



tart-

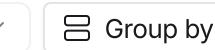


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## Application

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## Personal

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Polly

#	Inputs	Reference Outputs	Outputs
1	Tell me about chapter 8 and 14 how they...	Chapter 8 talks about building healthy h...	Chapter 8 focu...
2	How does Dialectical Behavior Therapy (...	Dialectical Behavior Therapy (DBT) com...	Dialectical Bel...
3	How can setting and maintaining healthy...	Setting and maintaining healthy boundari...	Setting and m...
4	How does engaging in regular exercise a...	Engaging in regular exercise and movem...	Engaging in re...
5	how can setting and maintaining healthy ...	Setting and maintaining healthy boundari...	Setting and m...
6	Chapter 11 and 14 how they help mental ...	Chapter 11 explains that exercise improv...	Based on the i...
7	Considering the importance of developin...	Practicing emotional regulation strategie...	Practicing em...
8	How can managing stress through sleep ...	Managing stress through sleep and mind...	Managing stre...
9	like, what is the psychology handbook th...	The Mental Health and Psychology Hand...	The Mental He...
10	How does Cognitive Behavioral Therapy,...	Cognitive Behavioral Therapy (CBT), esp...	I don't know.
11	What role do B vitamins play in mental h...	B vitamins are found in whole grains, eg...	B vitamins are...
12	What is Chapter 12 about?	Chapter 12 discusses sleep and mental h...	Chapter 12 is :)