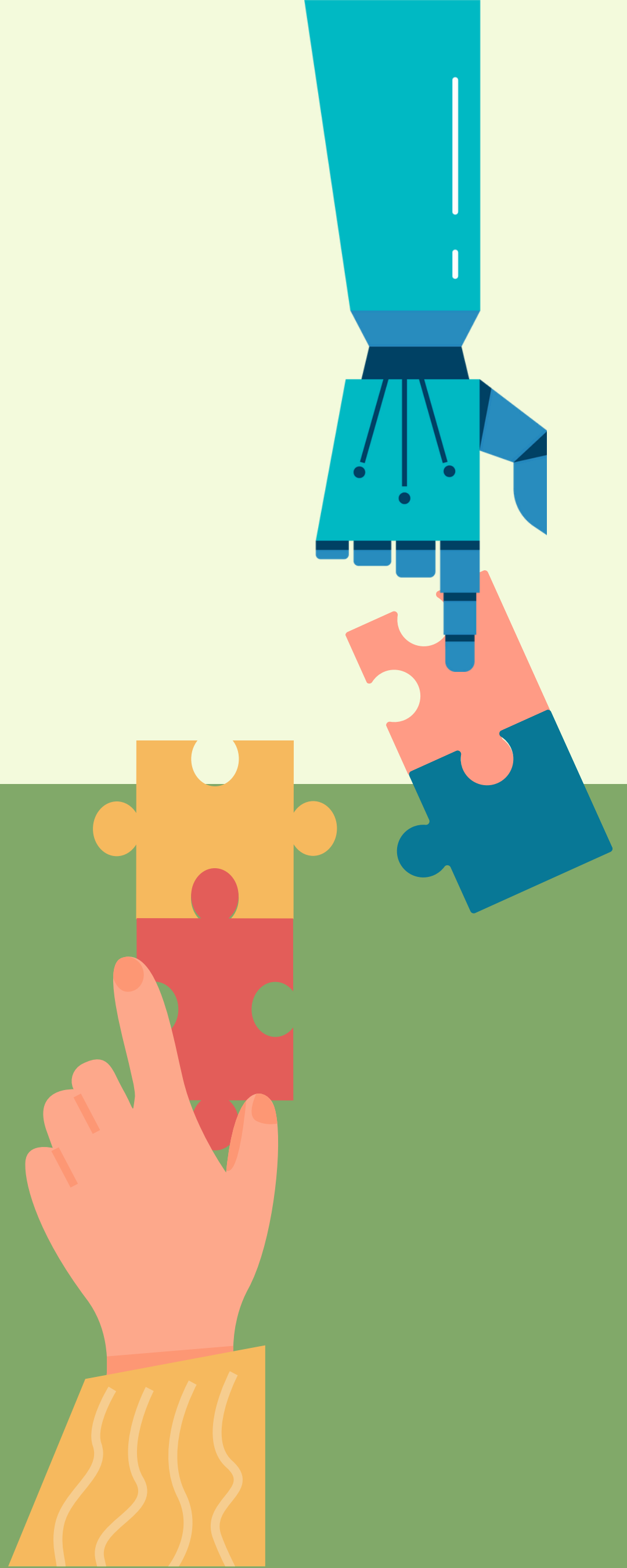


How AI Can Support Wellbeing

and Why Real-World Habits
Still Matter



**QUEEN'S
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BELFAST**



Study Breaks



AI-powered calendars can schedule tasks and downtime based on your needs and habits, ensuring you have the right balance.

Hobbies that involve physical activity are important for a healthy lifestyle and provide endorphins for mental wellbeing.



Mindfulness



AI journals like Gnothi can be a useful space for non-judgemental self-reflection, and are great for gaining insights into habits.

Time away from technology is important for the mind. Meditating or reflecting on paper can help you decompress.

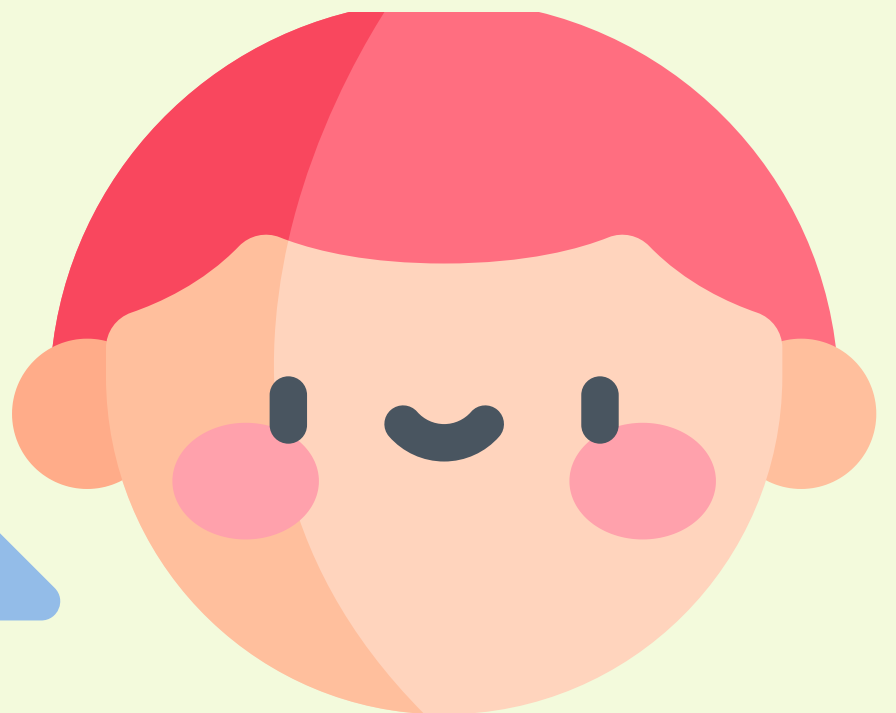


Sleep & Rest



AI-powered sleep tracking apps like Somno can help you understand your rest habits and suggest ways to feel more rejuvenated.

Sleep disruption can be a sign of excessive screen time. Staying off devices at least an hour before going to bed can prevent restlessness.



Reflection



LLMs can provide simple prompts to help you reflect on your day. Reflection can be a useful tool to unwind and reset.

Talking with friends or family is important for reflection. Those around you can provide much-needed advice and support.



Remember

Taking care of your mental health is vital for overall wellbeing.

While AI can be a tool for mindfulness, it is not a substitute for professional help.

