



brief



Compact

Full

Diff

Default



Compare

Application

All applications

Search

Home

Tracing

Monitoring

Datasets & Experiments

Annotation Queues

Prompts

Playground

Studio

Deployments

Settings

Personal

shweta11addala@gmail.com

#K

Inputs

Reference Outputs

Outputs

14

Tell me about chapter 8 and 14 how they...

Chapter 8 talks about building healthy h...

Yo, let's dive i...

How does Dialectical Behavior Therapy (...

Dialectical Behavior Therapy (DBT) com...

Alright, buckle

1

How can setting and maintaining healthy...

Setting and maintaining healthy boundari...

Alright, let's di

How does engaging in regular exercise a...

Engaging in regular exercise and movem...

Alright, strap i

how can setting and maintaining healthy ...

Setting and maintaining healthy boundari...

Alright, let's cr

Chapter 11 and 14 how they help mental ...

Chapter 11 explains that exercise improv...

Alright, let's cr

Considering the importance of developin...

Practicing emotional regulation strategie...

Oh, this is pur

How can managing stress through sleep ...

Managing stress through sleep and mind...

Oh, you just ta

like, what is the psychology handbook th...

The Mental Health and Psychology Hand...

Alright, buckle

How does Cognitive Behavioral Therapy,...

Cognitive Behavioral Therapy (CBT), esp...

Alright, let's di

What role do B vitamins play in mental h...

B vitamins are found in whole grains, eg...

Alright, buckle

What is Chapter 12 about?

Chapter 12 discusses sleep and mental h...

Oh heck yeah

Polly