WeHeal AI Powered Emotion-Aware ChatBot

Preeti Koli[1], Swetha C S[2]

Department of MCA, BIT, Bangalore, India[1]

Assistant Professor, Department of MCA, BIT, Bangalore, India[2]

Abstract: Emotional health has become an important concern in today's fast-paced lifestyle, where individuals face continuous academic, professional, and social pressures. Many people hesitate to share their emotional struggles due to fear of being judged or due to limited access to immediate support. This paper presents **WEHEAL**, an **AI-powered emotion-aware chatbot** developed to provide a safe and private environment for emotional expression and self-reflection.

The WEHEAL system applies Natural Language Processing techniques to analyze user text and identify emotional states such as stress, sadness, anxiety, anger, and happiness. Based on the identified emotion, the chatbot generates empathetic and context-sensitive responses. In addition to conversational support, the system includes mood tracking, journaling, daily reflection prompts, wellness exercises, and emotional analytics. The application is implemented using Python and Streamlit, with all user data stored locally in JSON format to ensure privacy and offline usability. The results indicate that WEHEAL effectively promotes emotional awareness and provides meaningful support, highlighting the potential of AI-based wellness applications.

1.INTRODUCTION

Emotional well-being plays a crucial role in maintaining mental balance and overall quality of life. However, increasing workloads, academic stress, social expectations, and constant digital interaction often disturb emotional stability. Despite experiencing emotional difficulties, many individuals avoid seeking help because of privacy concerns, social stigma, or lack of easily available support systems.

Recent developments in Artificial Intelligence and Natural Language Processing have enabled machines to interpret human language more meaningfully, including emotional context. Emotion-aware chatbots can provide immediate, non-judgmental interaction, allowing users to express feelings freely. Such systems are especially useful for early emotional support and self-awareness.

WEHEAL is designed as a supportive conversational application that focuses on understanding emotions rather than offering medical diagnosis. The system encourages users to reflect on their emotional state, engage in wellness activities, and gradually develop emotional awareness in a secure environment.

1. Project Description

WEHEAL is a standalone emotional wellness application that combines an emotion-aware chatbot with supportive self-care features. The chatbot processes user messages using NLP-based sentiment and emotion analysis to determine the emotional tone of the input. Once an emotion is detected, the system responds with empathetic and encouraging messages.

In addition to chat-based support, the application offers mood tracking, journaling, daily reflections, meditation and breathing exercises, and visual analytics. All data is stored locally on the user's device, ensuring confidentiality and enabling offline usage. The system is intentionally kept simple and calming to make users feel comfortable while interacting with it.

2. Motivation

The motivation for developing WEHEAL comes from the increasing emotional challenges faced by students and young adults. While professional mental health services are essential, they are not always immediately accessible. Existing wellness tools often focus on isolated features and lack emotional personalization.

The primary goals of this project are:

- To provide instant emotional support through empathetic interaction
- To encourage honest emotional expression in a private setting
- To protect user data through local storage
- To integrate multiple wellness features into a single platform

2. LITERATURE SURVEY

Several studies have explored AI-based chatbots and emotion detection systems in mental health applications.

- **Fitzpatrick et al. (2017)** demonstrated that conversational agents can reduce symptoms of anxiety and depression through empathetic dialogue.
- **Shatte et al. (2019)** reviewed the effectiveness of machine learning techniques in mental health assessment using text data.
- **Tadesse et al. (2019)** applied deep learning models for emotion detection from social media text, achieving high classification accuracy.
- **Miner et al. (2016)** discussed the role of chatbots in mental health care, highlighting scalability and accessibility benefits.
- **Abd-Alrazaq et al. (2020)** conducted a systematic review of AI chatbots in mental health, emphasizing the importance of emotional intelligence.

These studies indicate that emotion-aware conversational systems can play a valuable role in early emotional support, motivating the development of WEHEAL.

1. Existing System

Current emotional wellness platforms include meditation apps, digital journals, and basic chatbots. Meditation applications primarily offer relaxation exercises without adapting to user emotions. Journaling tools allow users to write freely but do not analyze emotional content or provide insights. Many chatbots respond using predefined rules, resulting in generic replies that fail to reflect emotional context. Additionally, most platforms rely on online storage, raising concerns about data security.

