

AI FOR WELLBEING

DEVELOPMENT OF WHAT USE?

Daily Support

Chatbots like Wysa and Woebot offer safe, private spaces to express your thoughts. They use CBT techniques to guide you through stress, anxiety, or low moods—great for early support or when talking to a human isn't easy.

Mood & Pattern Tracking

AI-powered apps track your mood based on your conversations, voice tone, and even how you type. Tools like Youper and Kintsugi spot early signs of depression or burnout before you do.



Early Detection

AI like Ellie (by USC) uses voice, micro-expressions, and speech patterns to flag possible issues early. Helpful for therapists and even in self-monitoring.

Workplace Wellbeing

Some platforms now use AI to monitor stress and emotional exhaustion levels through interaction patterns and feedback. Great for building burnout-free workplaces.