

# CalmBuddy: Your 24/7 Campus Wellness Companion



AI Chatbot for Student Mental Health & Stress Support

# Why CalmBuddy? 🤔



- Students face stress, anxiety, and exam pressure 😞
- Hesitate to talk to friends or counselors 💬
- Need instant, accessible support, 24/7 🌿

# Key Features ✨



## Breathing & Mindfulness

Exercises for calm 🧘🧘‍♀️



## Gratitude Prompts

Focus on positive memories 🗣️  
🙏



## Study & Focus Tools

Planner and boosters 📖🕒



## Motivational Support

Advice & stress checks 💛



## Helpline & Crisis

Immediate support 📞

# How CalmBuddy Calms You 🌿

Tap into these proven techniques for immediate relief:



## Visualization

Safe Place 🏞️



## Gratitude Check

Count your blessings 🙏



## Body Scan

Tension Release 🧘



## Positive Memory

Recall happy moments



# Study Help Made Easy 📚



01

## Plan My Study 📅

Organize tasks & subjects

02

## Focus Boost 📝

Pomodoro / micro-sessions

03

## Study Tips / Tricks 💡

Flashcards, teaching, summaries

# Interactive Widgets & Flows

**Choose Stress Level**

**Top Calm Methods**

**Helpline or Study Help**

**Plan · Follow-up**

Navigate directly to the support you need with intuitive pathways.



## Why CalmBuddy Matters 🌿💛

- 24/7 support for mental wellness
- Reduces stress, anxiety, and overwhelm
- Encourages healthy habits & study productivity
- Safe, friendly, and easy to use 🌱