



TECHNIK NEST

INNOVATIVE MINDS, NESTING SUCCESS

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Internship Domain : Python Internee

Task : Project Report

Instructor Name : Hassan

Mental Fitness Chatbot Report

Tech Stack: Python, Chainlit, Requests API, ZenQuotes

Project Overview

This project implements a **mental wellness chatbot** using **Python** and **Chainlit**, providing users with motivational quotes, breathing exercises, and journaling prompts based on their current emotional state.

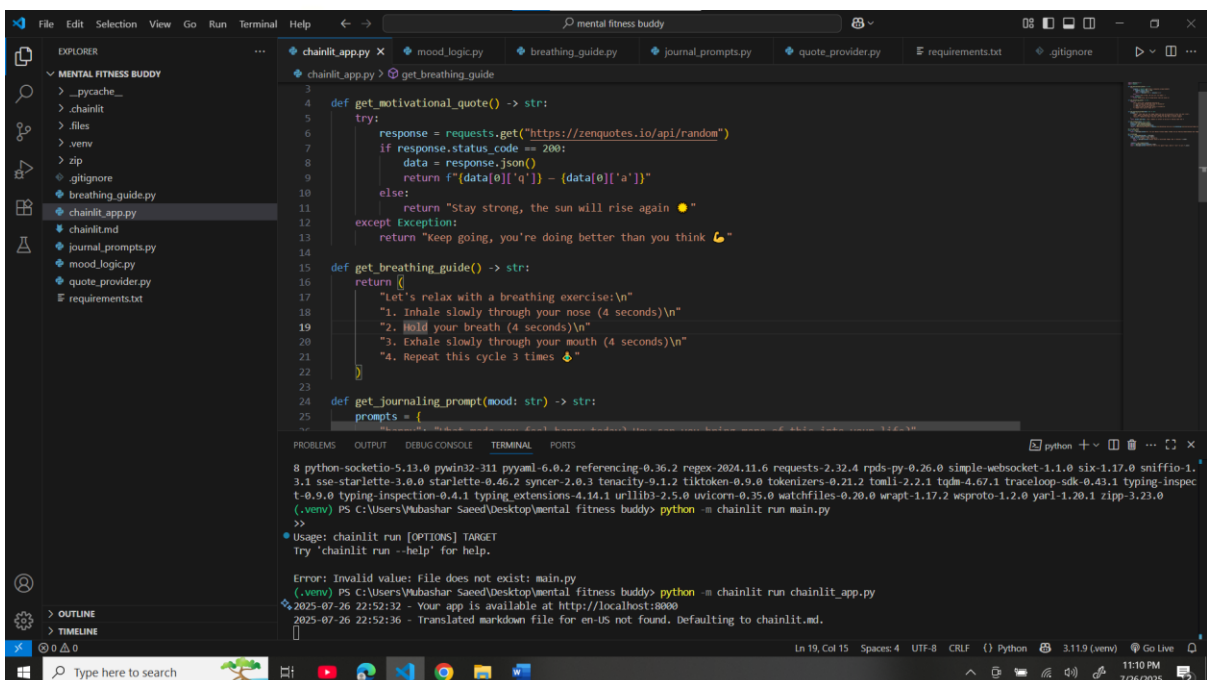
Project Flow

1. User runs the app with:

`python -m chainlit run chainlit_app.py`

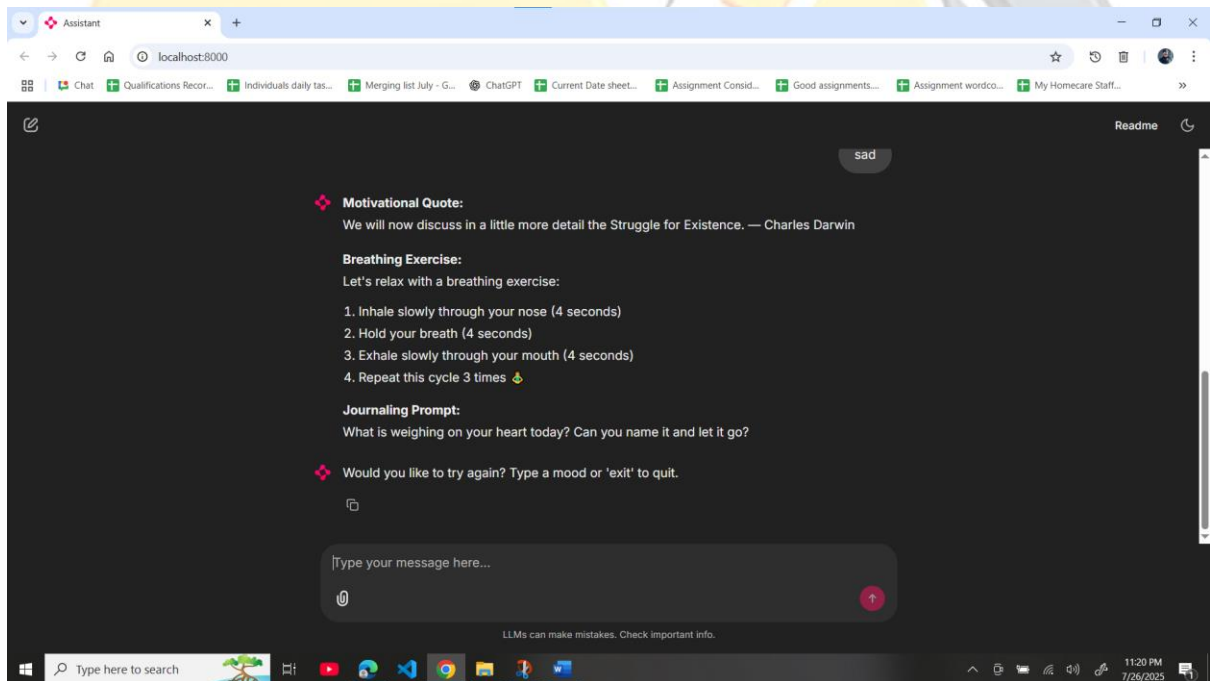
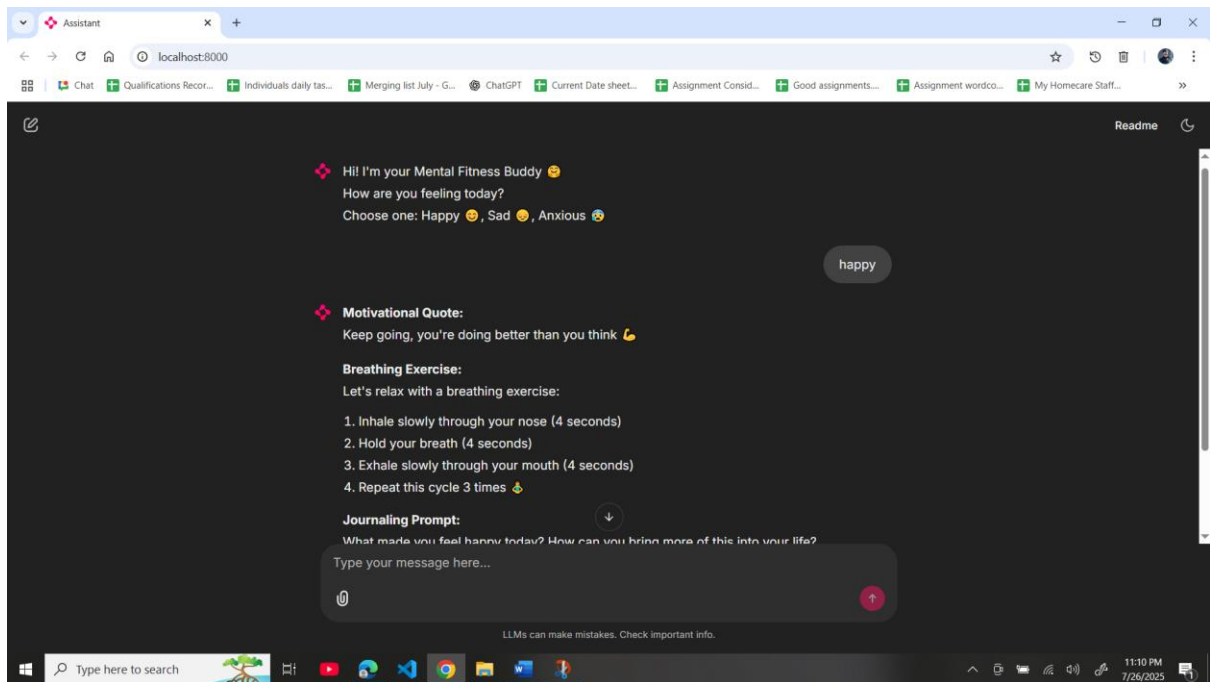
- ☐ Bot greets the user and asks how they're feeling: **Happy**, **Sad**, or **Anxious**.
- ☐ Based on the mood:
 - A **motivational quote** is fetched via API
 - A **breathing exercise guide** is displayed
 - A **journaling prompt** is suggested

