

Reconstruct - the First Global Platform for Building Mental Fitness Every Day

Reconstruct, a pioneering mental wellness and performance platform, has announced the official launch of what it calls the first global platform for building mental fitness every day.

Everyone has moments when they feel low. Treat yourself with some self-love and watch that smile come back!



Love Hug Gifts Applause
Appreciation Royal treatment Strength
Sunshine Winner Hope

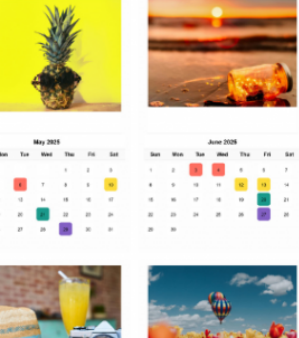
and 95% were exactly the same repetitive thoughts as the day before. Break the cycle of overthinking, go ahead and shred your thoughts!

Share your thoughts...

SHRED YOUR THOUGHTS!

February 2025 March 2025

May 2025 June 2025



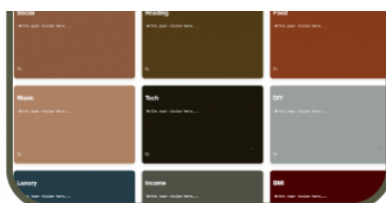
Medium Hard

What has to be broken before you can use it?

your answer

Check Answer

Show Answer Next



Feeling distracted? Divert your focus towards coloring with this free online coloring tool for stress relief. Simply pick a color and paint the picture to create beautiful artwork. You can also download and save your creation to your desktop.



Choose Color: 

Brush Size: 

'Break things' and release that rage!



Bubble Wrap Popper

Having trouble focusing? Working professionals, students and founders are loving our satisfying never-ending online bubble wrap. It's perfect for when you need some downtime or just help to refocus. Improved focus helps in better outputs.




24+ MIND TOOLS AND ACTIVITIES

Bengaluru, Karnataka Jun 12, 2025 ([IssueWire.com](https://www.issuewire.com)) - *Reconstruct*, a pioneering mental wellness and performance platform, has announced the official launch of what it calls the **first global platform for building mental fitness every day**. Combining interactive tools, emotional resilience-building exercises, and productivity features, *Reconstruct* is setting a new standard for how people manage their minds in daily life.

Unlike traditional mental health apps focused solely on therapy or meditation, *Reconstruct* blends creativity with functionality. The platform offers [digital planners](#), emotional calendars, vision boards, mental reset tools like a “Thought Shredder,” and self-guided exercises that range from digital coloring to cognitive games — all designed to promote clarity, resilience, and motivation.

With an intuitive design and easy daily use, *Reconstruct* helps users cultivate habits that strengthen mental endurance, not just manage stress. Features are structured around a simple philosophy: emotional self-care should be a proactive part of everyday performance — not an afterthought.

The platform recently launched on the [Google Play Store](#) and continues to grow its toolset, including AI-powered personalization features currently in development. One of its unique additions is the [Mind Kits](#), which guides users to reframe rumination and channel emotional energy into constructive outcomes.

The introduction of **Reconstruct Circle**, a premium membership experience, adds guided journeys and advanced tools that further support consistent emotional growth. These journeys are built like digital wellness travel itineraries — helping users set emotional goals, explore tools that suit their mental landscape, and track their progress over time.

Founder [Ashika Devi](#) shared, “*Reconstruct* was built for people who want to perform at their best, but don’t always feel their best. We wanted to offer something beyond encouragement — an actual playground of tools for the mind.”

Reconstruct’s mission is to make mental fitness as natural and engaging as physical fitness — and to provide access to these tools without stigma, cost barriers, or complexity.

About Reconstruct

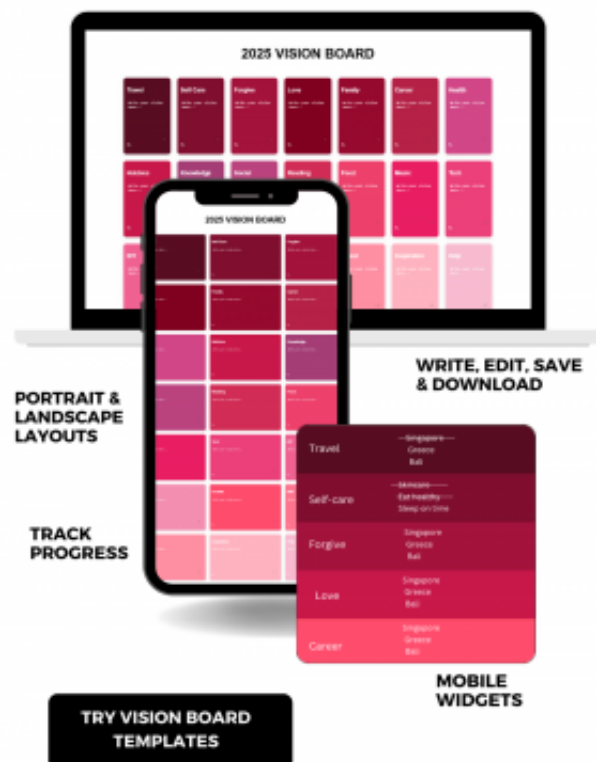
Launched in 2024, *Reconstruct* is a mental wellness platform that delivers interactive, self-guided tools to help people strengthen emotional resilience and boost everyday performance. With an emphasis on creativity, clarity, and consistency, *Reconstruct* aims to redefine digital self-care as both a joyful and strategic experience.

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Media Contact

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Source : Reconstruct

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