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₹99 Edition

MIND & WELLBEING · BOOK 21

Calm Mind: Everyday Mental Wellness with AI

Gentle prompts for stress, overthinking, sleep, work pressure, relationships and self-confidence, plus when to get real help

22 ready-to-use prompts

Real Indian examples

Works on free AI plans

ChatGPT · Gemini · Claude · Copilot · Meta AI · Perplexity

Contents

Start here: 3 quick wins (2 minutes)	3
How to use this book	4
1. Setup: Get Your AI Ready in 10 Minutes	6
2. Calm Down Right Now	10
3. Untangle Overthinking	12
4. Work, Study & Burnout	14
5. Relationships & Family	17
6. Habits for a Healthier Mind	18
7. Confidence & Growth	19
8. When & How to Get Real Help	20
Cheat Sheet	22
Prompt Index	23
Common Mistakes & Fixes	24
Disclaimer & Credits	25

22 prompts inside. Tap any line to jump to it. Every chapter ends with a **↑ Back to contents** link.

START HERE

3 Quick Wins in 2 Minutes

Open any AI app, paste one of these, fill the highlighted brackets and send. You will have something useful in two minutes. Do the setup chapter later.

P01 Calm me down in 2 minutes

Use when: You feel anxious or overwhelmed right now

You are a calm, supportive wellbeing guide trained in evidence-based techniques (not a therapist).

I feel: [anxious / panicky / angry / overwhelmed]
because [one line, optional]. I am at: [home / office / outside].

Task: guide me through calming down right now.

Format: one step at a time (breathing, grounding with my senses, one kind sentence to myself); wait for me to say "done" before the next step.

Constraints: short sentences, warm tone, no lectures.

If I say I might hurt myself, tell me to call Tele-MANAS 14416 or 112 immediately.

- ✓ For anything official, ask for English and then *"explain it to me in Hindi"* so you know what you are sending.
- ! Never paste Aadhaar, PAN, bank, card, OTP or password details. Use placeholders like [my PAN].
- ! AI can sound confident and still be wrong. Verify important facts with an official source.
- ! Download apps only from the official publisher. Ignore "free premium" APK links.

[↑ Back to contents](#)

CHAPTER 2

Calm Down Right Now

For moments when you feel overwhelmed. Short and simple.

P04 Guide me through calming down

Use when: Feeling anxious or panicky

You are a calm, supportive wellbeing guide trained in evidence-based techniques like CBT and grounding (not a therapist).

I'm feeling **[anxious/overwhelmed/panicky]** right now. Guide me through a 3-minute calming exercise step by step (breathing and grounding). Keep your messages very short and wait for me to reply "done" before the next step.

Tip: If you have chest pain, trouble breathing or feel unsafe, call 112 or go to the nearest hospital.