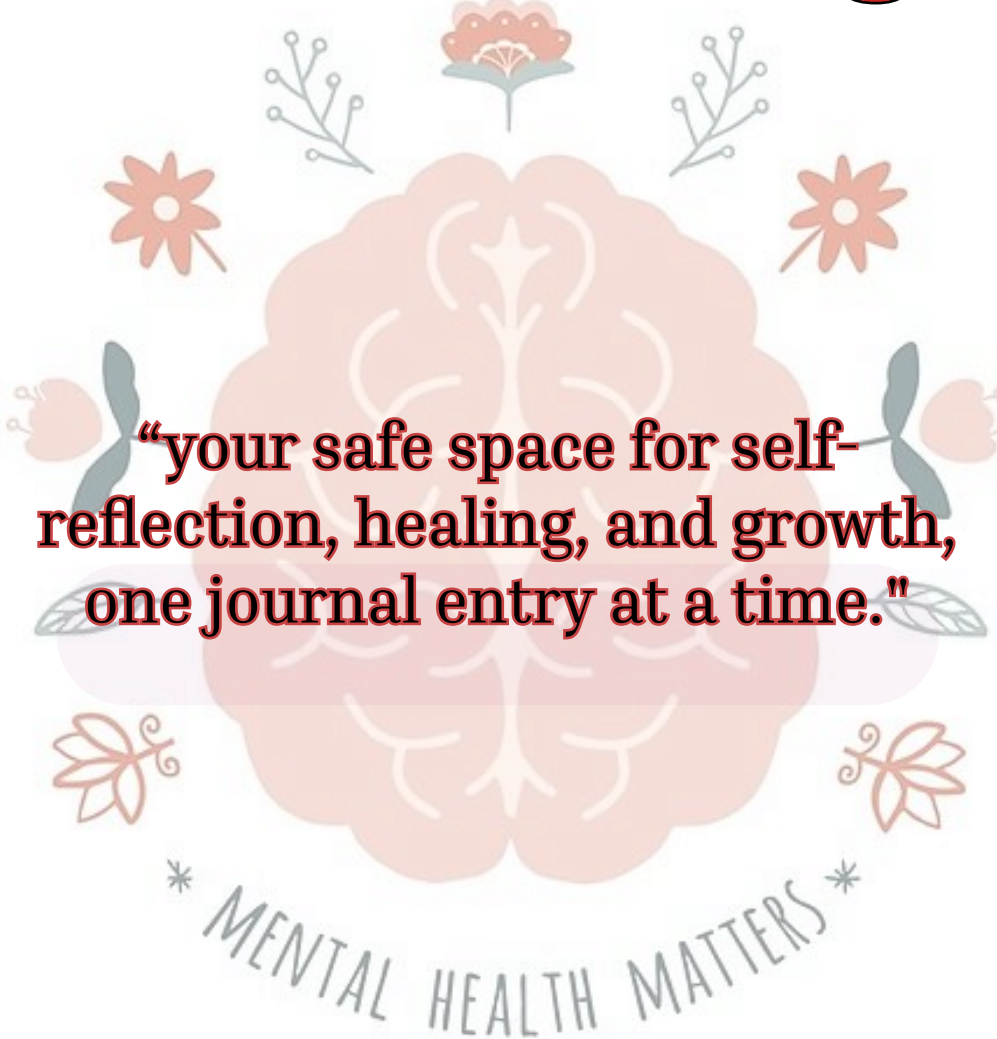


Mental Health Journaling



**“your safe space for self-
reflection, healing, and growth,
one journal entry at a time.”**

Get started

Username

Password

Login

Create an account

Sign in with google



Create an account

Username

Password

conform password

Enter

OR

Already Have An Account?

Login

Mood tracking & Journaling

Innerjoy

how are you feeling today?



What's affecting your mood?

Sleep

Food

Hobbies

Health

Sleep

Music

Work

Family

Drink

Finances

Education

Weather

Health

Relationship

Travel

Journaling

The supportive friends and family in my life who are always there for me when i need them.

Continue



user



Dream as if you'll live forever

Your Progress



Mood track

Journal

Teman-i Resources



Mentoring



Chat with AI

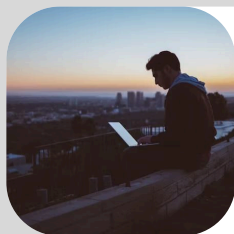


Courses

Latest Content



How to balance between work and your personal life.



simple way to promote positive mental health.



How to balance between work and your personal life.

Back



Profile



user



History



Personal Details



Settings



Help



Logout



user

Dream as if you'll live forever



Back



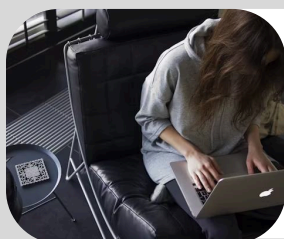
Courses



work life-balance -
1. Examine your situation



2. Journaling technique for
emotional resilience.



Emotional release: practice



user



Dream as if you'll live forever

Back



Work life balance -

1. Examine your situation

Often work takes precedence over everything else in our lives. Our desire to succeed professionally can push us to set aside work-life balance. Creating a harmonious is critical. Though, to improve not only our physical, emotional and mental well-being, but it's also important for our career.

Save progress



user

Dream as if you'll live forever



Back

Greate. you've
made progress

You learning progress has been
saved. Small steps mean
a lot to your development.

continue



user

Dream as if you'll live forever



Back



Mentoring



Dr. lisa marie
U.K
Rp. 50,000 /30 days



Dr. peeter B. adams
U.S.A.
Rp. 45,000 / 20 days



Dr. jiya
india
Rp. 40,000 / 30 days



user



Dream as if you'll live forever

Mentoring



Dr. lisa marie

Salemba carius hospital

Dr. lisa marie is MD , has been intrested in working with children and adolesents since she started medical school. since then Dr. lisa has been consistently involved with the U.K academy of child and adolescents psychiatry(AACAP)

Exp
3 y

Patient
1221

Rating
5.0

Contact : 0385637

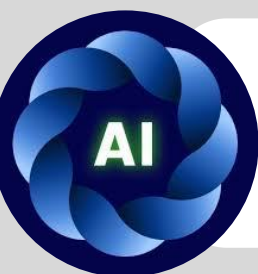
Email :salemba.lisa@23gmial.com

Back



Dream as if you'll live forever

Back



AI Bot

Can I help you?

How mental health journaling
help improve my imotional
well-being?

because it gives you a safe
space to express your feeling
without judgment.

write here...

