

MCP SERVER

NO CODE

CLOUD HOSTED

Anxiety Management Tracker MCP for AI Agents

Map emotional triggers and predict stress trends for better mental health.

Anxiety Management Tracker helps you map out your emotional patterns. It identifies what sets you off, tracks how well your coping habits actually work, and predicts high-stress windows so you can stay ahead of them.

A+ Quality Score 100/100

anxiety

mental-health

tracking

pattern-recognition

wellness



The connectivity layer between AI and the world's software.



Vinkius sits between AI and every application. All communication passes through Vinkius Cloud via the Model Context Protocol (MCP) — with governance, observability, and security at every layer.

Your AI Connections Run Through Vinkius Cloud

The world's largest
managed MCP catalog

Vinkius is the connectivity layer where AI connects to the software your business already runs. We handle the hosting, the security, the credentials, the uptime — you get agents that actually do things.

We operate the world's largest managed MCP catalog. Major SaaS platforms, CRMs, databases, and cloud providers — running, monitored, production-ready. This MCP server is hosted and maintained by the Vinkius Cloud for AI Agents.

The agent doesn't manage credentials, doesn't manage uptime, doesn't manage security. Vinkius does.

— Architecture principle

Four Pillars of the Vinkius Runtime

01 — Security by design

Credentials stay encrypted at rest via AES-256. The AI agent never touches raw keys — they're injected into a sandboxed V8 isolate at runtime. Actions are logged, and connections have an emergency kill switch.

03 — Deterministic observability

Eight immutable metrics per endpoint: request volume, p95 latency, error rate, active connections, cost attribution. A live payload feed logs every tool call with mutation detection.

02 — Built on MCP Fusion

This MCP server was built with **MCP Fusion**, the open-source framework (Apache 2.0) that powers the entire Vinkius catalog. Schema-as-firewall strips undeclared fields, compiled PII redaction runs at zero overhead, and cryptographic lockfiles produce git-diffable audit trails.

04 — Autonomous operations

Servers are deployed, monitored, and patched autonomously. New capabilities and security patches ship weekly. Zero-downtime deployments ensure continuous availability across all managed MCP servers.

AES-256

Encryption at rest

Ed25519

PKI vault signatures

24h TTL

Ephemeral session keys

V8 Isolate

Sandboxed execution

One Token. Instant Access.

Every MCP server on Vinkius is accessed through a **Connection Token**. Tokens are generated in the cloud dashboard and produce a unique MCP endpoint URL. Paste this URL into any MCP-compatible client — no SDK required.

A single token can serve **multiple AI clients simultaneously**, or you can issue separate tokens per client for granular access control. Each token tracks its own request count, last activity timestamp, and can be individually enabled or revoked.

MCP ENDPOINT

`https://edge.vinkius.com/{token}/mcp`

Claude



Cursor



VS Code



Windsurf



Grok



Gemini

Security Is the Architecture

Security in Vinkius is not a feature — it's the foundation of the runtime. The gateway enforces multiple independent protection layers between AI agents and third-party APIs.

01 — Ed25519 PKI Vault

Every workspace has an Ed25519 Master Key. Session keys are generated ephemerally (24h TTL) and signed by the Master Key. Credentials never leave the vault boundary.

02 — V8 Isolate Sandboxing

Tool code runs inside isolated-vm V8 isolates with 64 MB memory caps and per-request timeouts. No filesystem access, no network access except through the SSRF-guarded fetch bridge.

03 — SSRF Guard

All outbound HTTP requests are DNS-resolved and validated before execution. Private IP ranges (10.x, 172.16-31.x, 192.168.x, AWS metadata 169.254.x) are blocked at the network layer.

05 — Cryptographic Audit Trail

Every request is signed into a SHA-256 hash chain with Ed25519 signatures. Events form a tamper-proof, SIEM-exportable forensic record.

04 — DLP & PII Redaction

A ResponseGuard pipeline intercepts every tool response. Configurable redaction patterns strip sensitive fields (emails, SSNs, card numbers) before data reaches the AI agent.

06 — Honeypot Trap System

Phantom credentials are injected into isolated environments. If a honeypot is used outside Vinkius infrastructure, the server is quarantined instantly.

Emergency Kill Switch

EU AI Act Art. 14(1)
Compliant

The kill switch is an **emergency halt** mechanism — not a simple toggle. When triggered, it executes three actions atomically:

01 — Server deactivated

The MCP server is immediately taken offline across the entire cluster.

02 — All tokens revoked

Every connection token is invalidated. Total lockout — reconnection blocked until new tokens are issued.

03 — WebSocket connections killed

Active connections terminated via Redis pubsub broadcast. Propagates to every runtime node in the cluster.

Full Visibility. Zero Guesswork.

The Vinkius cloud dashboard includes a full MCP Governance suite — real-time analytics and security controls for production AI operations.

Control Plane

KPI dashboard with request volume, latency, success rate, token consumption, and AI-generated operational briefings.

