

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."

— Dan Millman

New Quote

### Quick Access



Chat

Talk with our AI companion



Journal

Record your thoughts



Self-Care

Activities for wellbeing



Emergency

Immediate support

### Your Progress



0

Day Streak



8

Journal Entries



0

Badges Earned

Badges

Start your wellness journey to earn badges!



SereneAI Companion

Here to support your mental wellness journey

Hello! I'm your SereneAI companion. How are you feeling today?

01:33 AM

i am happy today

01:34 AM

I'm glad you're feeling well! What contributed to your positive mood today?

01:34 AM

Type your message...



## Your Journal



April 2025



### Write a new entry

Title

Give your entry a title...

Your thoughts

What's on your mind today?

How are you feeling?



Tags

reflection

mindfulness

meditation

gratitude

challenge

work

relationships

health

progress

Save Entry

### Recent Entries

SAD

i am sad todAY

8/4/2025

### Quick Links

Chat with SereneAI

Journal

Self-Care Activities

Emergency Help

### Support

Crisis Resources

FAQ

Safety Guidelines

### Connect

Join our community for support, inspiration, and resources.

Your email

Join

## Self-Care Activities

Taking time for yourself is important. Try these activities to help manage stress and improve your wellbeing.



Breathing Exercises  
Guided breathing techniques



Mini Games  
Fun distractions for stress



Talk to SereneAI  
Emotional support companion



Journal  
Express your thoughts

## Mindfulness



Breathing Exercise

Practice deep breathing techniques to reduce stress and anxiety.

⌚ 5 min

Start Activity



Guided Meditation

A calm, guided meditation session to center your thoughts.

⌚ 10 min

Start Activity

## Physical



Hydration Break

Take a moment to drink water and stay hydrated.

⌚ 2 min

Start Activity

## Relaxation



Music Therapy

Listen to calming music that matches your current mood.

⌚ 15 min

Start Activity



Mindful Break

Take a short break from screens and practice mindfulness.

⌚ 10 min

Start Activity

## Guided Breathing Exercises

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

Box Breathing

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

▶ Start

↺ 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.*

## Emergency Help Resources

If you're experiencing a mental health emergency or crisis, please reach out to one of these resources immediately.

⚠️ If you are in immediate danger, please call emergency services (100) right away.

All Services

Mental Health

Emergency

Safety



AASRA Suicide Prevention

**91-9820466726**

Support for individuals in emotional distress or experiencing suicidal thoughts

🕒 24/7

📞 Call Now



iCALL

**91-9152987821**

Professional counseling services through telephone, email, and chat

🕒 Mon-Sat, 10AM-8PM

📞 Call Now



Vandrevala Foundation

**1860-2662-345**

Support for mental health concerns and crises

🕒 24/7

📞 Call Now



Police Emergency

**100**

For immediate police assistance in emergency situations

🕒 24/7

📞 Call Now



Ambulance

**102**

Medical emergency services

🕒 24/7

📞 Call Now



Women's Helpline

**1091**

Help for women in distress or facing violence

🕒 24/7

📞 Call Now



Child Helpline

**1098**

Emergency assistance for children in need

🕒 24/7

📞 Call Now

Your Profile

Edit Profile



Priya

Member since April 2, 2025

Personal Information

Full Name

Priya

Email Address

priyaarun.cd22@bmsce.ac.in

Gender

Female

Emergency Contact

9822208933

This will only be used in case of emergency situations.

Your Achievements

5

Day Streak

8

Journal Entries

Badges

First Step

Consistent

Week Champion

Period Calendar



Cycle Predictions

Next period starts:

May 8

Cycle length:

28 days

Period length:

5 days



Welcome back

Sign in to continue your wellness journey

Email

Password

[Forgot password?](#)

Don't have an account? [Create account](#)





## Create your account

Start your wellness journey with SereneSpace

Full Name

Email

Password

Confirm Password

Gender

Select gender

Emergency Contact (optional)

This will only be used in case of emergency situations.

Create Account

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