Screenshots



```
8 python-socketio-5.13.0 pywin32-311 pyyaml-6.0.2 referencing-0.36.2 regex-2024.11.6 requests-2.32.4 rpds-py-0.26.0 simple-websocket-1.1.0 six-1.17.0 sniffio-1.3.1 sse-starlette-3.0.0 starlette-0.46.2 syncer-2.0.3 tenacity-9.1.2 tiktoken-0.9.0 tokenizers-0.21.2 toml-2.2.1 tqdm-4.67.1 traceloop-sdk-0.43.1 typing-inspect-0.9.0 typing-inspection-0.4.1 typing_extensions-4.14.1 urllib3-2.5.0 uvicorn-0.35.0 watchfiles-0.29.0 wrapt-1.17.2 wsproto-1.2.0 yarl-1.20.1 zipp-3.23.0
(.venv) PS C:\Users\Yubashar Saeed\Desktop\mental fitness buddy> python -m chainlit run main.py
>>
• Usage: chainlit run [OPTIONS] TARGET
Try 'chainlit run --help' for help.

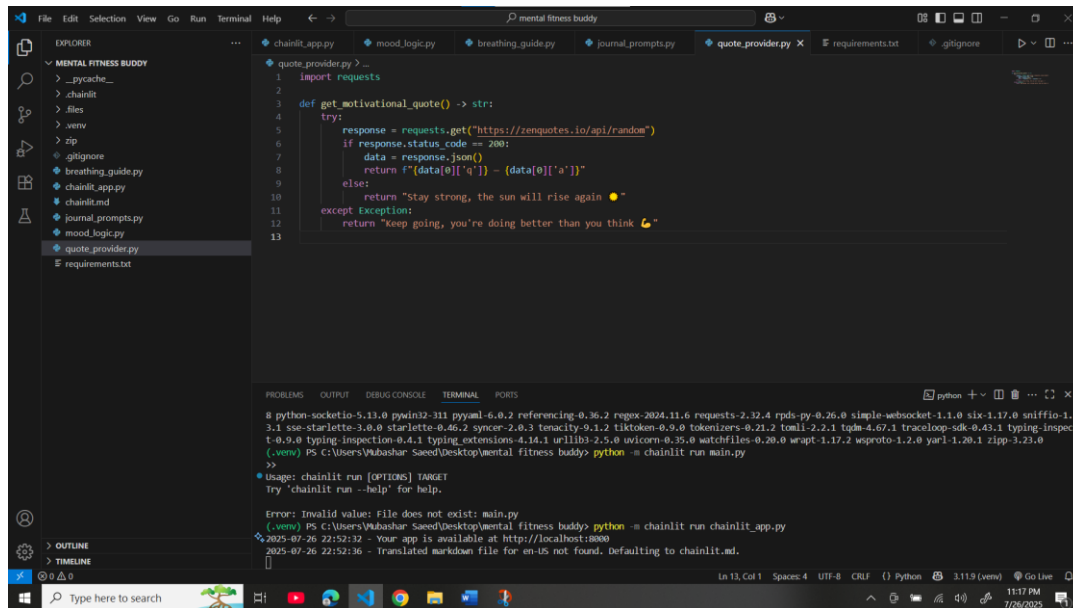
Error: Invalid value: File does not exist: main.py
(.venv) PS C:\Users\Yubashar Saeed\Desktop\mental fitness buddy> python -m chainlit run chainlit_app.py
2025-07-26 22:52:32 - Your app is available at http://localhost:8080
2025-07-26 22:52:36 - Translated markdown file for en-US not found. Defaulting to chainlit.md.
```



