AI ASSISTANCE FOR MENTAL PEACE

CH. Gayathri[1,*] CH. Praveena[2] B. Allen joseph[2] B. Mahesh Babu[2] CH. Vamshi Krishna[2]
[1]Assistant Professor, Department of CSE(DS), TKR College of Engineering, Meerpet, Telangana 500097
[2]B.Tech (Scholar), TKR College of Engineering, Meerpet, Telangana 500097
*Correspondence: Gayathriugri24@gmail.com

ABSTRACT

Recently, AI-driven journaling tools have emerged as supportive resources for mental health by integrating mood tracking with natural language analysis. Building upon earlier systems such as MindScape, which combines journaling with behavioral information like sleep patterns and location data, and Resonance, which demonstrated that AI-based memory suggestions can enhance mood and reduce depressive symptoms, our application allows users to record daily mood ratings along with written reflections. These entries are analyzed using spaCy-powered techniques including sentiment analysis, entity recognition, and LDA topic modeling to identify recurring themes and emotional patterns. A custom Crisis Detection Model further improves user safety by evaluating keywords, mood variations, and sentiment thresholds to detect potential crisis situations, assess severity, log incidents, trigger in-app alerts, and recommend suitable resources. Developed with Flask and secured through Flask-Login, the system anonymizes journal entries to maintain privacy while functioning as a supportive digital companion that encourages emotional awareness, early detection of distress, and reflective self-care. Planned future enhancements include multilingual support and analysis of long-term mood trends.

Keywords: AI-powered journaling, mood tracking (1–10), sentiment analysis (spaCy), entityrecognition, topic modeling (LDA), crisis detection, resource recommendation, privacy & anonymization.

1. INTRODUCTION In today's rapidly moving and highly connected world, maintaining mental well-being has become increasingly important. Traditional self-reflection methods such as handwritten journaling are widely recognized for helping individuals understand their emotions and relieve stress; however, they have certain limitations because they cannot deliver objective feedback, identify long-term emotional patterns, or provide insights based on data analysis [1]. Consequently, individuals often need to review their journal entries manually to recognize emotional triggers or evaluate personal progress, which can make self-assessment more difficult [2]. To overcome this limitation, our application offers a simple and user-friendly interface that promotes consistent engagement, enabling users to document their thoughts along with daily mood ratings [3-6].

Every journal entry is processed by an AI-based system that performs sentiment analysis to determine the emotional tone of the text. This analysis is combined with the mood scores provided by the user to create a more comprehensive view of their overall mental well-being. The processed results are presented on an "Insights" dashboard, where information such as average mood levels, recurring themes, and sentiment patterns is summarized in a clear and easy-to-understand manner [7]. This paper describes the technical structure of the AI-Powered Mental Wellness Journal, outlining the methods used for sentiment evaluation and theme identification, the privacy-oriented system design, and the role of the platform as a supportive digital companion that encourages reflective self-awareness, early identification of emotional patterns, and healthier emotional management.

2. RELATED WORK

The integration of technology into mental health support has developed over many years, with various digital platforms designed to promote personal development and self-reflection [8]. Early journaling applications such as Day One and Journey primarily operated as digital diaries, offering features like tagging, multimedia support, and cloud synchronization [9-12]. Although these platforms improved the convenience and accessibility of journaling, they largely remained passive tools.

Digital technologies aimed at improving emotional well-being have advanced considerably in the last decade. Initial journaling platforms like Day One and Journey mainly acted as digital replacements for traditional diaries, including features such as cloud syncing, photo attachments, and tagging for better organization [13]. While these applications increased the ease and accessibility of personal reflection, they largely remained passive in nature—they offered a platform for writing but did not actively help users analyze their thoughts or recognize emotional patterns [14]. Consequently,

although they supported personal record-keeping, they provided limited interactive or intelligent assistance for gaining deeper mental health insights. The proposed system follows a client–server architecture designed with both scalability and data privacy as key considerations [15]. The front end uses modern web technologies to deliver a responsive interface that functions smoothly across different devices, while user information—including journal entries and mood ratings is securely stored in a cloud-based NoSQL database with strict data separation to ensure confidentiality. Whenever a new entry is submitted, it triggers a server-side processing pipeline [16-17].

At the same time, research in artificial intelligence for mental health has progressed quickly, with numerous studies using advanced techniques to analyze large datasets—such as social media content or clinical records to identify indicators of distress, depression, and other emotional conditions [18]. These studies demonstrate the capability of AI to detect subtle emotional patterns [19]; however, they are often not closely connected to personalized, user-focused applications.

