

iPad



9:10 PM



SOKON

Conseller

Student



S O K O N

Create Account



*Required field



*



*



*



*



*



☐ I have read and agree to [Terms & Conditions](#)

Sign up



S O K O N

Create Account




*Required field

 * Hanouf

 Alsulaim

 * hss@gmail

! Please enter the email in the correct form.
(example@example.com)

 966509915554

 * Username

! Please fill the username field.

 * Haa2000 

 * Haa2000 

☐ I have read and agree to [Terms & Conditions](#)

Sign up



Welcome Consellor To



Login

[Forget your password?](#)

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



Welcome Consellor To



 The username and/or password you entered do not match, please try again.



Login

[Forget your password?](#)

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

iPad



9:11 PM



SOKON

Conseller

Student

The logo consists of the word "SOKON" in a light blue, sans-serif font, centered within a white rounded rectangle. This rectangle is centered within a larger light blue square.

Please Enter your email and we'll send
you a link to reset your password



Reset password



SOKON

Please Enter your email and we'll send
you a link to reset your password



! Please enter the email in the correct form.
(example@example.com)

Reset password



S O K O N

Counsellor



Create Group



Reem



Mona



Rana



Noura



Group 1



Counselling



More

S O K O N

Counsellor

Message

search



Create Group



Reem



Mona



Rana



Noura



Group 1



Hello Miss.Hanouf, how are you?

Hello Reem,
I'm good, what about you?

Type your message here...



Q W E R T Y U I O P

A S D F G H J K L

↑ Z X C V B N M

123 space return

S O K O N

Students

Create Group

search



Reem



Mona



Rana



Noura



Hessa



Lama



Group Name:

Group 2

Group Member

3/6



Reem



Mona



Rana

Create



Counselling



More

S O K O N

Counsellor

Message

search



Create Group



Reem



Mona



Rana



Noura



Group 1



Group 2



Reem



Hello Miss.Hanouf



Rana



Hi

Type your message here...



Q W E R T Y U I O P

A S D F G H J K L

↑ Z X C V B N M ↵

123 🌐 🎤 space return



Counselling




More




Hello Hanouf




Edit profile picture

 Profile >

 About Us >

 Help Center >

 Settings >

 Log Out



Update





Counselling



More



Hello Hanouf

 Profile > About Us > Help Center > Settings > Log Out

About Us



SOKON is an application curated to help students experiencing social anxiety find ways to cope and break free from their mental constraints to achieve their goals.

The application incorporates various tools such as SOKON space which includes various methods such as guided meditation and breathing exercises to achieve mindfulness, coping cards, and a written guide to help identifying the symptoms of social anxiety and tips on overcoming them.

It also offers a chance to join a community forum to share stories and provide peer advice in a calm and safe environment, and the opportunity to speak to professionals through individual sessions.



Counselling



More



Hello Sadeem



Profile



About Us



Help Center



Settings




Log Out

Help Center

Frequently Asked Questions (FAQ)

Q: Who is Sokon for? 

A: Sokon is for any individual suffering from social anxiety

Q: What support does Sokon offer? 

A: Sokon offers a daily health tracker, a community to share and bond over experiences, individual help sessions, healthy thinking cards, and tools to help the users cope and meditate.

Q: How old Sokon users must be? 

A: Since Sokon's target is university students, the users must be 17 years old and above.

 If you need more help

Contact us




Counselling




More




Hello Sadeem

 Profile >

 About Us >

 Help Center >

 Settings >

 Log Out

Help Center

Contact Us



Full Name

Your name



Email

user@domain.com



Message

Write your message here

Send



+966504919999



support@sukoon.co



Saudi Arabia, Khobar



Counseling



More



Hello Hanouf



Profile



About Us



Help Center




Settings



Log Out

Settings

Font Size

14 

Color Blindness

☒ Normal Vision☐ Protanopia ☐ Tritanopia ☐ Deuteranopia 

Appearance

☒ System Default☐ Light☐ Dark

Notification



Would you like to receive notification?



Counselling



More



Welcome Student To



Login

[Forget your password?](#)

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



Welcome Student To



 The username and/or password you entered do not match, please try again.



Login

[Forget your password?](#)

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

iPad

9:10 PM



SOKON

Please Enter your email and we'll send
you a link to reset your password



example@example.com

Reset password

The logo consists of the word "SOKON" in a light blue, sans-serif font, centered within a white rounded rectangle. This rectangle is centered on a larger light blue square background.

SOKON

Please Enter your email and we'll send
you a link to reset your password



! Please enter the email in the correct form.
(example@example.com)

Reset password



S O K O N

Create Account



*Required field



*



*



*



*



*

☐

I have read and agree to [Terms & Conditions](#)

Sign up



S O K O N

Create Account




*Required field

 * Sadeem

 Alshaia

 * sadeem@gmail

! Please enter the email in the correct form.
(example@example.com)

 966509915554

 * Username

! Please fill the username field.

