BeYouHub

PRODUCT GUIDE

CALM AND CONFIDENCE FOR TEENS 13+ — IPHONE

Feel better, *one small step a day.*

Check in with your mood, breathe through stress, explore calming activities and build kind habits — private, offline and free.

iPhone | Free | Private & offline | English · Polski



INSIDE THIS GUIDE

A calm space *in your pocket*

BeYouHub helps young people notice how they feel and do something kind for themselves — in a minute or two, whenever they need it.

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8 Bedtime & weekly summary
9 Streaks & rewards
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Simple tools for stress, worry and low days.

02 **Busy school days**
Two-minute breathing before a test or after a hard day.

03 **Bedtime**
A wind-down routine to switch off and sleep better.

04 **Parents and teachers**
A safe, private, ad-free app to recommend.

PRIVATE BY DESIGN

Offline, no account

Everything stays on the phone. iCloud backup, Apple Health and reminders are optional.

No account
Open and start

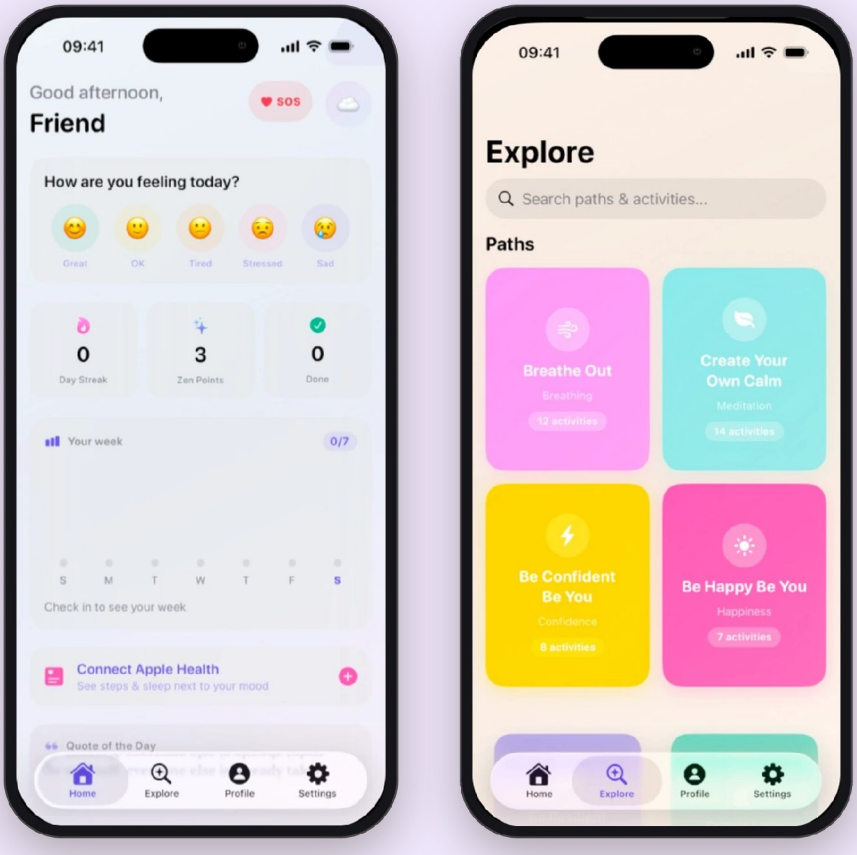
Offline
Works anywhere

Optional
iCloud, Health, reminders

GETTING STARTED

Start with *how you feel*

BeYouHub is ready the moment you open it.



1 Check in

Tap the face that matches your mood.

2 Breathe

Try a two-minute breathing exercise.

3 Explore

Pick an activity path that fits how you feel.

4 Come back tomorrow

Small daily steps build streaks and Zen Points.

MOOD

How you feel, *in one tap*

A quick daily check-in and an optional short quiz help you notice patterns over the week.

01

One-tap check-in

Five faces, from great to rough.

