

Mental Health Checker App



Prompt 1:

create a ui for a daily journal app that works as a mental health checker and make flowchart of how few of the features work it helps relieve stress

What was generated:

Daily Journal App UI - MentalHealth Checker 🌿

A calm, supportive journaling app designed to gently check in on mental health and reduce daily stress.

1. Core Design Philosophy

- Non-clinical, non-judgmental (feels like a safe friend, not a test)
- Soft, soothing visuals (pastels, rounded edges, breathable spacing)
- Low-effort interaction (tap > type, optional depth)
- Positive reinforcement, never pressure

2. Visual Language

Color Palette

- Base: Soft blue / sage green (calm, grounding)
- Accents: Lavender, peach
- Alerts: Muted coral (never red)

Typography

- Headings: Rounded sans-serif (friendly, modern)
- Body: Clean humanist font

UI Style

- Rounded cards
- Gentle gradients
- Subtle micro-animations (breathing, ripple taps)

3. Main App Screens (UI Structure)

🏠 Home / Daily Check-in Screen

Top Section

- Greeting: "Hi, how are you feeling today?"
- Date + soft animated sky / gradient

Mood Selector (Primary Interaction)

- 5-7 mood icons (😊 😊 😐 😞 😞)
- Drag or tap to select

Quick Prompts (Optional)

- “One word for today?”
- “Energy level?” (low-high slider)

CTA Button

- Start Journaling



Journal Entry Screen

Prompt-based, not blank

- Today's prompt appears at top:
 - “What felt heavy today?”
 - “What gave you even a tiny bit of comfort?”

Input Options

- Text entry
- Voice note 🎙️
- Doodle / scribble 🖍️ (freeform canvas)

Emotional Tags (Optional)

- Chips like: stress, family, work, lonely, hopeful

Save Button

- Soft affirmation appears after saving



Mental Health Insight Screen (Gentle Checker)

NOT diagnosis-based

- Weekly mood trend (soft line graph)
- Language like:
 - “You’ve been feeling a bit overwhelmed lately.”
 - “You seem lighter on days you journal.”

Suggestions (Optional)


- “Would you like to try a 2-minute grounding exercise?”
- “Want to write about what’s been repeating?”



Stress Relief Tools Screen

Cards with simple tools:

- 1-minute breathing animation
- Body scan audio
- “Dump your thoughts” quick journal
- Comfort sounds (rain, café, forest)

-  History / Reflection Screen
- Calendar view with mood dots
- Tap a day → see entry + mood
- Highlighted patterns:
 - “You felt calmer on days you slept well”

4. Feature Flowcharts

Flowchart 1: Daily Mood Check-in → Mental Health Insight

```

graph TD
    A[Open App] --> B[Daily Mood Selection]
    B --> C[Optional Energy Slider]
    C --> D[Journal Prompt Appears]
    D --> E[User Writes / Skips]
    E --> F[Data Stored Privately]
    F --> G[Weekly Pattern Analysis]
    G --> H[Gentle Insight Message]
  
```

Purpose: Makes the user feel **noticed**, not **evaluated**.

Flowchart 2: Stress Relief Tool Trigger (When User Feels Overwhelmed)

```

graph TD
    A[Low Mood Selected] --> B[Soft Suggestion Appears]
    B --> C["Want help calming your mind?"]
    C --> D[User Chooses Yes / Later]
    D --> E[Breathing / Audio / Dump Thoughts]
    E --> F[Affirmation Screen]
  
```

Purpose: Immediate stress relief without forcing action.

Flowchart 3: Thought Dump (Anxiety Release Feature)

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graph TD
    A[User Taps "Dump Thoughts"] --> B[Timer Starts (2-5 min)]
    B --> C[Free Writing - No Prompts]
    C --> D[End Timer]
    D --> E["Would you like to save or let it go?"]
    E --> F[Saved OR Auto-deleted]
  
```

Purpose: Releases mental clutter safely.

5. Stress-Relief Psychology Built Into UI

- No red alerts
- No streak pressure
- Language avoids “should”
- App celebrates showing up, not productivity

6. Optional Add-ons

- Emergency support button (subtle, always available)
- Custom affirmations
- Night-mode journaling
- Weekly reflection letter to self

7. One-line App Promise

“This app listens before it speaks.”

If you want, I can:

- Turn this into wireframe sketches
- Design microcopy & prompts
- Make it Gen Z-coded / aesthetic-specific
- Adapt it for a college mental health app

Prompt 2:

You are a professional masseuse and creative illustrator and designer.
create a visual flowchart of the ui of an app that works as a daily planner
for mental health checks.

What was generated:



Prompt 3:

You are a professional masseuse and creative illustrator and designer.
create a visual flowchart of the ui of an app that works as a daily planner
for mental health checks, also add a feature to select themes of the app

What was generated:

