

☐ Journal ☐ Self-Care

① Emergency

Period Tracker

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## Welcome back, Friend

How are you feeling today? Remember, every step counts on your wellness journey.

How are you feeling today?







You don't have to control your

thoughts. You just have to stop

letting them control you.







Chat Talk with our Al companion

Quick Access



Self-Care Activities for wellbeing



Journal Record your thoughts



Immediate support

Your Progress



Journal Entries

Badges Earned

0

Day Streak

Badges

Start your wellness journey to earn badges!

New Quote

- Dan Millman

SereneSpace

Your personal sanctuary for mental wellness and self-care.

Quick Links

Chat with SereneAl Journal

Self-Care Activities

Emergency Help

Support

Crisis Resources

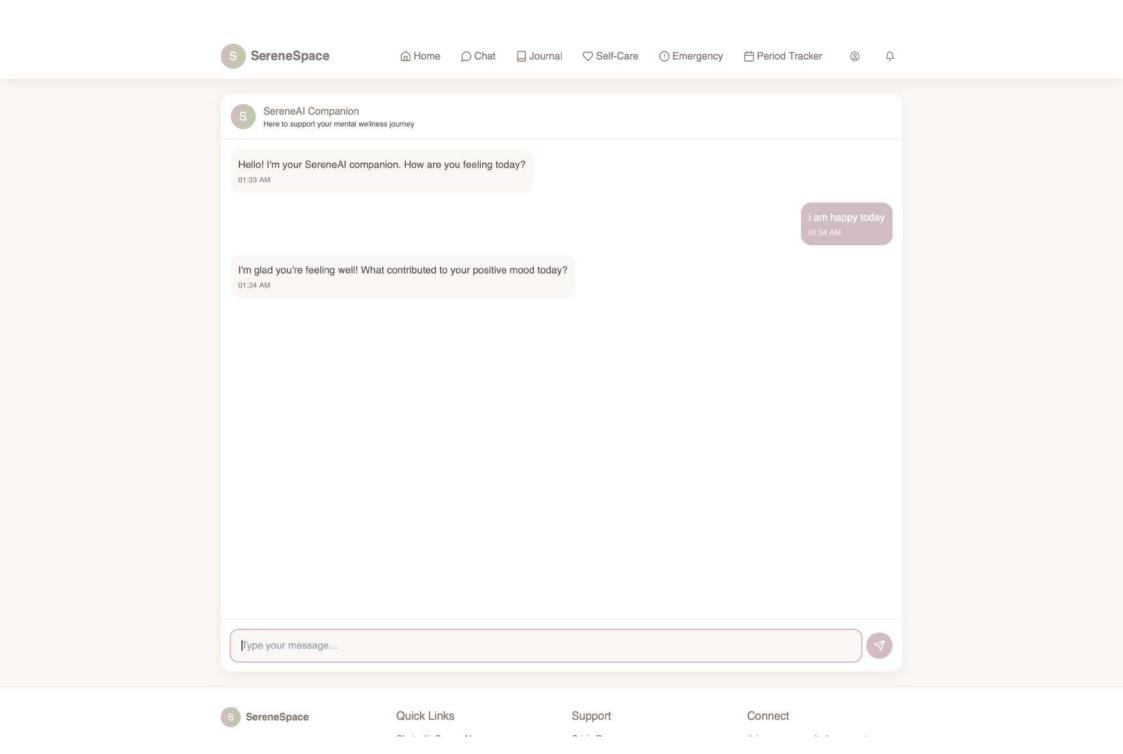
FAQ

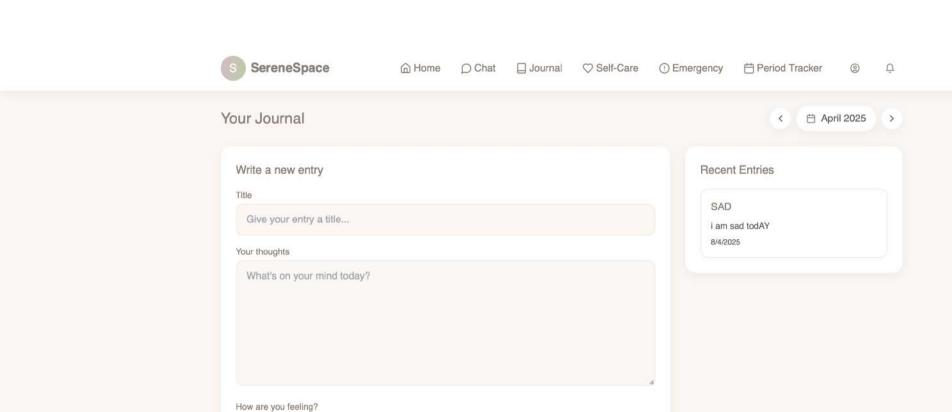
Safety Guidelines

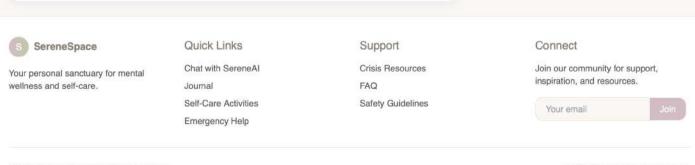
Connect

Join our community for support, inspiration, and resources.