02

Mood quiz

A few gentle questions when you want to go deeper.

03

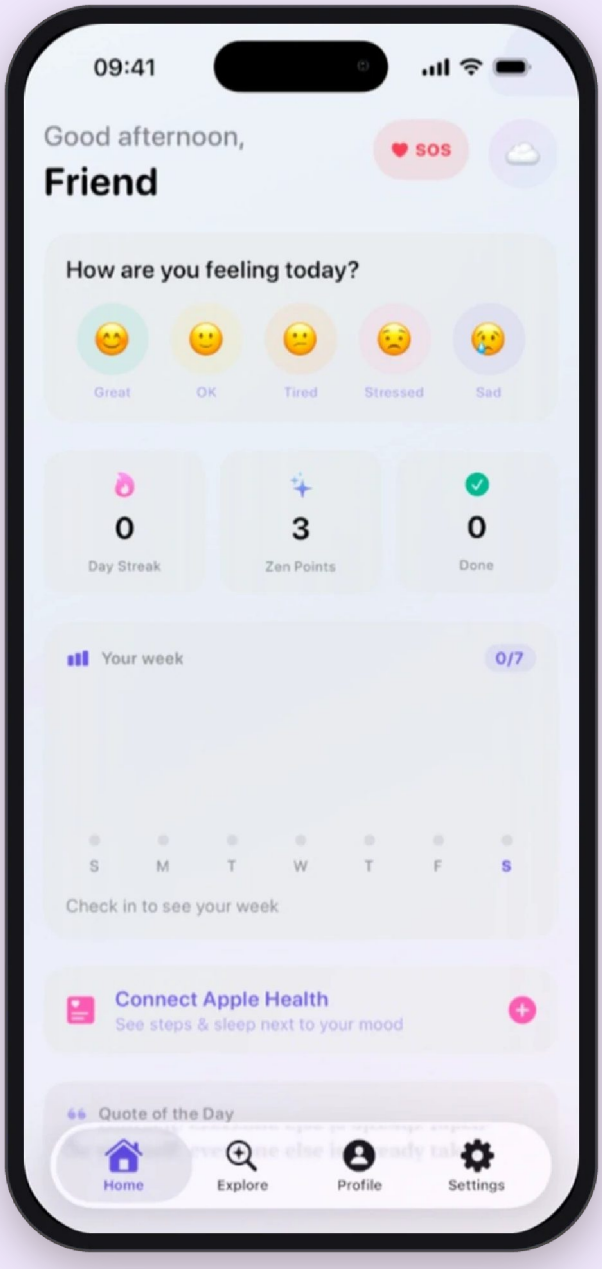
7-day chart

See how your week went at a glance.

