

MCP SERVER

NO CODE

CLOUD HOSTED

Digital Wellness Boundary Setter MCP for AI Agents

Build a personalized digital detox and focus plan to reclaim your attention from constant scrolling.

Digital Wellness Boundary Setter helps you cut through the noise of constant notifications and endless scrolling. It creates a custom plan for your day, including specific focus blocks and social media limits based on your actual work intensity. You get a clear roadmap to reclaim your attention and improve your mental clarity.

A+ Quality Score 100/100

digital-wellness

focus

productivity

habit-tracker

mental-health



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.

Digital Wellness Boundary Setter MCP

3 tools available

Cloud-hosted on Vinkius

Most of us feel like we're constantly reacting to our devices instead of actually doing the work we planned to do. This MCP changes that by helping your AI client act as a personal digital wellness coach. Instead of just guessing at a "no phone" rule, you can feed your agent your actual work goals and entertainment habits. It looks at how you're currently spending your time and points out the specific gaps where your focus is slipping. You'll get a concrete schedule that tells you when to go deep on work and when it's okay to take a break. It's about making your digital life work for you, not the other way around. You can find this and thousands of other tools in the Vinkius catalog to build out your full productivity stack. It moves you from feeling overwhelmed by your screen time to having a structured plan that actually protects your mental energy. You get to stop fighting your impulses and start following a data-backed plan that fits your real life.

Core Capabilities

01 — Generate a custom daily schedule

Get a personalized plan that balances your work intensity with your need for downtime.

02 — Identify specific time leaks

See exactly which apps are draining your focus by comparing current habits to your goals.

03 — Estimate mental health improvements

Get a prediction of how much your stress levels might drop by sticking to your new boundaries.

04 — Set social media time limits

Establish clear daily caps for specific platforms to stop mindless scrolling.

05 — Create dedicated deep-work blocks

Schedule specific times for high-concentration tasks without digital interruptions.

One Click on Vinkius — From Prompt to Execution

Available at vinkius.com/mcp/digital-wellness-boundary-setter — connect your AI agent in three steps.

- 01 Tell your agent about your work goals and your current entertainment preferences.
- 02 Provide your current app usage data or let the agent analyze your habits.
- 03 Receive a personalized boundary plan with specific time blocks and limits.

The bottom line is you get a data-backed plan to stop mindless scrolling and start getting more done.

Built For

This is for anyone who feels like their phone is stealing their focus. It's built for remote workers who can't switch off, students struggling with distractions, and anyone looking to reduce digital stress.

Remote Worker

Uses this to create a hard 'off' switch at the end of the day to stop work from bleeding into personal time.

Freelancer

Uses it to block out deep work sessions while keeping social media usage to a strict daily limit.

Student

Uses it to balance heavy study loads with scheduled breaks to prevent burnout.

What Changes When You Connect

- 01 Stop guessing your limits. Use `calculate_boundaries` to get a plan that actually fits your work intensity and personal life.
- 02 See exactly where your time goes. `analyze_usage_gap` highlights the specific apps that are draining your focus today.

- 03 Measure your progress. Use `predict_wellbeing_uplift` to see how your mental clarity will improve as you stick to your new habits.
- 04 Create deep work zones. Get specific time blocks where you can actually focus without your AI client or phone interrupting you.
- 05 Set realistic social media caps. Instead of just trying to use your phone less, get a specific minute limit that works for your goals.

Real-World Applications

Stopping mindless social media scrolling

A user feels they spend too much time on TikTok. They ask the agent to analyze their usage and set a 30-minute daily cap.

Establishing a digital sunset

A manager wants to stop checking emails at night. They ask the agent to calculate a wind-down plan starting at 8 PM.

Balancing heavy study loads

A student feels overwhelmed by a big exam. They ask for a plan that balances 4 hours of deep study with scheduled breaks.

Protecting freelancer focus

A freelancer wants to see if constant Slack checks are hurting their output. They use the tool to see the impact on their focus.

Patterns to Avoid

Setting arbitrary limits

✗ AVOID

Saying "I'll just use my phone less" without any data or a concrete plan.

✓ INSTEAD

Use `analyze_usage_gap` to find your actual leaks first, then use `calculate_boundaries` to set realistic targets based on your real habits.

Ignoring your energy levels

X AVOID

Trying to do deep work when you're already burnt out and stressed.

✓ INSTEAD

Tell your agent your stress level and use `predict_wellbeing_uplift` to see which plan provides the best mental health boost for your current state.

