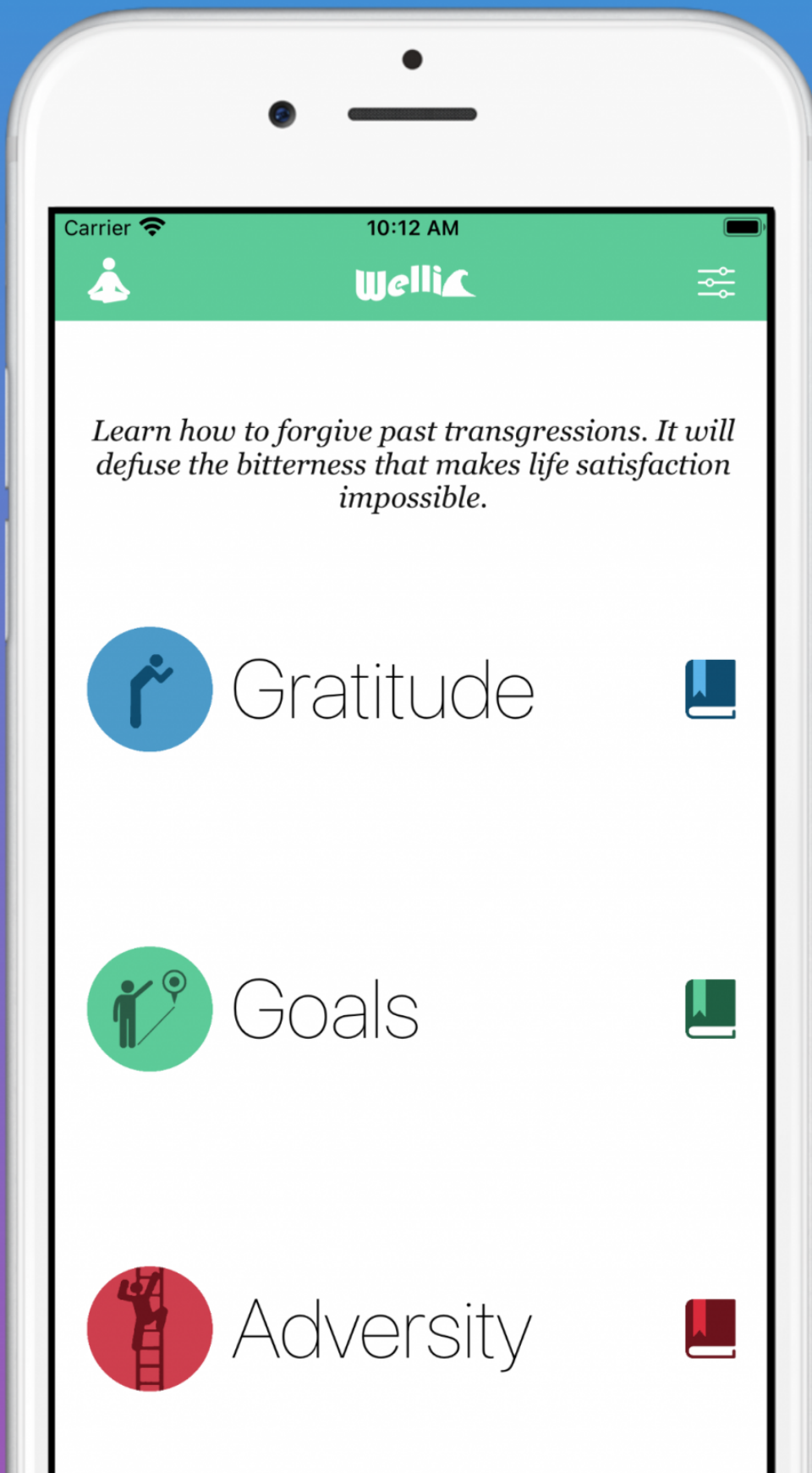


Mindful Journal brings an all-new mental health wellness iOS app, Welli

A suite of evidence-based Positive
Psychology Tools in your pocket!



Florida, United States Oct 9, 2022 ([Issuewire.com](https://www.Issuewire.com)) - Mental Health Wellness has become even more convenient for everyone with the help of Mindful Journal's latest iOS app, called Welli. This application is specially built to offer a special gift ahead of Mental Health Day on October 10. Available for Apple users, this Mobile Positive Psychology Toolkit offers a series of evidence-based mental wellness modules that can help to empower users to practice gratitude, achieve their goals, and overcome adversity. The founder of Mindful Journals, Michael Kamino has chosen to develop such an incredible app that can offer profound lasting effects on well-being through advanced tools.

The application consists of several specialized features which makes it an easy self-care and therapeutic practice for everyone. There is a Daily Gratitude journal that helps to guide the thoughts each morning while decompressing them in the evening. Next, there is a Goals Module that helps to overcome obstacles by engaging the users through some science-backed motivation techniques. The application also offers an Adversity Exercise that is based on Cognitive Behavioral Therapy (CBT). It is one of the most reliable interventions that help to deal with troubling thoughts and several other mental health conditions. There is also an elegant Meditation Timer available within the app that helps make time for meditation out of the busy lifestyle. Such a unique and user-friendly application also comes with wallet-friendly subscription options. First-time users can also enjoy a one-week free trial.

Mindful Journals was solely established to provide all the resources for individuals to embark on a fruitful mental wellness journey with their own will and practice. The organization is currently working on new projects for couples as well as an AI-powered cognitive behavioral therapy chatbot to be helpful for users in the future. Download Welli on the AppStore at <https://apple.co/3fxLzn6>.

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