Explanation of Each Feature

1. Motivational Quote

- API Used: [ZenQuotes.io](https://zenquotes.io)
- Sends a random motivational quote via HTTP request.
- Fallback message shown if the API fails.



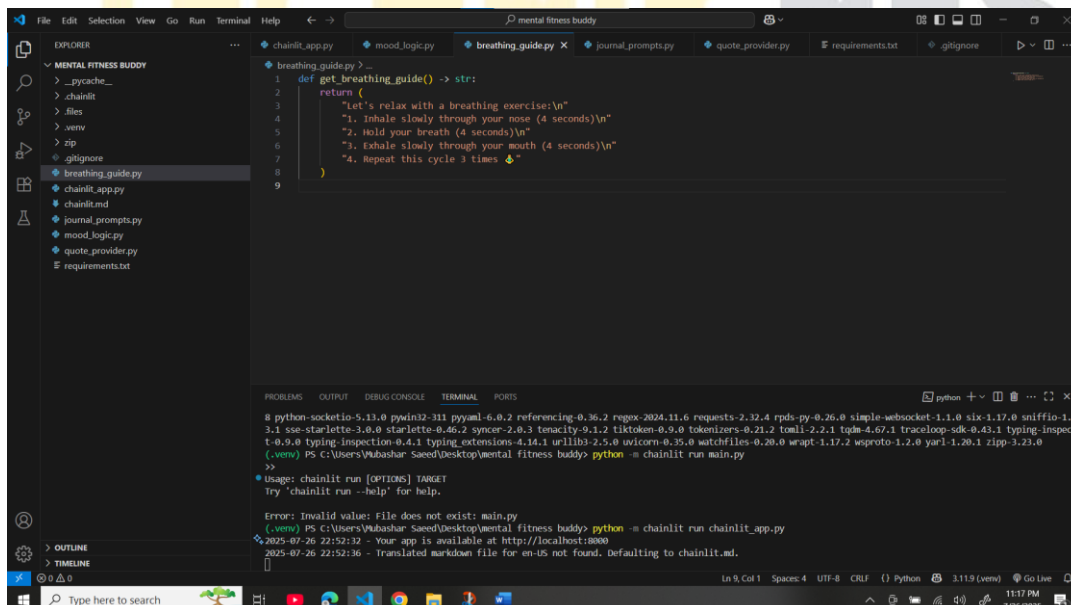
```
quote_provider.py > ...
1 import requests
2
3 def get_motivational_quote() -> str:
4     try:
5         response = requests.get("https://zenquotes.io/api/random")
6         if response.status_code == 200:
7             data = response.json()
8             return f"[{data[0]['q']}] - [{data[0]['a']}]"
9         else:
10            return "Stay strong, the sun will rise again 🌞"
11     except Exception:
12         return "Keep going, you're doing better than you think 💪"
13
```

```
PS C:\Users\Yubashar Saeed\Desktop\mental fitness buddy> python -m chainlit run main.py
Usage: chainlit run [OPTIONS] TARGET
Try 'chainlit run --help' for help.

Error: Invalid value: File does not exist: main.py
PS C:\Users\Yubashar Saeed\Desktop\mental fitness buddy> python -m chainlit run chainlit_app.py
2025-07-26 22:52:12 ~ Your app is available at http://localhost:8080
2025-07-26 22:52:36 ~ Translated markdown file for en-US not found. Defaulting to chainlit.md.
```

