

Feelu: Explore Your Feelings Niloufar Shafiei

How Feelu Works

Feelu is based on the principles of cognitive-behavioral therapy (CBT), a type of therapy that helps you to identify and change negative thought patterns and behaviors. The app uses a variety of techniques to help you to:

- **Identify your emotions:** Feelu provides a library of over 100 emotions, so you can easily identify and label the feelings you're experiencing.
- **Track your mood:** Feelu allows you to track your mood over time, so you can see how your emotions are changing and what factors may be affecting them.
- **Learn coping mechanisms:** Feelu provides a variety of evidence-based coping mechanisms that you can use to manage your emotions and improve your mental health.
- **Connect with others:** Feelu has a built-in community where you can connect with other people who are also working to improve their mental health.

The Benefits of Using Feelu

Feelu has been shown to have a number of benefits for users, including:

- **Reduced stress and anxiety:** Feelu can help you to identify and manage the sources of stress and anxiety in your life.

- **Improved mood:** Feelu can help you to improve your mood and increase your overall sense of well-being.
- **Increased self-awareness:** Feelu can help you to become more aware of your emotions and the factors that influence them.
- **Improved coping skills:** Feelu can help you to learn and practice effective coping mechanisms that you can use to manage your emotions and improve your mental health.

Who Can Use Feelu?

Feelu is suitable for anyone who is looking to improve their mental health. It is particularly helpful for people who are experiencing:



Feelu: Explore Your Feelings by Niloufar Shafiei

★★★★☆ 4.6 out of 5

Language : English

File size : 7410 KB

Screen Reader : Supported

Print length : 50 pages

Lending : Enabled



- **Stress and anxiety**
- **Depression**
- **Mood swings**
- **Difficulty managing emotions**
- **Relationship problems**

- **Work-related problems**

How to Get Started with Feelu

Getting started with Feelu is easy. Simply download the app from the App Store or Google Play. Once you've created an account, you'll be able to access all of the app's features.

Pricing

Feelu is a subscription-based app. The cost of a subscription is \$9.99 per month or \$99.99 per year.

Feelu is a powerful tool that can help you to better understand and manage your emotions. If you're looking to improve your mental health, Feelu is a great option.



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