FinOps

Cost tracking per tool, payload compression savings, budget optimization signals, and consumption trends.

Firewall & DLP

PII redaction activity, sensitive data protection counters, and security event timeline.

Agent Activity

Which AI clients are connecting, how often, and what they're doing — real-time session tracking.

Tool Health

Slowest and most error-prone tools, with actionable root-cause insights and performance baselines.

Incident Log

Error trends, failure rates, status-code breakdowns, and forensic audit trail access.

Get started at cloud.vinkius.com — connect your AI agent in under 60 seconds.

Anxiety Management Tracker MCP

5 tools available

Cloud-hosted on Vinkius

This MCP turns your raw data into a clear picture of your emotional landscape. Instead of guessing why you're feeling overwhelmed, you can ask your agent to look for real patterns between your sleep, daily events, and stress levels. It's about moving from "I feel stressed" to "I know why I feel stressed." You can see how your current coping habits actually stack up against your goals, letting you double down on what works and ditch what doesn't. If you're looking for a way to make sense of your emotional landscape, finding this in the Vinkius catalog makes it easy to connect your data to a tool that actually provides answers. You get a way to anticipate stress before it hits by spotting high-risk periods early, giving you the space to breathe and plan.

Core Capabilities

01 — Visualize anxiety shifts

See how your anxiety levels change over weeks or months.

02 — Identify stress triggers

Find out which specific life events are linked to your highest stress spikes.

03 — Rank coping habits

See which of your current habits actually reduce your distress the most.

04 — Predict high-risk periods

Look ahead to see when your schedule might lead to high anxiety.

05 — Optimize intervention times

Find the best times of the day to practice relaxation techniques.

One Click on Vinkius — From Prompt to Execution

Available at vinkius.com/mcp/anxiety-management-tracker — connect your AI agent in three steps.

- 01 Connect your historical logs of anxiety, sleep, and triggers to the MCP.
- 02 Ask your agent to analyze specific timeframes or correlations.
- 03 Get a breakdown of trends, risks, and effective interventions.

The bottom line is turning messy emotional data into a proactive plan for better mental health.

Built For

This is for people who feel overwhelmed by stress and want to know why. It's for those who want to move past 'feeling' stressed and start 'knowing' their triggers.

Wellness Coach

Uses it to show clients hard data on which specific habits actually reduce their anxiety levels.

Corporate Wellness Manager

Identifies broad stress trends in team data to suggest better work-life balance initiatives.

High-Performance Professional

Uses it to spot burnout triggers before they happen so they can manage their workload better.

What Changes When You Connect

- 01 Stop guessing about your stress triggers by using `analyze_trigger_correlations` to find the real culprits.
- 02 Know exactly which habits are worth keeping with `evaluate_strategy_effectiveness` ranking your success.
- 03 Get ahead of stress before it starts by using `forecast_high_risk_periods` to see upcoming high-risk windows.

-
- 04 Optimize your self-care with `suggest_intervention_windows` to find the best times for relaxation.

 - 05 See the big picture of your progress by using `get_anxiety_trends` to track weekly and monthly shifts.

Real-World Applications

Identifying Work Stress

A project manager feels burnt out and uses the tool to see if specific deadlines are the primary trigger.

Evaluating Meditation

A user wants to know if their 10-minute meditation is actually working and uses the tool to rank its effectiveness.

Improving Sleep Hygiene

Someone notices poor sleep and asks the agent to find the correlation between late-night habits and anxiety.

Proactive Planning

A student with exams coming up uses the tool to find high-risk study windows and plan breaks.

Patterns to Avoid

Guessing triggers

X AVOID

Assuming work is the only problem without looking at the data.

✓ INSTEAD

Use `analyze_trigger_correlations` to see which specific events actually correlate with your stress spikes.

Inconsistent tracking

X AVOID

Only logging feelings when they are at their worst.

✓ INSTEAD

Use `get_anxiety_trends` to ensure you have a continuous timeline of your emotional health.

Random interventions

X AVOID

Trying to relax at the wrong time of day.

✓ INSTEAD

Use `suggest_intervention_windows` to find the most effective times to apply relaxation techniques.

The Right Fit

Use this if you have logs of your anxiety, sleep, and triggers and want to find patterns. It's for people who want data-driven mental health insights. Don't use it if you just want a general mood journal; it's a pattern recognition engine, not a diary. If you need to just write down feelings without any analysis, a basic note-taking app is better. Use this when you want to know why things are happening and when the next spike might occur.

Anxiety Management Tracker: Mapping Stress Patterns for Mental Health

People often feel like they're constantly reacting to stress without knowing the source. You might notice you're more tense on Tuesdays, or that your sleep quality drops before a big meeting, but connecting those dots manually is exhausting. It usually involves scrolling through weeks of notes, trying to remember what happened on a specific day, and hoping you're seeing the right pattern.

This MCP changes that by doing the heavy lifting for you. It looks at your logs and pulls out the correlations automatically. Instead of manual searching, you just ask your agent what's causing the spikes and get a clear answer on your triggers and trends.