Limitations of Existing Systems

- Inaccurate or limited emotion detection
- Repetitive and generic chatbot responses
- Scattered wellness features across different platforms
- Dependence on internet connectivity
- Privacy concerns due to cloud-based storage

2.2 Proposed System

WEHEAL overcomes these limitations by combining emotion-aware interaction with wellness features in a single application. The chatbot adapts its responses based on detected emotional states. Mood tracking, journaling, and reflections help users observe emotional changes over time. Emotional analytics provide visual insights, while local storage ensures privacy and offline functionality.
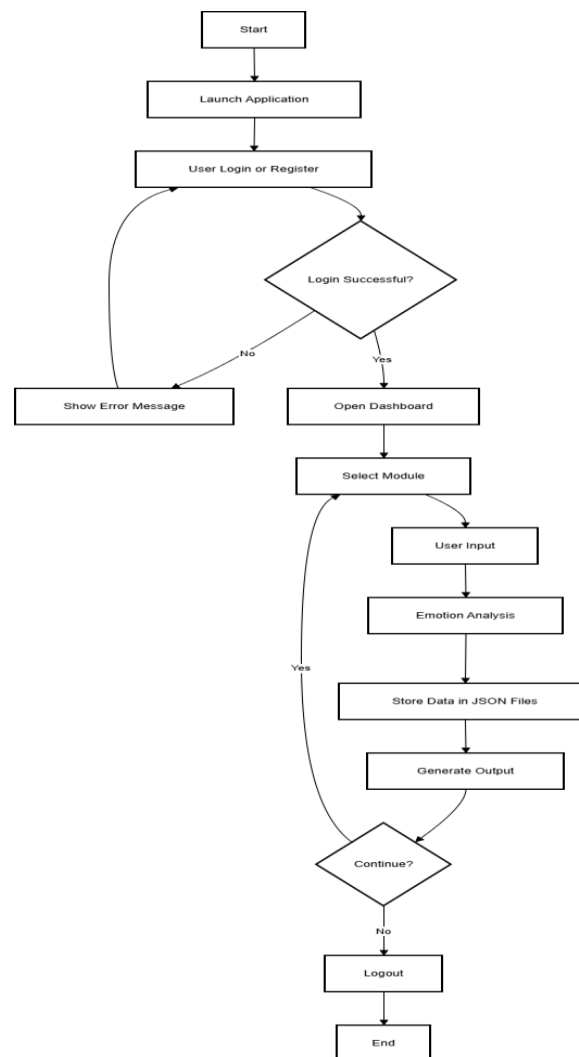
3. SYSTEM DESIGN

WEHEAL is designed as a self-contained application that runs locally on the user's system. Interaction occurs through a graphical interface built using Streamlit. User inputs such as chat messages, mood selections, journal entries, and reflections are processed internally for emotion detection and stored securely.

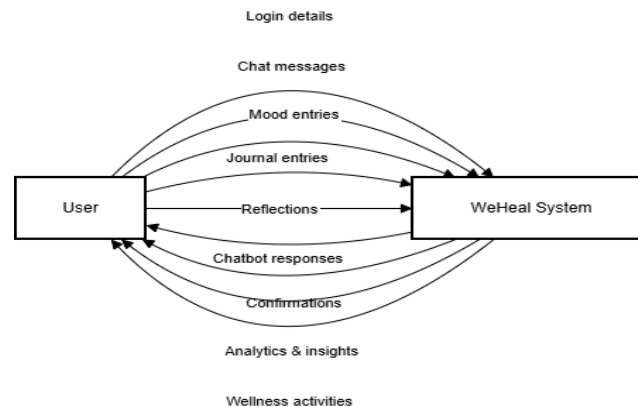The system consists of the following core components:

- User Interface Module
- Emotion Analysis Module
- Chatbot Response Module
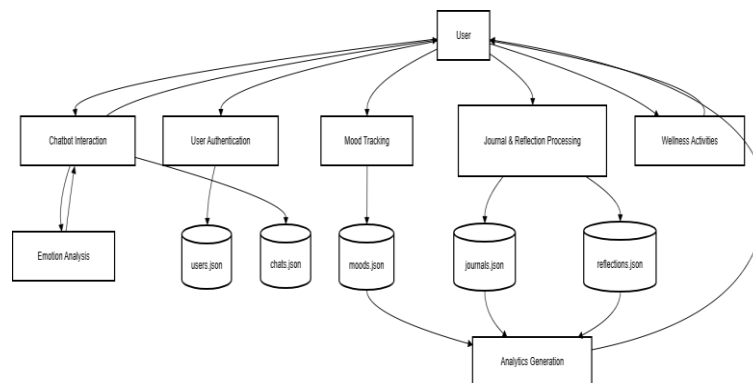- Local Data Storage
- Analytics and Visualization Module

FLOW CHART

1.DFD Level 0

At this level, the entire WeHeal system is represented as a single process.

