

# Mindful Mental Wellness App

- Mindful Mental Wellness App created using Bolt - a no-code AI platform.
- Tracks user's mood using emoji-based input system.
- Provides a daily journaling feature to reflect on thoughts and emotions.
- Offers weekly insights to help users understand mood patterns and mental health.
- Designed for accessibility, simplicity, and user empathy.
- Live App Link: <https://leafy-syrniki-3eae9c.netlify.app>