



Monday, December 15

10:10

Scribe

⚠️ Its time to write a scribe ⚠️

You have 10 minutes to write a scribe and see how your friends are doing



SoulScribe

Email

@email

Password

password

Sign in



My Friends Discovery

Your friends haven't written a scribe yet, be
the first one

Start Journaling

9:41



SoulScribe

10:00



How do you feel today



Tell me more about it

Start Journaling

AUDIO TEXT

9:41



SoulScribe

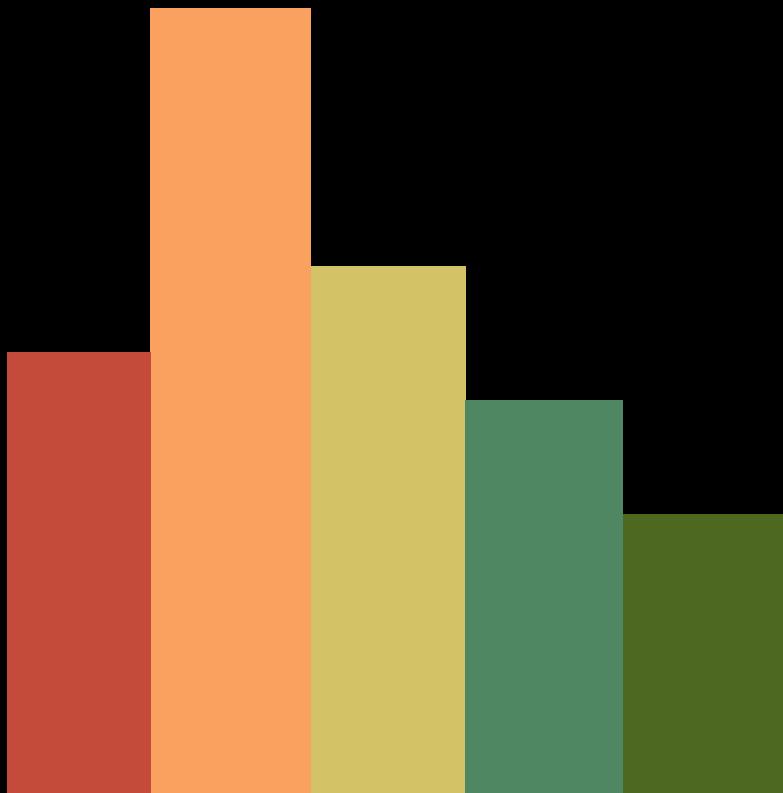
9:58

Tell me more about it

I feel anxious because I have so many things to do and I can't keep track of all of them, I feel like I'm the only one with so much work

Submit

SoulScribe



60% of your friends felt very similar to you.

Friends

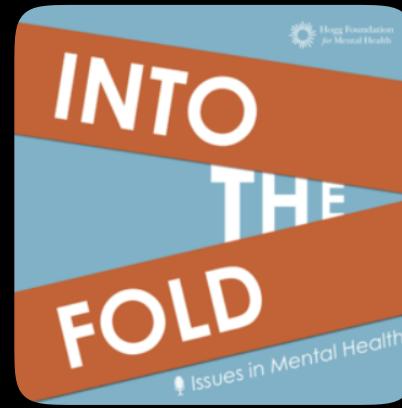
Podcasts

9:41



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Friends

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Back



A Better Way to Worry

Episode Description

Anxiety is an uncomfortable emotion, which is why most of us try to avoid it. But psychologist Tracy Dennis-Tiware says our anxiety is also trying to tell us something. This week, we explore how we can interpret those messages and manage the intense discomfort these feelings can generate. Did you catch our recent episode about how to break free from either-or thinking? You can find it [here](#). And if you like our work, please consider a financial contribution to help us make many more episodes like this one.



Friends Podcasts

9:41



SoulScribe

Based on our Metrics, this is the Vibe of your Community

Hungry

Sleepy

Tired

Anxious

Worried

Sad

Good

Cold

Friends

Podcasts