2. DFD Level 1

The DFD Level 1 breaks the system into smaller processes.

4. IMPLEMENTATION DETAILS

The WEHEAL system was implemented with an emphasis on simplicity, privacy, and emotional sensitivity. The application was developed using Python and follows a modular approach, where each functional component operates independently while remaining well-integrated with the overall system. This design choice improved maintainability, readability, and ease of testing.

The system operates entirely on the local machine and does not depend on external servers or cloud services. All processing, including emotion analysis, chatbot response generation, and data storage, is handled internally to ensure user privacy and offline usability.

4.1 Application Architecture

WEHEAL follows a lightweight, layered architecture consisting of the following components:

- **User Interface Layer**
  The front-end of the application is developed using Streamlit, which provides an interactive and responsive interface. Users can easily navigate between modules such as chatbot interaction, mood tracking, journaling, wellness activities, and analytics.
- **Processing and Emotion Analysis Layer**
  User inputs are processed using Natural Language Processing techniques. Text preprocessing includes cleaning, normalization, and tokenization. Sentiment and emotion analysis are applied to identify emotional states such as sadness, stress, anxiety, anger, happiness, or neutrality.
- **Chatbot Response Module**
  Based on the detected emotion, the chatbot selects appropriate empathetic responses using predefined

emotion–response mappings. The responses are designed to be supportive, non-judgmental, and conversational rather than clinical.

- **Data Storage Layer**
  All user-related data, including chat history, mood entries, journal records, and reflections, are stored locally using JSON files. Each entry is saved with a timestamp, allowing chronological tracking while maintaining privacy.
- **Analytics and Visualization Module**
  Emotional data collected from different modules is analyzed and visualized using charts and graphs. This helps users identify emotional patterns, trends, and consistency over time.

4.2 Technology Stack

The implementation of WEHEAL uses the following technologies:

- **Programming Language:** Python
- **Framework:** Streamlit for web-based user interface
- **NLP Tools:** Basic sentiment and emotion analysis techniques
- **Data Storage:** Local JSON files
- **Visualization Libraries:** Pandas and Plotly

These tools were selected due to their simplicity, open-source availability, and suitability for a student-level research project.

4.3 Module Implementation

- **Authentication Module:**
  Handles user registration and login. Passwords are stored in encrypted form to ensure security. Each user has isolated data storage.
- **Emotion-Aware Chatbot Module:**
  Analyzes user text, detects emotional tone, generates empathetic responses, and stores conversation history.
- **Mood Tracking Module:**
  Allows users to log their current mood along with optional notes. These entries contribute to emotional analytics.
- **Journal and Reflection Module:**
  Enables users to write detailed personal entries and respond to daily reflection prompts. Emotional tone is analyzed and stored for trend analysis.
- **Wellness Module:**
  Provides guided breathing exercises, meditation activities, and affirmations to support emotional relaxation.
- **Analytics Module:**
  Combines data from all modules to generate visual insights such as mood trends, sentiment distribution, and activity patterns.

4.4 Privacy and Offline Functionality

A key implementation focus of WEHEAL is user privacy. All data is stored locally, and no information is transmitted to external servers. The system functions effectively without an internet connection, making it suitable for users concerned about data security and confidentiality.

5. RESULTS AND DISCUSSION

The WEHEAL system was implemented successfully and functioned reliably across all modules. Emotion detection accurately identified common emotional states in most cases, and the chatbot generated appropriate and empathetic responses. The application showed fast response time and stable performance due to its lightweight, local processing design. User interaction indicated that the interface was simple to use and encouraged emotional self-reflection. Overall,

the results confirm that WEHEAL provides an effective, privacy-focused emotional support platform suitable for early emotional awareness and well-being.

6. CONCLUSION

This paper presented WEHEAL, an AI-powered emotion-aware chatbot designed to support emotional well-being through empathetic interaction and self-care features. By combining basic NLP-based emotion detection with a privacy-focused, locally stored architecture, the system provides a simple and reliable platform for emotional awareness. Although not intended to replace professional mental health services, WEHEAL effectively demonstrates how AI can be used responsibly to offer early emotional support and encourage self-reflection.

7. FUTURE ENHANCEMENTS

Future enhancements may include:

- Voice-based emotion detection
- Multilingual support
- Integration with wearable data
- Personalized long-term emotional tracking
- Explainable AI for emotion predictions
- Professional referral suggestions when needed

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