



Feeling stress/anxious?



Breathing exercise animation



Calming sounds



Pomodoro study-break



Let's breath together



Breath in



Hold it
for few
seconds



Breath out
slowly



Calming Audio



Stress-free musics



Search

Rain Sounds



Ocean Waves



Nature Sounds



LoFi Chill



SEE THE PLAYLIST



9:41



Focus Timer

Task: Study for exam

25:00

Session 1 of 4



Awesome  Positivity
saved for your rainy days!

COMMENTS

VSHAL :

CONGRATS MATE

SHAA :

LESGOO



Add a comment





Logout



Struggles



Weekly recap



Sleep Tips



Avoid screens

30 mins before bed



**Keep your room
dark**



**Try consistent
sleep times**

**Remind me to
wind down at 11:00 pm**



Good rest = better focus tomorrow 



Lets relax your body!



Neck Rolls



Shoulder Stretch



Forward Fold



Relaxing Audio 🌙🎵

Sleep Meditation



Search

Rain Sounds



Ocean Waves



Nature Sounds



LoFi Chill



SEE THE PLAYLIST





Feeling Drained?

Time to rest, recharge, and be kind to yourself!



Relaxing Audio



Gentle Stretching Exercise



Sleep Tips



Let's get something done! 💪

What task do you want to focus on?



Finish my assignment

Choose session length:

15 Min

30 Min

Custom

Start Focus Session

9:41



Color Link

Link the matching colors!

Round 4



00:20

Exit Game

9:41

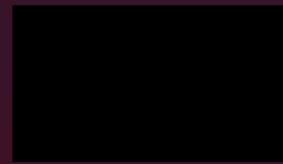
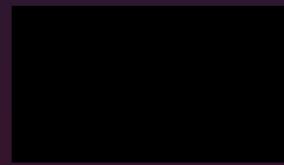
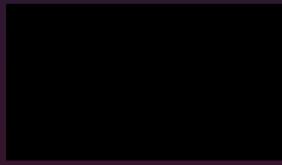
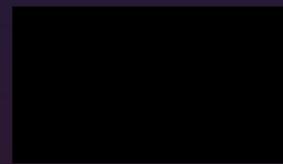
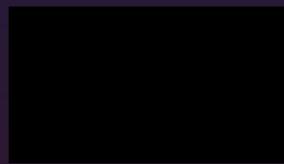
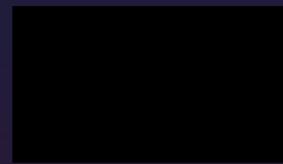
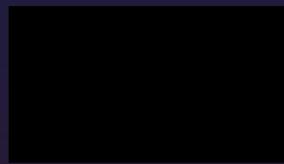
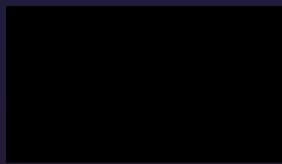


Memory Flip

Match pairs to sharpen focus!

00:20

Round 4



Exit Game

9:41



Tap the Bubble!

Pop bubbles and clear your mind.

ROUND

3

00:04

SCORE

600



Exit Game



Choose a Fun Quick Game!

Tap the Bubble!

Burst out the bubbles!



Memory Flip

Find the matching pairs!



Color Link

Match the colors!





Feeling Stuck or Low Energy?

Pick an Activity and Lift Your Mood!



Fun Mini-Game



Productivity Challenge



See Peer's Status Feed

9:41



Today: Wednesday, Sept 4

Tell us why you're mad today



You can share your thought here too...

Reflect & Reframe



How can you reframe this feeling?

Save

Sept 2

Feeling stressed about assignments...