2. Breathing Exercise

- Static text encouraging 4-4-4 breathing cycle:
 - Inhale (4 seconds)
 - Hold (4 seconds)
 - Exhale (4 seconds)



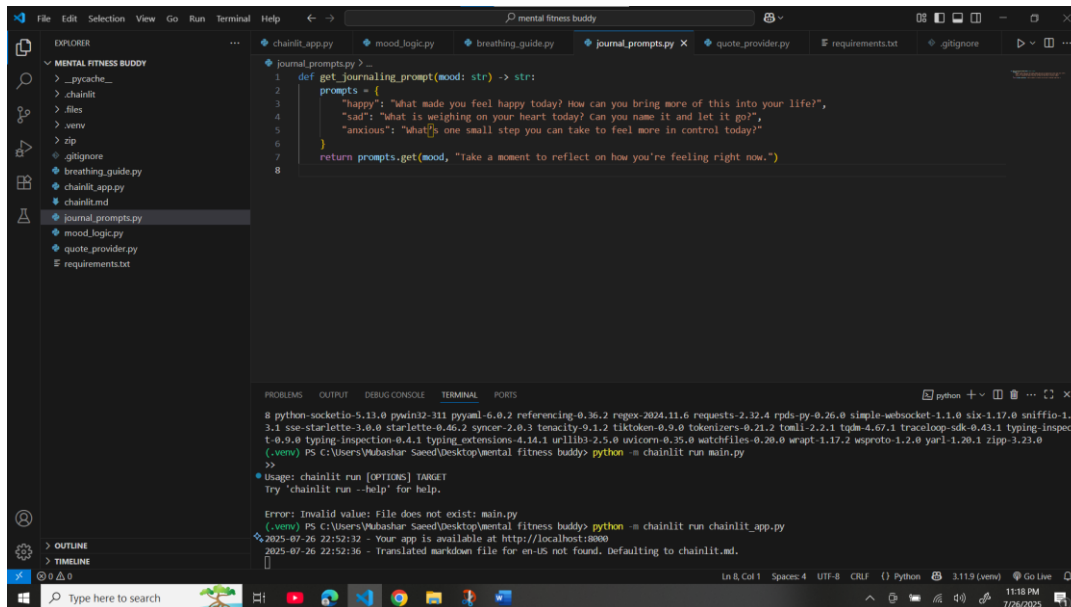
```
breathing_guide.py > ...
1 def get_breathing_guide() -> str:
2     return (
3         "let's relax with a breathing exercise:\n"
4         "1. Inhale slowly through your nose (4 seconds)\n"
5         "2. Hold your breath (4 seconds)\n"
6         "3. Exhale slowly through your mouth (4 seconds)\n"
7         "4. Repeat this cycle 3 times 🌬️"
8     )
9
```

```
PS C:\Users\Yubashar Saeed\Desktop\mental fitness buddy> python -m chainlit run main.py
Usage: chainlit run [OPTIONS] TARGET
Try 'chainlit run --help' for help.

Error: Invalid value: File does not exist: main.py
PS C:\Users\Yubashar Saeed\Desktop\mental fitness buddy> python -m chainlit run chainlit_app.py
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```

3. Journaling Prompt

- Custom prompt depending on the mood:
 - Happy: Reflect on what brings joy.
 - Sad: Let go of emotional weight.
 - Anxious: Small steps toward control.



Challenges Faced

Issue	Solution
@cl.on_action errors	Removed in favor of @cl.on_message
Chainlit version issues	Used chainlit==2.6.3 to match stable features
API unresponsiveness	Added try-except for fallback motivational messages
Response clarity	Structured all responses with markdown formatting

Files Structure

mental fitness buddy/

- └─ app.py # Main Chainlit bot logic
- └─ requirements.txt # All required packages
- └─ README.md # Project description

Conclusion:

The Mental Fitness Buddy offers a simple yet impactful way to support users' mental well-being by providing motivational quotes, breathing exercises, and journaling prompts based on their mood. The project highlights how Python and Chainlit can be used to build interactive and supportive tools. By focusing on clarity and usability, this chatbot serves as a meaningful starting point for future mental wellness applications.