04

Quote of the day

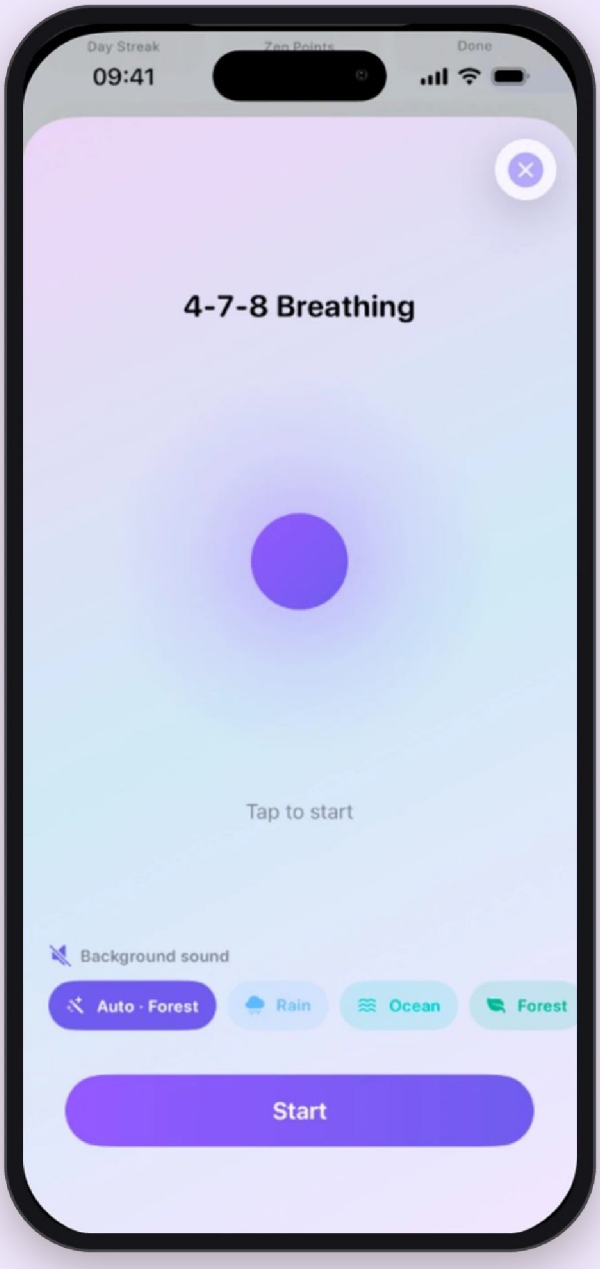
A small boost every morning.



BREATHING

Calm down *in two minutes*

Guided breathing with a soft animation and calming background sounds.



01

4-7-8 breathing

Breathe in for 4, hold for 7, out for 8.

02

Box breathing

Four equal steps to steady your mind.

03

Background sounds

Forest, ocean and other calm sounds.

04

Short and simple

Most sessions take about two minutes.

EXPLORE

So many ways *to feel good*

Seven activity paths, each with small activities for different moods and moments.

01

Breathe it out

Calming exercises for stressful moments.

02

Create your own calm

Creative activities that slow things down.