Over-scheduling your day

X AVOID

Trying to block every single second of the day with work tasks.

✓ INSTEAD

Use `calculate_boundaries` to prioritize high-intensity work blocks while leaving room for necessary downtime and rest.

The Right Fit

Use this if you want a data-driven way to manage your screen time and need a concrete schedule to stay focused. It's great for people who know they have a problem with digital distractions but don't know where to start. Don't use this if you just want a simple timer or a basic habit tracker. If you're looking for a tool that just logs your time without providing any analysis or plan generation, you'd be better off with a standard logging app. This is for people who want an active plan, not just a passive record.

Digital Wellness Boundary Setter for Focus and Screen Time Management

Most people try to fix their phone addiction with willpower. It doesn't work because the apps are designed to keep you hooked. You end up opening an app "just for a second" and realize twenty minutes have vanished. It's a cycle of guilt and lost productivity that makes it hard to get actual work done.

This MCP changes the game by turning your AI client into a personal digital wellness coach. Instead of fighting your impulses, you're following a data-backed plan. It identifies your problem areas and gives you a clear roadmap for the day. You get a structured schedule that protects your time so you can actually finish your work.

Digital Wellness Boundary Setter for Mental Clarity and Stress Reduction

You can stop manually tracking minutes and guessing at your habits. The tool does the heavy lifting of comparing your goals to your reality. It takes the guesswork out of "how much time is too much" and replaces it with specific, actionable limits.

This means you can finally reclaim your attention. You'll spend less time scrolling and more time on the projects that actually matter. It's about creating a digital environment where you're in control.

Digital Wellness Boundary Setter: 3 Tools for Focus Habits

Use these tools to analyze your screen time gaps, generate custom focus plans, and predict your mental health improvements.

#	TOOL	DESCRIPTION
01	<code>analyze_usage_gap</code>	Compares your actual time spent on apps against the limits you want to hit.
02	<code>calculate_boundaries</code>	Creates a personalized plan for focus blocks and social media limits based on your preferences.
03	<code>predict_wellbeing_uplift</code>	Estimates how much your stress and mental clarity will improve by following your new plan.

See It in Action

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

U I spend too much time on TikTok and it's making me feel stressed. Can you help me set some limits?



Based on your goals, here is a plan to reclaim your time:

- **Social Media Cap:** 30 minutes per day for TikTok.
- **Focus Block:** 1 hour of deep work in the morning.
- **Digital Sunset:** No non-essential apps after 9:00 PM.

This plan aims to reduce your screen time by about 45 minutes daily.

U I need to study for a big exam next week. Can you create a focus plan for me?



Here is a high-intensity study plan for your exam prep:

TIME BLOCK	ACTIVITY
09:00 - 11:00	Deep Study (No Phone)
11:00 - 11:30	Break
11:30 - 13:00	Practice Problems
13:00 - 14:00	Lunch & Offline Time

I've scheduled your social media limits for the evening to keep your brain fresh.

U I'm feeling really burnt out today. How much would a stricter digital boundary help my stress?



Given your current stress level of 8, moving to a stricter boundary plan is highly recommended.

Predicted Improvement: +1.4 well-being score.

By implementing a 1-hour 'digital detox' before bed and a 2-hour 'no-ping' work block, you can significantly lower your cortisol levels and improve your sleep quality.

Frequently Asked Questions

01 How does the Digital Wellness Boundary Setter help me focus?

It creates a personalized schedule that identifies your best times for deep work and sets specific limits on distracting apps, helping you stay on task.

02 Can the Digital Wellness Boundary Setter help with social media addiction?

Yes, it helps by setting clear daily caps on your favorite apps and providing a roadmap to reduce your overall screen time.

03 What kind of plans does the Digital Wellness Boundary Setter create?

It generates custom plans that include dedicated focus blocks, social media limits, and 'digital sunset' times tailored to your work intensity.

04 How do I know if my digital boundaries are actually working?

The tool identifies your usage gaps, showing you exactly where you're losing time compared to your goals, so you can see your progress clearly.

05 Can I use the Digital Wellness Boundary Setter for work-life balance?

Absolutely. It's designed to help you create a hard line between your professional responsibilities and your personal downtime.

06 Does the Digital Wellness Boundary Setter track my app usage?







It analyzes your current habits against your desired limits to find the gaps where you're losing the most time.

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>"digital-wellness-boundary-setter": { "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

Digital Wellness Boundary Setter 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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