 * Sa111 

 * Sa111 

☐ I have read and agree to [Terms & Conditions](#)

Sign up

How are you feeling today, sadeem ?

Use the slider to describe how you are feeling.

Great



Ok



Sad



I'm feeling great. **Submit** →

Your choice have been submitted

[View Check-In Summary](#)

My Anxiety

What are you experiencing?

How to
know if you
have it ?

Tips to over
come it

Coping
Cards

Tools

Choose a tool to help manage your anxiety.

Quran
Player

Guided
Meditation

Visual
breathing
exercise


Home


Counselling


Community


More



Social Anxiety

How to know if you have it?

Social anxiety disorder begins in early to mid-teens, and can sometimes start in children or adults. The symptoms could show through:

Emotional and behavioral symptoms

- Fear of situations in which you may be judged negatively
- Worry about embarrassing or humiliating yourself
- Intense fear of interacting or talking with strangers
- Avoidance of doing things or speaking to people out of fear of embarrassment
- Avoidance of situations where you might be the center of attention
- Anxiety in anticipation of a feared activity or event
- Intense fear or anxiety during social situations

Physical symptoms

- Blushing
- Fast heartbeat
- Trembling
- Sweating
- Upset stomach or nausea
- trouble catching your breath
- Dizziness or lightheadedness
- Feeling that your mind has gone blank
- Muscle tension



Home



Counselling



Community



More



Sokon Tools

Visual Breathing Exercise

inhale



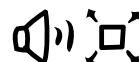


Sokon Tools

Guided Meditation

Clear
Your
Mind

guided meditation





Coping Cards

*I don't need to be
perfect to be
liked*

*People are more
concerned about
themselves than
me*

*I don't always need
to be interesting or
entertaining*

*The people who
actually matter
accept me the way
I am*

*People wouldn't
think less of me if
they notice I'm
anxious*

*I don't have to
believe everything I
think*



Home



Counselling



Community



More



Social Anxiety

Tips on how to overcome social anxiety:

Social anxiety plays a major impact on a person's daily life. It could become problematic and disrupt a person's work and personal life. Thus, it's important to address and find ways to cope with it even if it feels difficult to do so. Here is a list of methods to cope with social anxiety:

- Start doing daily check ins by prioritizing journaling
- Face your fears, don't hide from them
- Reframe your thoughts and avoid thoughts that fuel social anxiety
- Concentrate on dialling down the physical symptoms of social anxiety
- Do something nice to someone else
- Test out whether your beliefs about social settings are accurate
- Build your confidence by slowly but consistently facing feared social situations
- Prioritize practicing mindfulness and grounding exercises before overwhelming situations
- Remember to appreciate progress and be kinder to yourself by looking for the silver linings
- Practice public speaking
- Take care of your basic needs
- Reach out when help is needed



Home



Counselling



Community

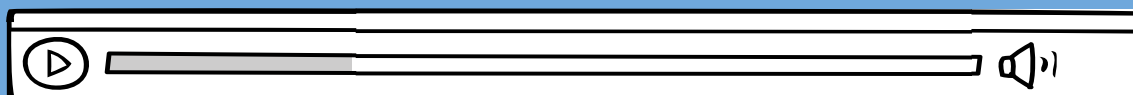


More



Sokon Tools

Quraan Player



- ☒ Surah Al-Fatihah
- ☐ Surah Al-Baqarah
- ☐ Surah Al-Mulk
- ☐ Surah Al-Nisa
- ☐ Surah Al-Kahf
- ☐ Surah Al-Bayyinah
- ☐ Surah Al-Nas
- ☐ Surah Al-Najm
- ☐ Surah Al-Haqqah