03

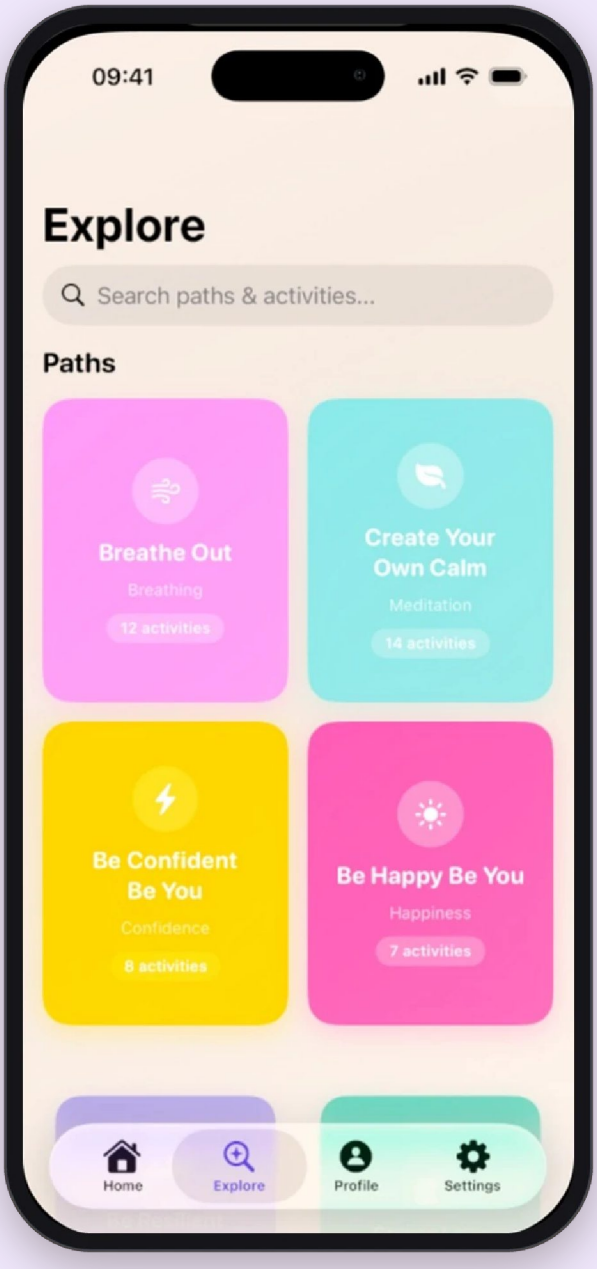
Be confident, be you

Small challenges that build confidence.

04

Be happy, be yourself

Kind habits that lift your mood.



CREATIVE TOOLS

Draw, write *and speak kindly*

Simple creative tools to get feelings out of your head.

Doodle pad

Draw freely to relax and express how you feel.

Gratitude journal

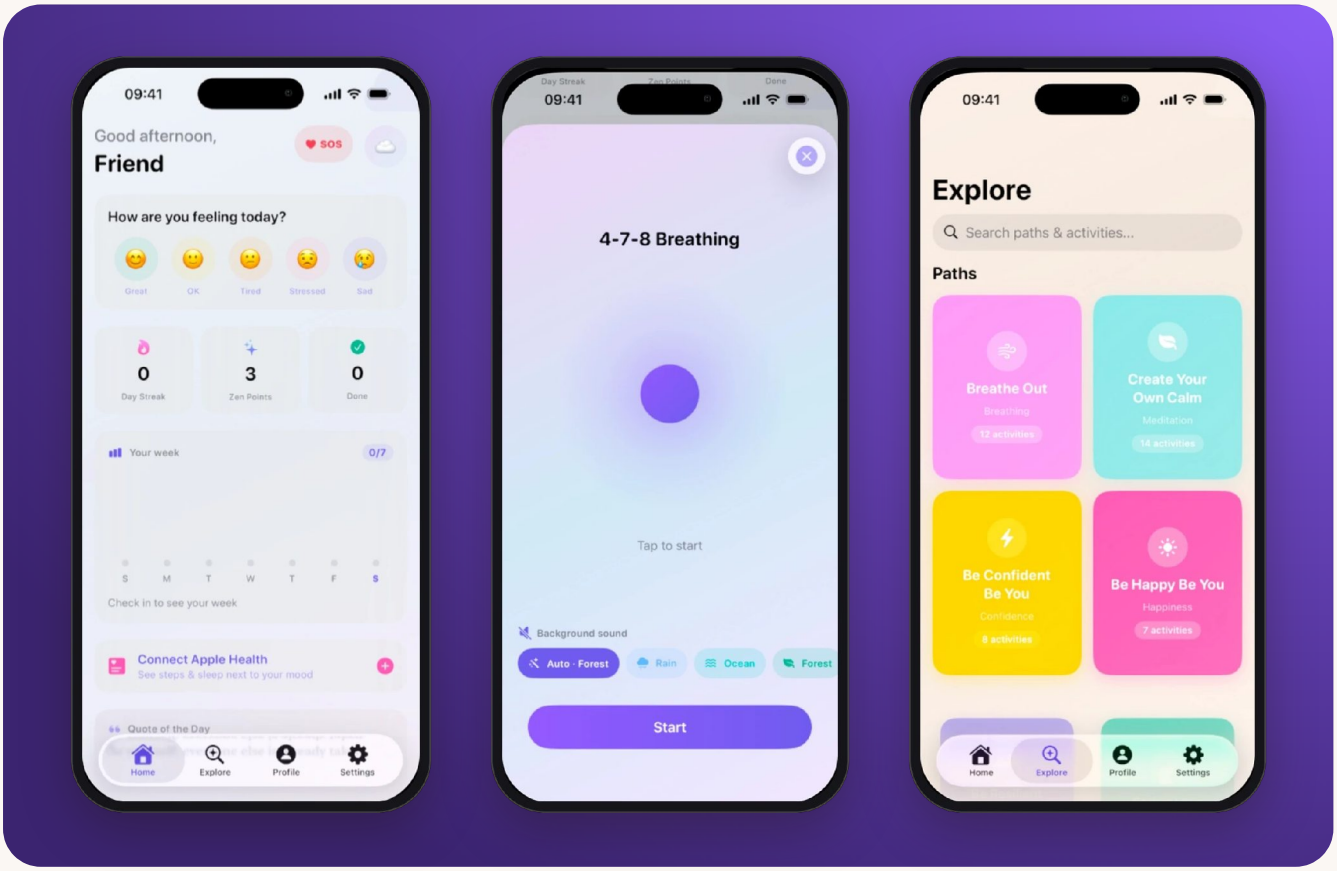
Write down good things, big or small.