Your email







work relationships

Tags

reflection

health

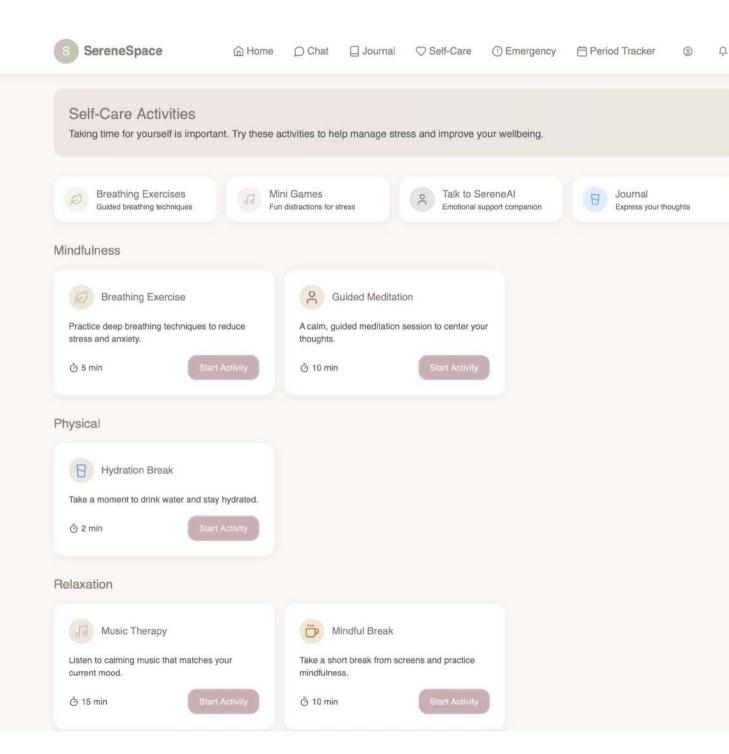
mindfulness

progress

meditation

gratitude

challenge





O Chat

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## **Guided Breathing Exercises**

Take a moment for yourself with these calming breathing techniques designed to reduce stress and anxiety.

4-7-8 Breathing Deep Breathing **Box Breathing** A simple technique to help reduce stress and improve focus. Inhale slowly through your nose Press start when ready C Reset

Benefits of Box Breathing

- 1 Reduces stress
- 2 Improves concentration
- 3 Regulates autonomic nervous system

For best results, practice this breathing exercise daily in a quiet, comfortable environment.



Quick Links

Chat with SereneAl

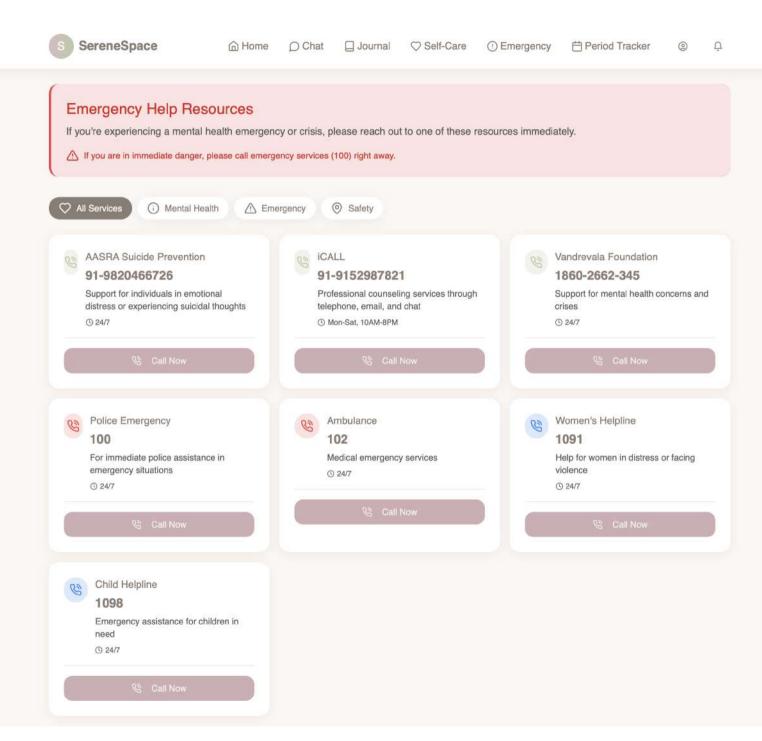
Support

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Crisis Resources

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