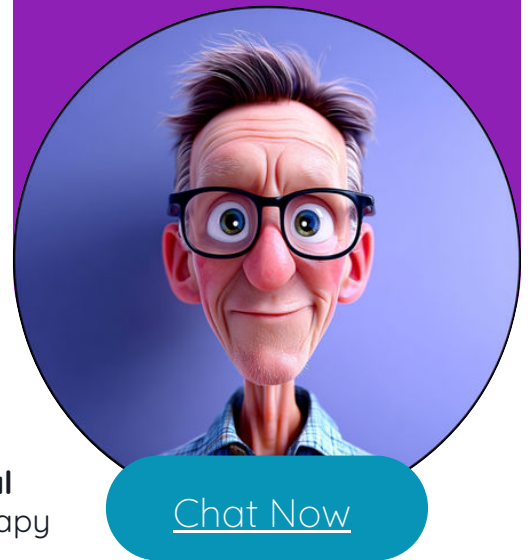


Wellbeing Pete

Wellbeing Pete is an AI coach for people experiencing stress, overwhelm, low mood, or difficulty organising daily life.

Pete helps users understand **how AI can support emotional reflection and gentle organisation**, without replacing therapy or professional care.



What Wellbeing Pete Helps With

Wellbeing Pete shows how AI can:

- Help people put feelings into words
- Reduce emotional overwhelm
- Support gentle routines and planning
- Prepare for conversations with professionals

“This is non-clinical, everyday support.”

Problems & AI-Based Solutions

1. Feeling emotionally overwhelmed?

Problem: Everything feels heavy and hard to process.

How AI helps: AI can help organise thoughts, reflect on feelings, and identify small, manageable next steps.

2. Preparing for GP or therapy appointments?

Problem: Forgetting important points during appointments.

How AI helps: AI can help create simple notes, summaries, or question lists to take along.

3. Struggling with routines and self-care?

Problem: Daily care tasks slip when energy is low.

How AI helps: AI can support gentle routines and reminders without pressure or judgement.

To get started, you can use ChatGPT's free version.

Go to <https://chat.openai.com> and paste this into the chat:
“Help me organise my thoughts, reduce overwhelm, and plan gentle next steps.”