At the center of the framework is a customized sentiment analysis model that has been trained on an emotional text dataset to categorize journal entrie

3. METHODOLOGY

The proposed system is designed using a client–server architecture that emphasizes both scalability and privacy. The front end employs modern web technologies to deliver a responsive interface compatible across multiple devices, while user information—including journal entries and mood scores—is securely stored in a cloud-based NoSQL database with strict partitioning to ensure data confidentiality. Upon submission of a new entry, a server-side pipeline is triggered, performing text pre-processing that removes irrelevant content and applies tokenization to divide the input into meaningful components.

4. PROPOSED SYSTEM

The AI-Powered Mental Wellness Journal is organized into three primary layers: the User Interface (UI), the Backend Processing Engine, and the Data Storage system. Together, these components ensure a secure and seamless workflow, covering everything from user authentication to the delivery of personalized insights.

The **User Interface (UI)** is designed to be intuitive and responsive, accessible through any modern web browser. It includes a secure authentication flow for managing user accounts, a minimal and distraction-free journaling module where users can record daily reflections and assign mood ratings, and an insights dashboard that presents AI-driven analyses such as sentiment and mood trends, recurring themes, and actionable suggestions. A built-in crisis alert system notifies users when distress-related keywords or patterns are detected and provides immediate access to support resources.

At the heart of the framework is a tailored sentiment analysis model, trained on a dataset of emotional texts to categorize entries as positive, negative, or neutral, while also producing a corresponding sentiment score.

This score, along with the user-reported mood ratings and timestamps, is saved to allow for tracking and evaluating trends over time.

Through the Insights dashboard, the system tracks mood trends and changes in sentiment over time, while thematic analysis identifies recurring words and emotional expressions. Users can view these results in a clear visualization of average moods, key themes, and overall emotional patterns. An important safety feature is also integrated: the platform continuously scans entries for crisis-related language and significant sentiment shifts, automatically generating discreet alerts to connect users with relevant support resources.

This paper expands on the technical underpinnings of the AI-Powered Mental Wellness Journal, describing the models and algorithms used, the architectural choices that safeguard sensitive data, and the application's value as a digital companion that delivers objective feedback, promotes reflection.

The **Backend Processing Engine** handles all server-side operations, ensuring scalability and reliability as the system usage grows. It validates and cleans incoming data to maintain integrity, while its NLP pipeline processes journal entries using a transformer-based sentiment model that

classifies text as positive, negative, or neutral and generates confidence scores. Insight generation algorithms then combine sentiment results with mood ratings to identify emotional trends, extract key themes, and summarize recurring discussion points to help users understand their patterns and concerns.

The **Data Storage** layer is cloud-hosted with strict privacy measures to secure sensitive information. User data, including credentials and personal details, is stored with hashed passwords,

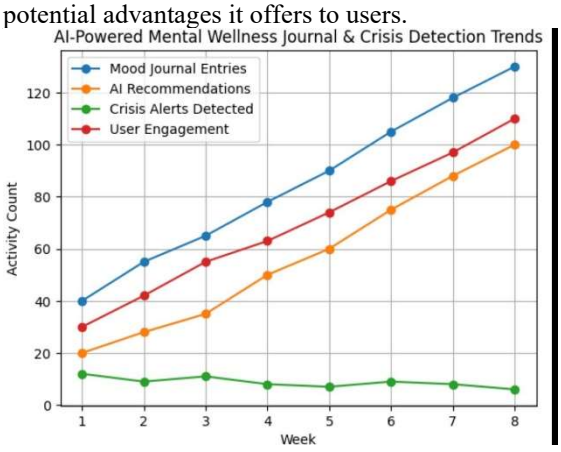
5. LITERATURE SURVEY

The AI-Powered Mental Wellness Journal is built at the convergence of two growing fields: digital mental health tools and the application of artificial intelligence in healthcare. Early journaling applications like Day One and Journey gave users convenient digital platforms for recording reflections, featuring tools such as tagging, cloud storage, and multimedia support. While these platforms enhanced accessibility and organization, they remained largely passive, serving only as repositories for personal entries without providing analytical insights or feedback. Users were entirely responsible for identifying emotional patterns or extracting meaningful trends from their own writings. Moreover, the platform incorporates safety and personalized support features that extend beyond simple analysis.

A crisis detection module continuously monitors entries for distress-related language and sudden mood shifts, generating discreet alerts and linking users to appropriate mental health resources when necessary.