Anxiety Management Tracker: Data-Driven Insights for Wellness

You stop wasting time on coping mechanisms that don't work. You no longer have to wonder if a new routine is helping or just taking up time.

You get a proactive roadmap for your mental well-being. You'll know when to step back before the

stress hits, making your daily life feel more manageable.

Anxiety Management Tracker: 5 Tools for Stress Mapping

Use these tools to analyze triggers, forecast high-risk periods, and evaluate your wellness habits.

#	TOOL	DESCRIPTION
01	<code>get_anxiety_trends</code>	See how your anxiety levels shift over specific weeks or months. This helps you track your progress over time.
02	<code>evaluate_strategy_effectiveness</code>	Rank your coping habits based on their historical success. Know what actually works for you.
03	<code>suggest_intervention_windows</code>	Get specific times of the day that are best for practicing relaxation. This helps you plan your self-care.
04	<code>analyze_trigger_correlations</code>	Find out which specific life events are linked to your highest stress spikes. Identify the real culprits.
05	<code>forecast_high_risk_periods</code>	Look ahead to see when your schedule might lead to high anxiety. Get ahead of the stress before it hits.

See It in Action

Real prompts you can use once this MCP is connected to your AI agent through Vinkius Cloud.

U What has my anxiety trend looked like over the last month?



Monthly Anxiety Trend

WEEK	AVG ANXIETY LEVEL	STATUS
Week 1	4.2	Stable
Week 2	5.8	Elevated
Week 3	5.1	Stable
Week 4	4.9	Stable

Summary: Your anxiety peaked in Week 2 but has stabilized. Overall, your levels remain within a manageable range.

U Which events are most likely causing my anxiety spikes?



Top Stress Triggers

Based on your logs, the following events correlate most strongly with high-stress moments:

- **Work Deadlines:** 5 occurrences (Strong Correlation)
- **Social Gatherings:** 3 occurrences (Moderate Correlation)
- **Late Night Scrolling:** 4 occurrences (Moderate Correlation)

Actionable Insight: Addressing your workload on deadlines seems to be the fastest way to reduce overall anxiety.*

U Are there any upcoming periods where I should be extra careful with my stress management?



High-Risk Forecast

I've identified a **high-risk window** for the next 7 days:

- **Date:** October 15th - 17th
- **Reasons:**
 - * Upcoming project deadline
 - * Trend of declining sleep quality over the last 3 days

Recommendation: Consider using `suggest_intervention_windows` to schedule extra relaxation time this week.

Frequently Asked Questions

01 How does Anxiety Management Tracker help with stress?

It analyzes your logs to find patterns you might miss. It identifies triggers, tracks trends, and helps you predict when stress might spike so you can be proactive.

02 Can Anxiety Management Tracker find my triggers?

Yes, it looks for correlations between your daily events and your anxiety levels to pinpoint exactly what sets you off.

03 How do I know if my coping habits are working?

The tool ranks your different coping strategies based on how much they actually reduce your distress in real-world scenarios.

04 Can I use Anxiety Management Tracker to plan my day?

It can suggest the best windows of time for you to practice relaxation or mental health interventions based on your personal data.

05 What kind of data does Anxiety Management Tracker need?

It works best with logs of your anxiety levels, sleep quality, and specific life events or triggers you've recorded.

06 Is Anxiety Management Tracker good for preventing burnout?







Yes, by forecasting high-risk periods and identifying early triggers, it helps you step back before reaching a point of burnout.

Go Live in 60 Seconds

Get your connection token from cloud.vinkius.com, then paste the endpoint URL into any MCP-compatible client.











YOUR MCP ENDPOINT

```
https://edge.vinkius.com/[TOKEN]/mcp
```

CLIENT	WHERE TO CONFIGURE
 Claude AI	Profile → Customize → Connectors → "+" → Add custom connector → Paste endpoint
 Cursor	Settings → Features → MCP Servers → "+ Add New MCP Server" → Type: SSE → Paste endpoint
 VS Code	Ctrl/Cmd+Shift+P → "MCP: Add Server" → add <code>"anxiety-management-tracker": { "url": "..." }</code>
 Windsurf	MCP Settings → <code>mcp_settings.json</code> → Add endpoint URL
 ChatGPT	Settings → Tools & plugins → Add MCP server → Paste endpoint
 Gemini	Extensions → Add MCP Server → Paste endpoint URL

ASK AN AI ABOUT THIS

Let your preferred AI explain this MCP server

-  **Ask ChatGPT** 
-  **Ask Claude** 
-  **Ask Perplexity** 
-  **Ask Gemini** 
-  **Ask Grok** 

READY TO CONNECT

Anxiety Management Tracker is live on Vinkius Cloud.

Get your connection token, paste it into your AI agent, and
start building. No SDK. No deployment. Just results.

[Start at cloud.vinkius.com](https://cloud.vinkius.com) →

vinkius.com · support@vinkius.com

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DOCUMENT INFORMATION

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