Mistake map

Turn a mistake into something you learned.

Voice affirmations

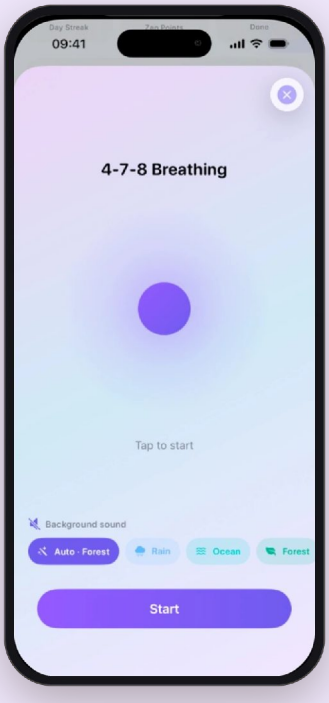
Record kind words and play them back when you need them.



BEDTIME

Wind down *and sleep better*

An evening routine and a weekly look back.



Bedtime wind-down

Slow breathing and calm steps before sleep.

Weekly summary

Your moods and activities from the past seven days.

Gentle reminders

Optional reminders to check in or wind down.

Widget and Siri

Start a check-in from your Home Screen or by voice.

MOTIVATION

Streaks, *Zen Points and badges*

Small rewards that make daily care feel good.

Streaks

Check in day after day and watch your streak grow.

