

Intents

1. **CheckIn**
2. **StressedIntent**
3. **DistractedIntent**
4. **LowEnergyIntent**
5. **CalmIntent**
6. **SessionCloseIntent**
7. **TryAgainIntent**
8. **FallbackIntent**

Slots

1. **UserState**
2. **TechniqueChoice**
3. **FeelingAfter**
4. **YesNoResponse**

Milo Bot Architecture summary

- **8 intents:** CheckIn, StressedIntent, DistractedIntent, LowEnergyIntent, CalmIntent, SessionCloseIntent, TryAgainIntent, FallbackIntent
- **4 slot types:** UserState, TechniqueChoice, FeelingAfter, YesNoResponse
- **1 Lambda function:** MiloWellnessBot (handles all fulfillment, case-insensitive)
- **Multi-turn flow:** Check-in → State → Technique → Reflection → Optional retry → Close

Entry point

User: *check in / hey milo / I need help*

Milo: Hi there! I'm here for you 🧡 How are you feeling right now? You can say stressed, distracted, low energy, or calm .

Path 1: Stressed

User: *I'm stressed / anxious / overwhelmed*

Milo: Hey, I've got you 🧡 Here are two ways we can slow things down, pick what feels right. Type "breathing" for Box Breathing, or type "sigh" for a Physiological Sigh.

Choice A: Breathing

User: *breathing*

Milo: Let's slow things down with Box Breathing.

Inhale slowly for 4 counts Hold for 4 counts Exhale slowly for 4 counts Hold for 4 counts

Repeat 4 times. You've got this.

When you're ready, how are you feeling now? A little better, about the same, or still struggling?

Choice B: Sigh

User: *sigh*

Milo: Let's try the Physiological Sigh.

Double inhale through your nose Then one long slow exhale through your mouth Repeat twice

One of the fastest ways to reduce stress.

When you're ready, how are you feeling now? A little better, about the same, or still struggling?

Path 2: Distracted

User: *I'm distracted / I can't focus / scattered*

Milo: Hey, I've got you 🍀 Here are two ways to bring you back to the present. Type grounding for 5-4-3-2-1 Grounding, or type focus for Single Point Focus.

Choice A: Grounding

User: *grounding*

Milo: Let's bring you back with 5-4-3-2-1 Grounding.

Name 5 things you can see 4 things you can touch 3 things you can hear 2 things you can smell 1 thing you can taste

When you're ready, how are you feeling now? A little better, about the same, or still struggling?

Choice B: Focus

User: *focus*

Milo: Let's try Single Point Focus.

Pick any object in front of you Stare at it for 60 seconds Notice every detail Every time your mind wanders, bring it back

When you're ready, how are you feeling now? A little better, about the same, or still struggling?

Path 3: Low Energy

User: *I'm tired / exhausted / low energy*

Milo: Hey, let's wake you up gently 🧡 Which feels right? Type movement for a 30-second Energy Reset, or type walk for a 5-minute walk.

Choice A: Movement

User: *movement*

Milo: Let's wake your body up.

Stand up if you can 10 slow shoulder rolls 10 jumping jacks or a full body shake

When you're done, how are you feeling now? A little better, about the same, or still tired?

Choice B: Walk

User: *walk*

Milo: A 5-minute walk is one of the best resets.

Get up and walk around No phone, no music Notice what's around you

When you're back, how are you feeling now? A little better, about the same, or still tired?

Path 4: Calm

User: *I'm calm / I'm good / I feel okay*

Milo: That's wonderful, let's build on that calm 🧡 Which would you prefer? Type scan for a Body Scan, or type gratitude for a Gratitude Pause.

Choice A: Body Scan

User: *scan*

Milo: Let's do a gentle Body Scan.

Close your eyes Start at your feet and move attention upward Relax each part as you go Takes about 60 seconds

When you're ready, how are you feeling now? A little better, about the same, or still need a moment?

Choice B: Gratitude

User: *gratitude*

Milo: Let's take a Gratitude Pause.

Think of 3 specific things you're grateful for Be as specific as possible Really sit with each one

When you're ready, how are you feeling now? A little better, about the same, or still need a moment?

Reflection: SessionCloseIntent

After ANY technique, the user responds:

Response A: Better

User: *better / much better / that helped*

Milo: I'm so glad to hear that 🍀

You did the work, you noticed something was off, you paused, and you took care of yourself. That matters.

I'm here whenever you need me. Take care of yourself today.

[End of conversation]

Response B: Same

User: *same / about the same / no change*

Milo: That's okay. Sometimes one technique isn't quite the right fit, and that's completely normal.

Would you like to try a different technique together? Just say yes or no.

Response C: Struggling

User: *still struggling / worse / still tired*

Milo: I hear you, and I'm really glad you're still here with me.

What you're feeling is valid, and it's okay if one moment didn't fix everything. Some days need more than one pause.

If things feel really heavy, please reach out to someone you trust, a counselor or someone close to you. You don't have to carry this alone.

Would you like to try a different technique together? Just say yes or no.

Recovery: TryAgainIntent

Triggered after SessionClose responses B or C:

Response Yes

User: *yes / yeah / sure / let's try*

Milo: Of course, I'm right here with you.

How are you feeling right now? You can say stressed, distracted, low energy, or calm.

[Loops back to entry, user can pick a different state and a different technique]

Response No

User: *no / I'm good / I'm done*

Milo: That's completely okay.

Thank you for taking this moment with me today. Even pausing for a few minutes is meaningful.

I'm here whenever you need me. Take gentle care of yourself.

[End of conversation]

Fallback: FallbackIntent

If user types something unrecognized at any point:

Milo: I didn't quite catch that. I'm here to help you feel better, you can say "check in," or tell me if you're feeling stressed, distracted, low energy, or calm.
