**System goals**

Everyone may have an experience in a bad mood. Since we can't solve the reason which brings about the mood, we can help them deal with emotional problems.

To achieve this goal, we develop an APP called "Euthymia".

Users can express their emotions by chatting and self-recording. They can also review their previous emotional data. We also provide objective analysis of physiological information and remind them to adjust themselves when the users' moods is down.

**Target users**

People who might have dysregulation problems.

(we collected some participants who might have dysregulation problems by conducting a questionnaire survey.)

**Key tasks**

- Chat -

Users can use our chat function when they need to seek someone to chat with, to share their emotions. Our system will find a chat person that best suits him or her according to his current sentiment, talking theme and his previous chat feedback.

- Diary -

Users can record the mood of the day through Euthymia and edit their feelings at different times of the day through the clock pie chart. Users can also view their mood records of different years, months and days. Users can record their mood through text, voice, and video.

**-** Analyze -

If the user's current mood is about to break through the threshold or the accumulated pressure is too much, Euthymia will display a message on the lock screen to remind the user. Users can also click on the notification and connect to the diary of the event that may cause this stress.