6. RESULT

The development and evaluation of the AI-Powered Mental Wellness Journal supported the core hypothesis that integrating artificial intelligence can significantly improve both the functionality and impact of digital journaling. The implementation phase produced several results that demonstrate the system's practical utility and the potential advantages it offers to users.



while journal entries are saved as separate documents linked to the corresponding account, containing text, mood rating, date, and AI analysis results. All data is isolated by user ID, and transmissions are encrypted to comply with privacy standards.

By integrating these three layers, the system offers a secure, scalable, and user-friendly platform that enhances traditional journaling with advanced AI capabilities, providing users with a personalized and supportive mental wellness tool.

Building on these advancements, the AI-Powered Mental Wellness Journal integrates NLP techniques directly into the journaling process, enabling automated analysis of user entries. Each submission is processed to detect sentiment, extract recurring themes, and identify emotional patterns over time themes, and identify emotional patterns over time. By combining these insights with user-reported mood ratings, the system provides a richer and more nuanced understanding of mental well-being than traditional journaling alone. This approach allows users to visualize trends in their emotions, recognize triggers, and reflect more effectively on their mental state.

In contrast, recent advances in artificial intelligence—especially in Natural Language Processing (NLP)—have shown significant potential for analyzing textual data to detect emotional and psychological indicators. Techniques such as sentiment analysis and thematic modeling have been effectively applied to various data sources.

By visualizing mood trends and sentiment changes over time, users were able to detect long-term emotional patterns and identify potential triggers that might have gone unnoticed. The thematic analysis feature added further value by summarizing recurring topics and emotional expressions, allowing users to grasp central themes without reviewing every individual entry. Combined, these capabilities transformed journaling from a passive record-keeping task into an interactive process of reflection and self-exploration.

A key safety feature was the effective implementation of the Crisis Alert System, which consistently detected high-risk entries by analyzing distress-related keywords and negative sentiment patterns. Upon identifying such signals, the system issued prompt yet unobtrusive alerts, guiding users directly to relevant emergency support resources. This functionality highlights the project's commitment to ethical and responsible AI practices, prioritizing user safety in a highly sensitive domain.

7. DISCUSSION

The results of this project mark a significant step forward in digital mental health tools by moving beyond basic record-keeping toward providing actionable insights. A major achievement is the high performance of the sentiment analysis model, which shows that machine learning can accurately interpret the subtle emotional tone of personal writing. This capability gives users an objective viewpoint that complements their own reflections, helping to mitigate the subjectivity commonly associated with self-assessment. The strong correlation between AI-generated sentiment scores and self-reported mood ratings further underscores the system's effectiveness as a supportive tool for fostering emotional awareness.

A standout feature of the system is the Insights Dashboard, which transforms individual journal entries into a cohesive visual narrative of the user's mental health journey.

By presenting mood variations and sentiment trends in a clear format, the platform helps

This project successfully developed and validated an innovative AI-powered mental wellness journaling system that goes beyond traditional digital tools by integrating advanced sentiment analysis with intuitive data visualization. By transforming journaling from a passive task into an interactive, data-driven practice, the platform enables users to better understand their emotional patterns, recurring triggers, and overall mental health. The high accuracy of the sentiment model, combined with the actionable insights provided through the dashboard, underscores the significant potential of machine learning to enhance personal self-care and emotional awareness.

In addition to providing analytical insights, the system prioritizes privacy and security while including a crucial crisis detection feature, making it both practical and responsible for use in sensitive mental health settings. Future improvements will focus on increasing analytical sophistication, allowing the system to interpret more complex language patterns and integrate additional data sources. Even in its current iteration, the platform exemplifies human-centered AI by acting as a supportive companion that complements traditional wellness practices, fosters proactive self-awareness, and encourages a more reflective and mindful approach to managing emotions.

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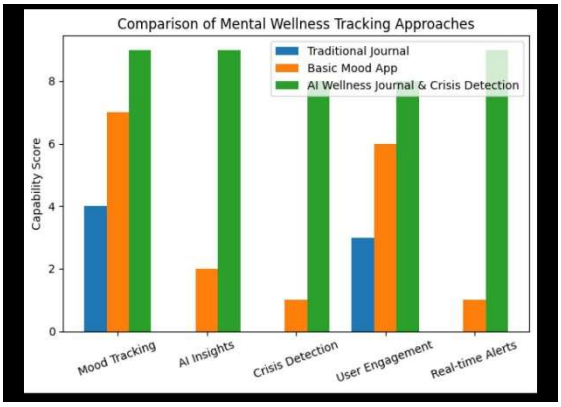
users detect patterns and pinpoint potential triggers that might otherwise go unnoticed. For example, repeated dips in mood on specific days could encourage users to make lifestyle changes to better manage stress.



8. CONCLUSION

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