iPad

9:10 PM



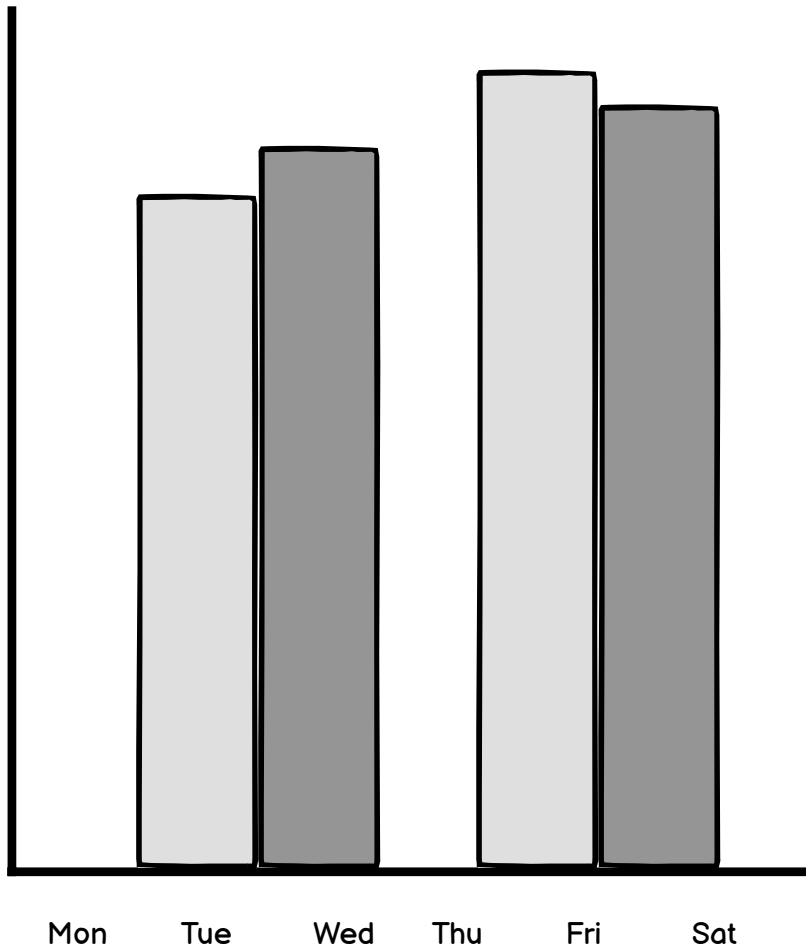
Anxiety over the past few days...



Better understanding your anxiety can help you better manage it. By tracking your anxiety over time, you can notice trends (specific patterns) and triggers (what makes you anxious). You can also notice changes over time. Tracking your anxiety while using the tools in this app can help you see how effective they are in reducing your anxiety.

High

Low




Home


Counselling


Community


More

S O K O N

Counsellors

Message

Q search



Miss Hanouf



Miss Maha



Miss Reema



Miss Sara



Group 1



Hello Miss.Hanouf, how are you?



Hello Reem,
I'm good, what about you?

Type your message here...



Q W E R T Y U I O P

A S D F G H J K L

↑ Z X C V B N M ↩

123 🌐 🎤 space return



Home



Counselling



Community



More

Community

Discussions



My Activity

→ Create a post

Latest Posts

Dana 45m

I have communication issues, when I'm in college I have real struggles when it comes to group work. Any tips?



Rana 50m

My social anxiety has been getting pretty bad. To the point where I'll just distance myself from everyone. People can be really draining so I prefer to be alone but I'm also a college student. There's a lot of pressure to always have fun and gain the "college experience." I feel like i'm not capable of having that and it makes me feel sad :(



Sarah 1h



Home



Counselling



Community



More

Community

Discussions



My Activity



Discussions

Create a post

What's happening?

1000 characters remaining

Visibility: Your post will be visible to all Sukoon Community users. All posts must adhere to community guidelines. If your post does not, it may be removed.

Post



Home



Counselling



Community



More

Community

Discussions



My Activity



Discussions

Create a post

I'm fearing that others will notice that I look anxious...

1000 characters remaining

Visibility: Your post will be visible to all Sukoon Community users. All posts must adhere to community guidelines. If your post does not, it may be removed.

Post



Home



Counselling



Community



More

Community

Discussions



My Activity



Discussions

Dana 45m

I have communication issues, when I'm in college I have real struggles when it comes to group work. Any tips?



0



0 comments

No comments yet

Add a comment



Home



Counselling



Community



More

Community

Discussions



My Activity



Discussions

Dana 45m

I have communication issues, when I'm in college I have real struggles when it comes to group work. Any tips?