Zen Points

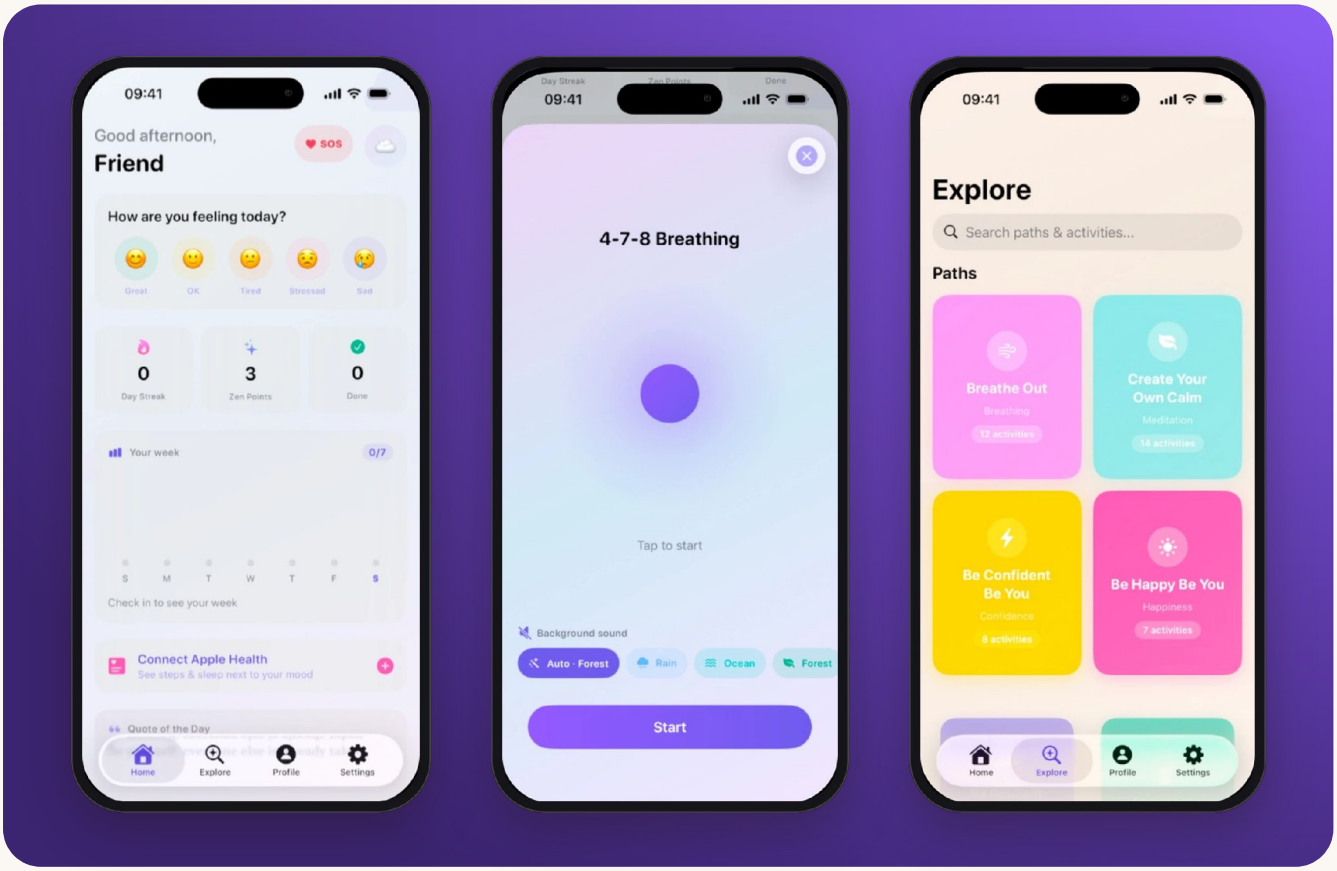
Earn points for breathing, journaling and activities.

Badges

Unlock badges for milestones.

No pressure

Missing a day is fine — just start again.



HELP & SAFETY

When you need *more help*

BeYouHub is a self-care app, not a replacement for professional help. When things feel too much, real people can help.

SOS screen

Helplines for 30+ countries, one tap away.

