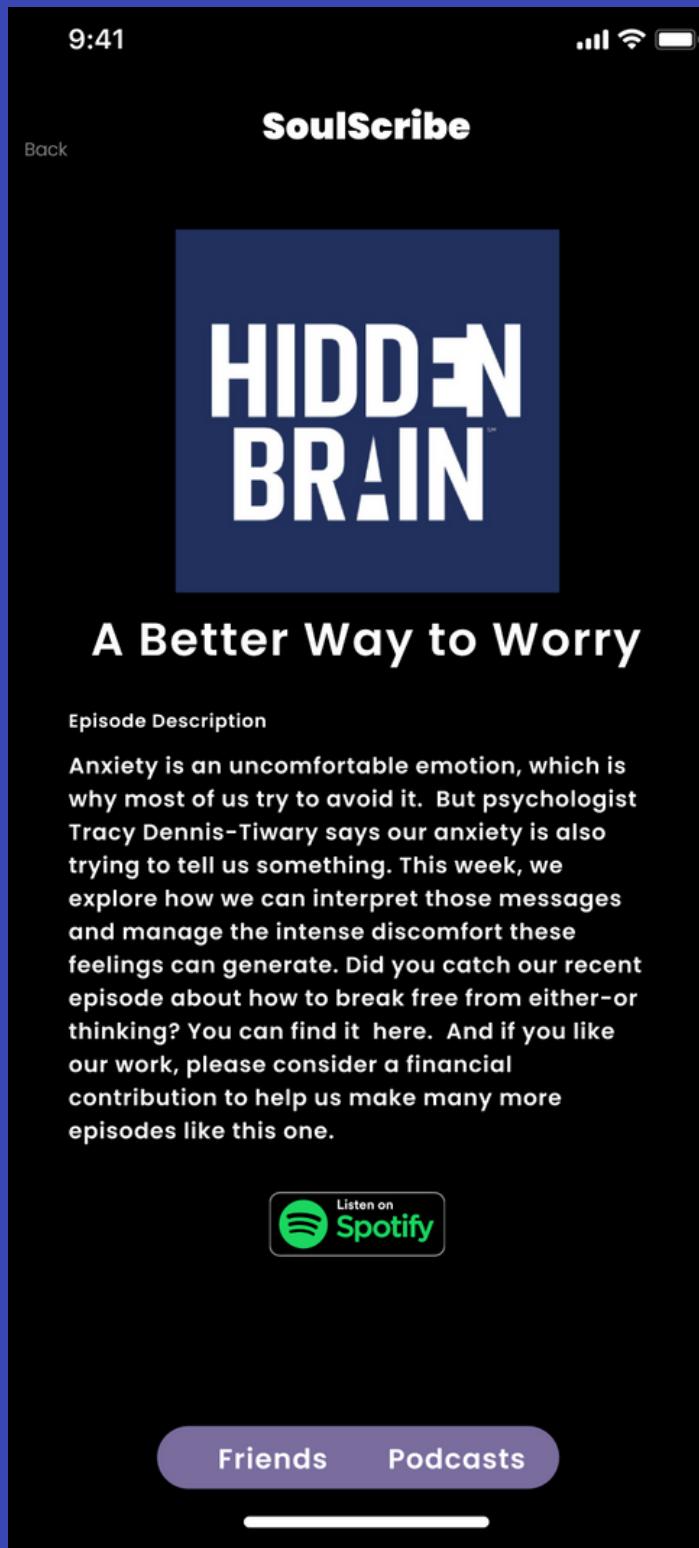
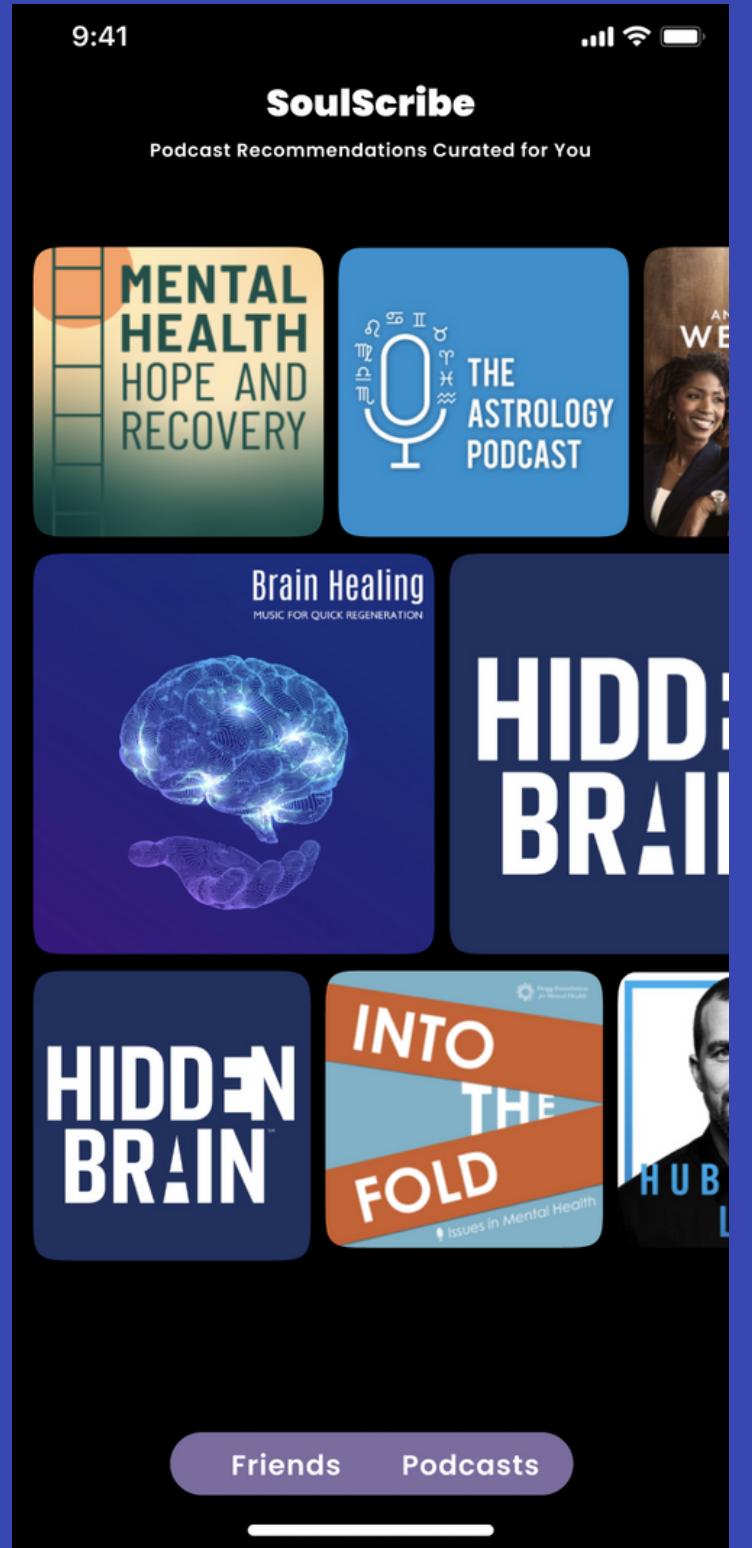
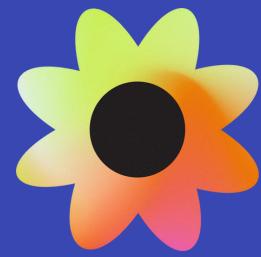
Begin your  
Reflection





# See the mood of your community





Recommend  
Playlists based on  
your journaling

