Introduction:

* Stress management BCI
* Detects stress in brain waves, trigger relaxing music

Methods:

* Detect high frequency alpha and beta waves
* 13-30hz, mainly focusing on 18.5hz
* Put participants through controlled stress stimuli
  + Stroop task: List of color names in various colors— identify color of words

Filters:

* Bandpass: to focus on the frequency of interest
* IR and FIR: to enhance signal
* Removed bad channels
* Notch filter: 36hz, minimize electrical noise

Preprocessing:

* Done with preprocessing moving forward with ML to detect stress in real time when connected to EEG