



User Report

Aachal

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Analysis Report

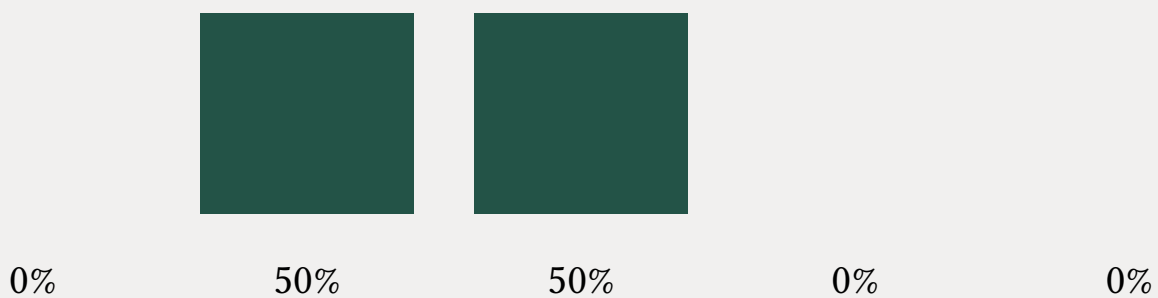
Anxiety

Normal

Depression

Suicidal

Stress



Responses indicate a balanced emotional state without significant signs of distress.

1. Maintain a balanced routine that includes work, leisure, and relaxation.
2. Practice gratitude by noting three positive things each day.
3. Stay socially connected by spending time with friends or loved ones.

Refer these links:

- <https://youtu.be/v7AYKMP6rOE?si=whsUZfjZ5Ys2TmEL>
- <https://www.ted.com/>