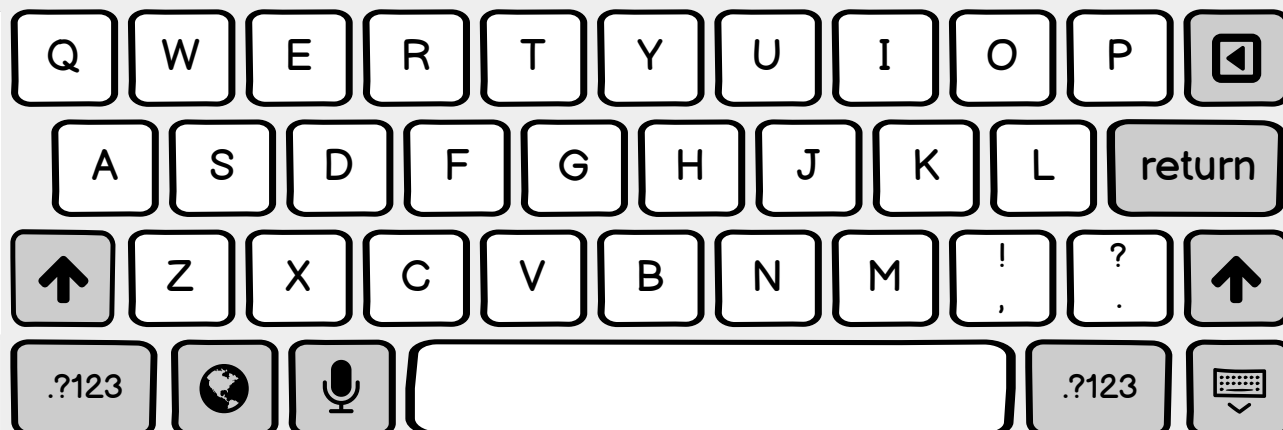
0



0 comments

I think you should

Post



Community

Discussions



My Activity

Reem

Joined Mar 25, 2022

Posts

Comments

Bookmarks

30m

I'm fearing that others will notice that I look anxious...



0

2w

I had i midterm exam and i didn't do great because of my social anxiety, what should i do?



7



Home



Counselling



Community



More



Community

Discussions



My Activity

Reem

Joined Mar 25, 2022

Posts

Comments

Bookmarks

Dana 2h

I have communication issues, when I'm in college I have real struggles when it comes to group work. Any tips?



My Comment

Reem

I think you should try to decide what forms of communication works for each one.



Home



Counselling



Community



More

Community

Discussions



My Activity

Reem

Joined Mar 25, 2022

Posts

Comments

Bookmarks

Rana 50m

My social anxiety has been getting pretty bad. To the point where I'll just distance myself from everyone. People can be really draining so I prefer to be alone but I'm also a college student. There's a lot of pressure to always have fun and gain the "college experience." I feel like i'm not capable of having that and it makes me feel sad :(



Home



Counselling



Community



More



Hello Sadeem



Edit profile picture



Profile



About Us



Help Center



Settings



Log Out



First name



Last name



Email



Phone number



Username



Password



Confirm Password

Update



Home



Counselling





Community



More



Hello Sadeem

 Profile > About Us > [Help Center](#) > Settings > Log Out

About Us



SOKON is an application curated to help students experiencing social anxiety find ways to cope and break free from their mental constraints to achieve their goals.

The application incorporates various tools such as SOKON space which includes various methods such as guided meditation and breathing exercises to achieve mindfulness, coping cards, and a written guide to help identifying the symptoms of social anxiety and tips on overcoming them.

It also offers a chance to join a community forum to share stories and provide peer advice in a calm and safe environment, and the opportunity to speak to professionals through individual sessions.


Home
Counselling
Community
[More](#)



Hello Sadeem



Profile



About Us



Help Center



Settings



Log Out

Help Center

Frequently Asked Questions (FAQ)

Q:

Who is Sokon for? 

A:

Sokon is for any individual suffering from social anxiety

Q:

What support does Sokon offer? 

A:

Sokon offers a daily health tracker, a community to share and bond over experiences, individual help sessions, healthy thinking cards, and tools to help the users cope and meditate.

Q:

How old Sokon users must be? 

A:

Since Sokon's target is university students, the users must be 17 years old and above.



If you need more help

Contact us



Home



Counselling





Community



More




Hello Sadeem

 Profile > About Us > Help Center > Settings > Log Out

Settings

Font Size

14 

Color Blindness

☒ Normal Vision☐ Protanopia ☐ Tritanopia ☐ Deuteranopia 

Appearance

☒ System Default☐ Light☐ Dark

Notification

Would you like to receive notification?


Home
Counselling
Community
More



Hello Sadeem

 Profile >

 About Us >

 Help Center >

 Settings >

 Log Out

Settings

Font Size

18



Color Blindness

☒ Normal Vision

☐ Protanopia 

☐ Tritanopia 

☐ Deuteranopia 

Appearance

☐ System Default

☐ Light

☒ Dark

Notification

Would you like to receive notification?



Home



Counselling




Community



More




Hello Sadeem

 Profile >

 About Us >

 Help Center >

 Settings >

 Log Out

Help Center

Contact Us



Full Name

Your name



Email

user@domain.com



Message

Write your message here

Send



+966504919999



support@sukoon.co



Saudi Arabia, Khobar


Home



Counselling


Community


More




Hello Sadeem

 Profile >

 About Us >

 Help Center >

 Settings >

 Log Out

Help Center

Contact Us



Full Name

Sadeem Abdullah



Email

user@domain.com

Please enter your email



Message

Write your message here

Please write your message

Send



+966504919999



support@sukoon.co



Saudi Arabia, Khobar


Home


Counselling


Community


More