Aug 31

My girlfriend cheated on me

9:41



Chill-out playlist



Beat it
Michael Jackson



Upcoming

Serene Waves

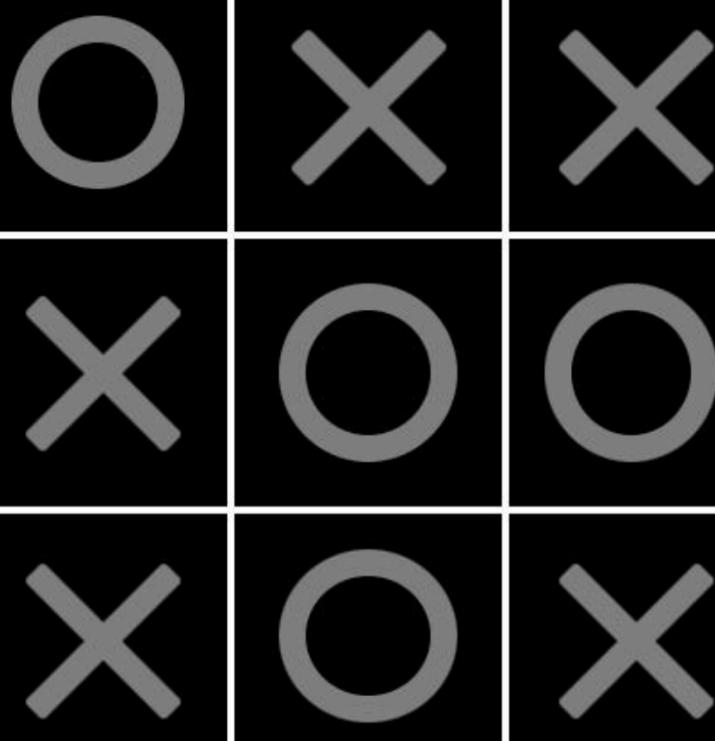


Search

9:41



Tic-Tac-Toe



PLAYER (x)

5

TIE

4

COMPUTER (o)

2



1P

Tap to play again



Channel this energy. Don't let it consume you.



Stress-free mini game



Chill-out playlist



Vent journal

"Express & Reframe"



BOOST YOUR MOOD 🎵

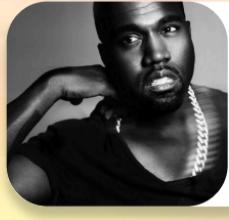


Search



Happy

Pharrell Williams



Stronger

Kanye West



Firework

Katy Perry



Uptown Funk

Bruno Mars



SEE THE PLAYLIST





Gratitude Journal

Write 3 good things that happened today



Good thing #1..



Good thing #2..



Good thing #3..

SAVE



Status feed

Dinesh

**Feeling happy
after completing
my assignment**

12 2

Izaan

**Guess what, my gf
accepted my
proposal <3**

1000 88

Saachinn

**No girls only kai
forever**

1 1



You can share your thought here too...



You're glowing today!
Let's keep the positivity
flowing 

Boost your joy, pick an activity below!



Gratitude journaling

"3 good things about today"



Share positivity in peer feed



Energizing playlist

9:41



**How are you
feeling today?**

SHARE YOUR THOUGHT



Type how you're feeling...

ENTER



STUDENTS MOOD FEED

Calmi is always here to help ❤️

9:41



Welcome back!
Glad to see you again!

email@domain.com

Login

or



Continue with Google

By clicking continue, you agree to our Terms of Service
and Privacy Policy



Create an account

Enter your email to sign up for this app

Enter your Email Address

Enter Your Full Name

Date of Birth



Enter Your Password

Confirm Your Password

Sign Up

Already have an account? [Sign In](#)

or



Continue with Google

By clicking continue, you agree to our [Terms of Service](#) and [Privacy Policy](#)

9:41



Your Daily Space for Calm and Clarity

Get Started



Feeling sad/lonely?



Comfort Corner



Uplifting playlist



Mood journaling with supportive feedback



Uplifting Playlist 🎵



Search

Rain Sounds



Ocean Waves



Nature Sounds



LoFi Chill



SEE THE PLAYLIST





Mood Journal

How are you feeling today?



You can share your thought here too...

Save

Vishal

**My girlfriend left me, i
feel so sad and lonely**



10



Dinesh

**My Arsenal team lost
this week**



108



20



We are sending warm hugs to you



If I could, I'd wrap you in the softest
blanket of peace and hold you until
the storm passes.



Negative Mood Feed

Reminder: You can only view this page once this week. Come back in 6 days if needed

I feel overwhelmed with exams this week

3 supportive comments

I cant stop crying!

2 supportive comments

I cant believe she cheated one me :)

99 supportive comments

I failed in 3 subject this sem

22 supportive comments

COUNSELOR



Logout

See you after 7 days

Call us : 0161 247 3493

Email : counselling@mmu.ac.uk



RESTRICTED ACCESS

This page is for heavy or negative thoughts.

To protect your mental health, you can only access it once a week.
Do you wish to continue?

Cancel

Accept & Continue



Mood Detection

We've detected your mood as

HAPPY

YES, CONTINUE

NO, PICK MOOD



Sad / Lonely



Anxious / Stressed



Angry / Frustrated



Bored / Unmotivated



Tired / Burnt Out

COMMENTS

Dinesh :

I feel you mate!

SHAA :

Be strong ma boii

9:41



YOUR MOOD JOURNEY

TRACK HOW YOU'VE BEEN FEELING

HAPPY 😊



STRESS 😰



ANGRY

SAD



BORED



TIRED 😴

M T W T F S S

you've had more positives mood this week, keep it up 💪