



Ready to take on the day, Alex?

How are you feeling today ?



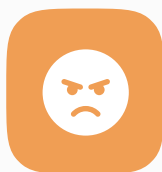
Happy



Calm



Manic



Angry

Daily Focus Suggestion

Try a 5-min breathing exercise
before studying

Start Now →



Exam Mode



Journal

You don't have to be perfect.
Just do your best today





**Feeling overwhelmed?
Let's focus together.**

Start Focus Session ▶

All Sessions ▼



5-min Guided Breathing

Take a short break to reset your mind
with a calming breathing session

Continue

Restart

Stretch Routine

Loosen up your body and release
tension with quick guided stretches

Start

How it works?

Quick Journal Prompt





Writing can help you clear your mind and reduce stress

Free Write

Write whatever's on your mind...

Save entry

Guided Prompt

What challenged you today and how did you respond?

Respond...

Save entry

 **April 29**

Today I had a hard time staying focused...





Wellness Hub

Study tips

Exam Stress

Presentations



Coal Dingo • just now

How do you stay focused during finals?



2



Pigeon Car • 3 hrs ago

How do you stay focused during finals?



12



2



Pigeon Car • 1 hr ago

How do you stay focused during finals?



12



2



Pigeon Car • 2 min ago

How do you stay focused during finals?



12



2



Pigeon Car • 3 hrs ago





Notifications

Your Daily Focus is ready! • 2 min ago

Try today's 5-min breathing before your next study session.

Journal Prompt • 10 min ago

What's one thing you're proud of today?

Reminder: Take a break! • 30 min ago

You've been focused for 50 minutes. Stretch and hydrate.

Mood check saved • Today

Your emotional log was saved at 8:00 AM.

Session rescheduled • Yesterday

Your focus session is now set for 6:00 PM.

