

AI-Driven Digital Wellbeing Application

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Abstract: *In an era of constant digital connectivity, excessive screen time and online distractions have become major barriers to productivity and mental well-being. This project proposes an AI-powered digital wellbeing application that helps users manage their digital habits through intelligent behavior analysis and personalized recommendations. By monitoring screen time, app usage, and activity patterns, the system delivers tailored insights, focus modes to minimize distractions, and mindfulness exercises to reduce stress. Gamified elements encourage sustained engagement, while seamless integration with calendars and health apps ensures a unified user experience across mobile and web platforms. Prioritizing data privacy and security, the solution aims to enhance productivity, promote mindfulness, and foster a healthier balance between technology use and overall well-being.*

Keywords: AI, digital wellbeing, screen time, focus mode, app blocker, chatbot, personalization

