

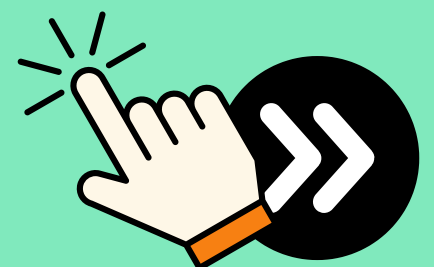


QUEEN'S
UNIVERSITY
BELFAST

How can

Gnothi

help me?

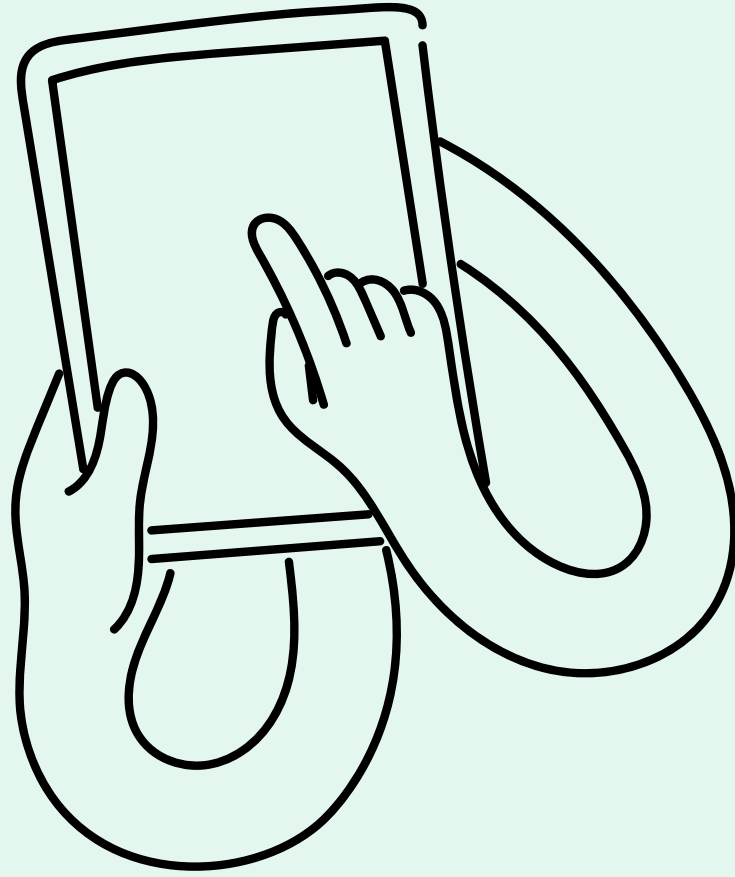




What is Gnothi?

Gnothi is an AI self-care journal and toolkit, designed to improve your routine and clear your mind. The tool tracks your journal entries and logged behaviour to provide an innovative way of helping you grow and learn.





Identifying

From your entries, Gnothi can identify key words, themes, and concepts that often occur in your writing. This can be extremely useful for finding connections between emotions and events, to help you make healthy habits personalised to you.





Suggesting

Reading can be an extremely useful tool in helping with our mental health.

Gnothi can suggest books and readings for you to explore based on your submissions, tailored to your personal journey.





Tracking

Mood and habit tracking are well-known suggestions for improving mental health. With Gnothi, you can do this all in one place, using the tool's AI to keep track of exercise, sleep, and more.



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and advice**

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