Talk to someone you trust

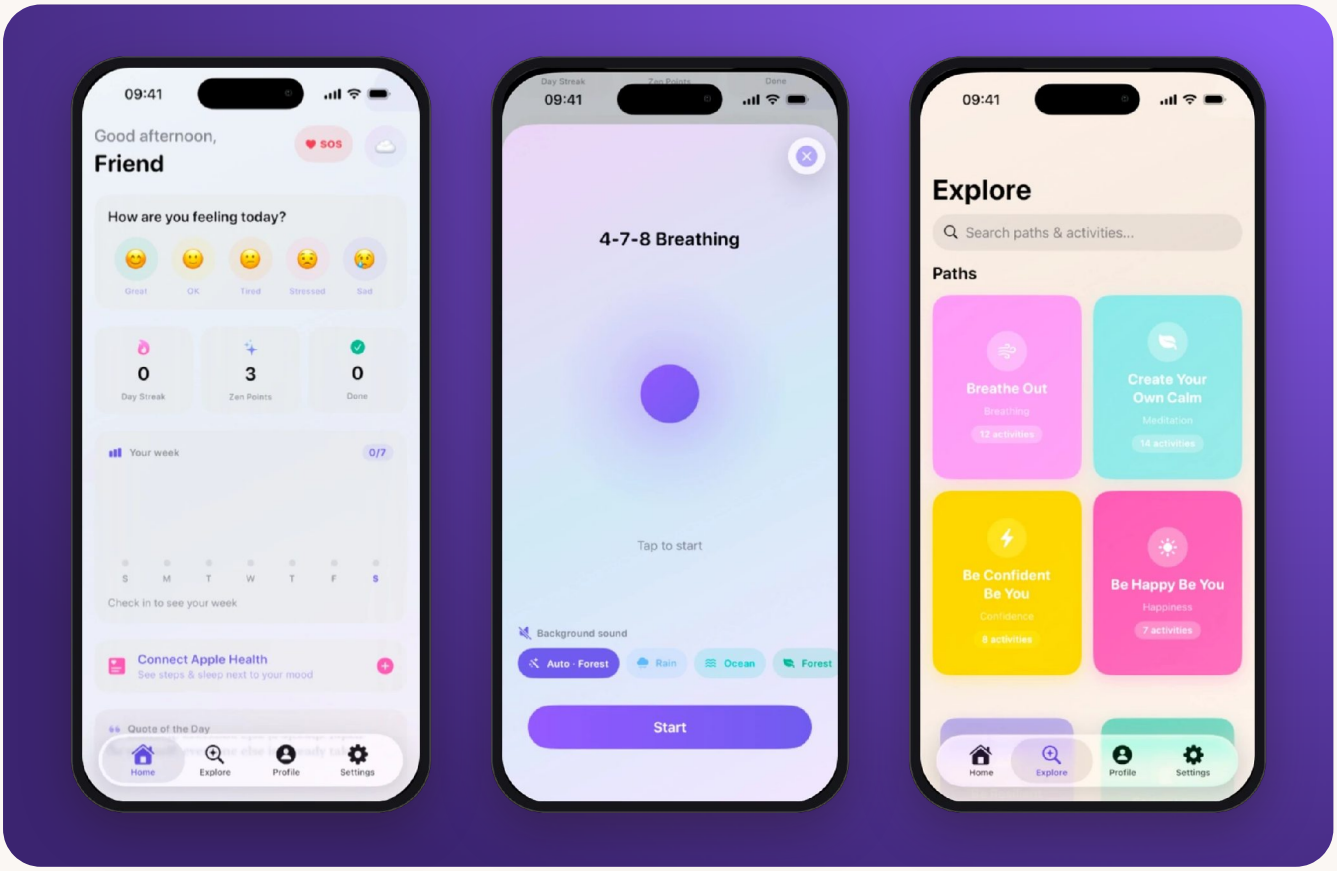
A parent, teacher, school counsellor or doctor.

In an emergency

Call your local emergency number straight away.

Not medical advice

BeYouHub supports wellbeing; it does not diagnose or treat any condition.



PRIVACY

Private, *offline, free*

BeYouHub was designed for young people, with privacy first.

No account

No sign-up and no e-mail.

Stays on the phone

Check-ins, journal entries and drawings stay on the device.

Optional extras

iCloud backup, Apple Health and reminders only if you switch them on.

