



# It's okay to not be okay.

We're here to support and allow everyone to feel more at ease in their daily lives by providing support and guidance along the way. No matter what you're going through, we're here for you.

[Begin Now](#)



# It's okay to not be okay.

We're here to support and allow everyone to feel more at ease in their daily lives by providing support and guidance along the way. No matter what you're going through, we're here for you.

[Begin Now](#)







# About Us

Find your inner balance and empowerment with our transformative mental wellbeing app. Explore guided breathing, meditation, daily affirmations, and a feelings journal for self-reflection and growth. Start your journey with ChillOut today.

## Our Mission

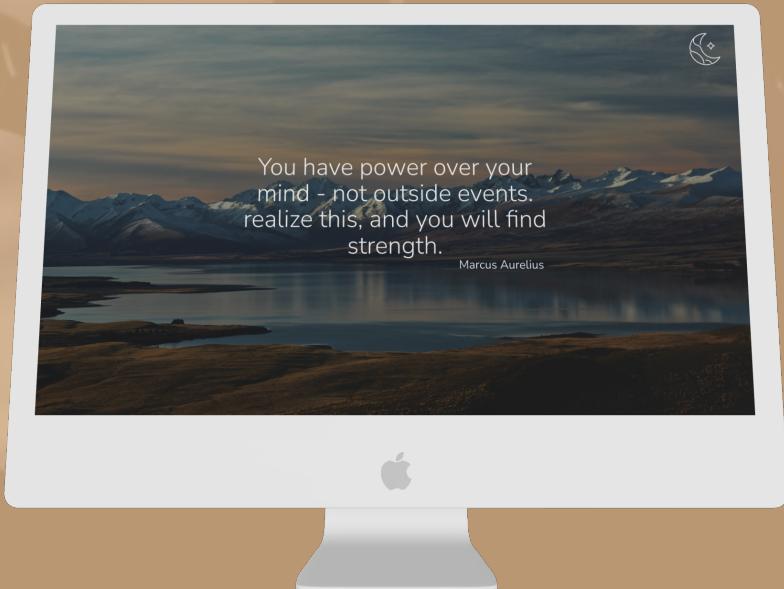
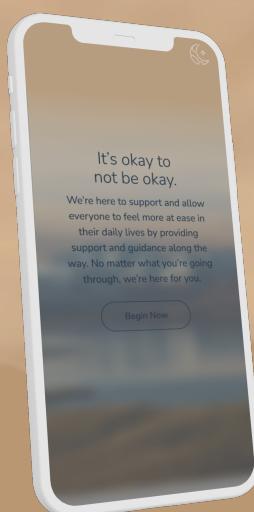
We strive to empower individuals on their mental wellbeing journey by providing accessible tools and resources for self-care, mindfulness, and emotional growth. We aim to inspire and create a supportive community that promotes inner balance, resilience, and overall wellbeing.

## Features

- User Account Authentication
- Guided Breathing and Meditation Exercises
- Daily Quotes of Inspiration
- Feelings and Mood Journal



# ChillOut





You have power over your  
mind - not outside events.  
realize this, and you will find  
strength.

Marcus Aurelius



You have power over  
your mind - not outside  
events. realize this, and  
you will find strength.

Marcus Aurelius

# About Us

Find your inner balance and empowerment with our transformative mental wellbeing app. Explore guided breathing, meditation, daily affirmations, and a feelings journal for self-reflection and growth.

Start your journey with ChillOut today.



# ChillOut



## Our Mission

We strive to empower individuals on their mental wellbeing journey by providing accessible tools and resources for self-care, mindfulness, and emotional growth.

We aim to inspire and create a supportive community that promotes inner balance, resilience, and overall wellbeing.



## Features

- User Account Authentication
- Guided Breathing and Meditation Exercises
- Daily Quotes of Inspiration
- Feelings and Mood Journal