Free

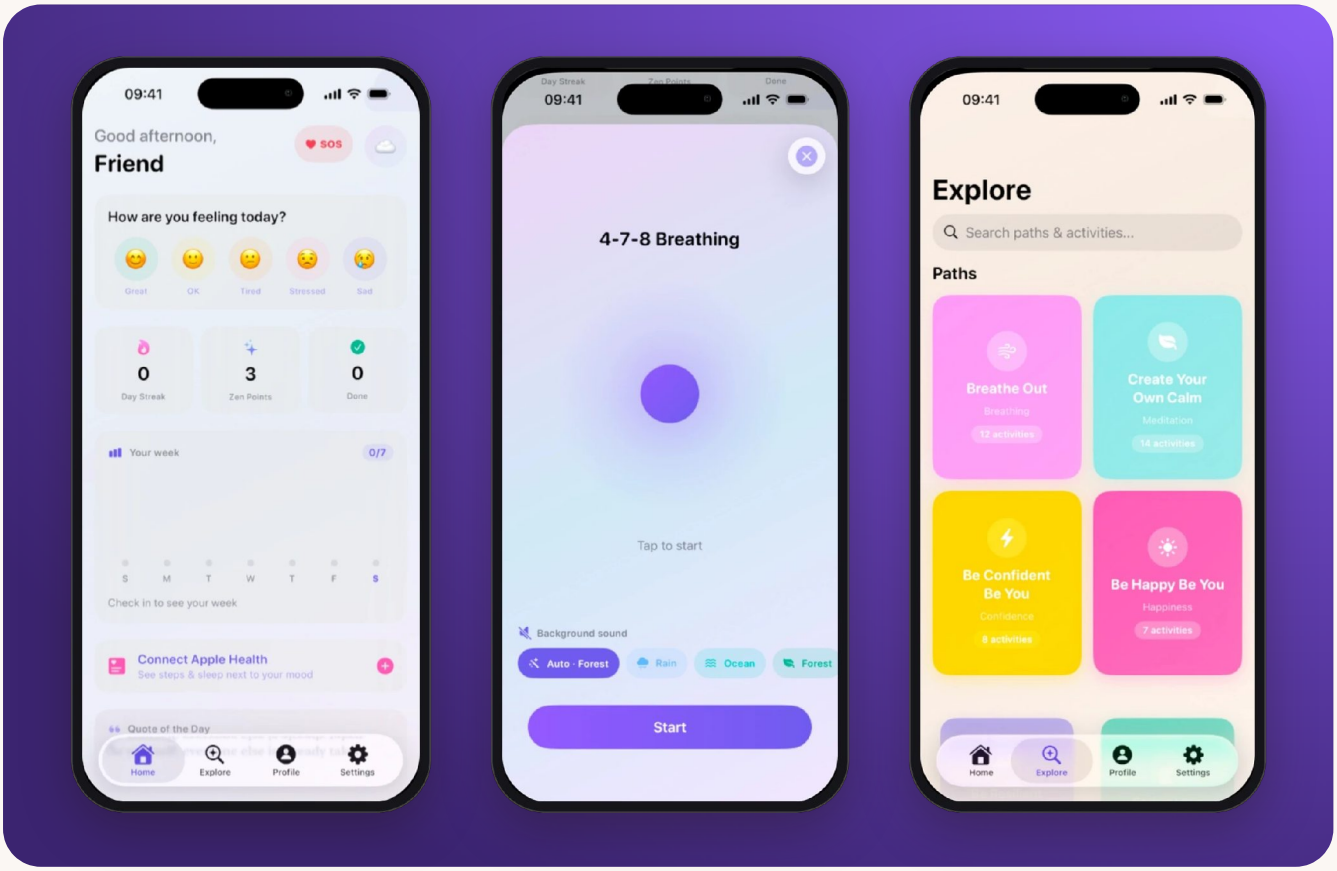
All features are free, with no ads.

Two languages

English and Polish.

Age 13+

Made for teenagers, with parents and teachers in mind.



PLANS & PRICES

Free for everyone. *Kind every day.*

BeYouHub is free, with no ads and no account. Download it, check in and take one small step today.

BEYOUHUB

Free

Every feature included: mood, breathing, activity paths, creative tools, bedtime and SOS.

EVERYTHING INCLUDED

- Mood check-in and quiz
- 4-7-8 and box breathing
- Doodle, gratitude, mistake map
- Bedtime wind-down
- Streaks, Zen Points, badges
- 7-day mood chart
- 7 activity paths
- Voice affirmations
- Weekly summary
- SOS helplines, 30+ countries

SCAN TO GET THE APP

BeYouHub on the App Store

Scan to open BeYouHub on the App Store.

Download on the App Store

BeYouHub is a wellbeing app for ages 13+. It is not a medical device and does not provide diagnosis or treatment. In an emergency call your local emergency number.