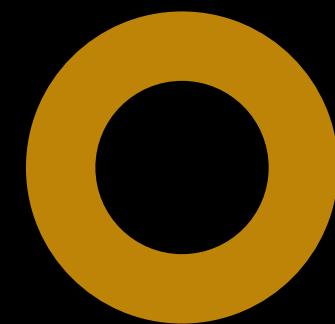
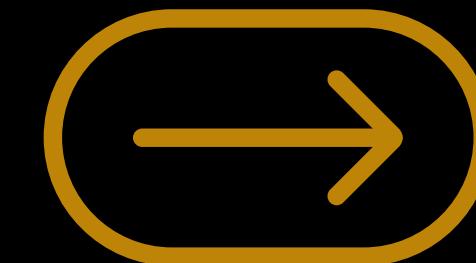




MENTAL HEALTH & PROFESSIONAL STRESS DASHBOARD (2025)

Data-driven insights using Power BI &
Kaggle dataset



What is Mental Health?

Mental health is a state of emotional, psychological, and social well-being that affects how we think, feel, and act.



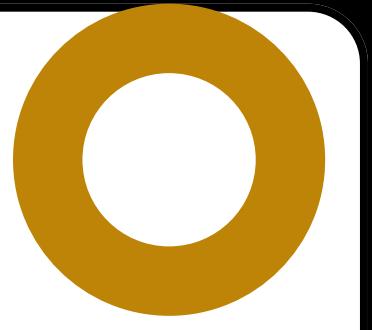
ation	Dietary Habits	Have you ever had suicidal thoughts ?
s	Moderate	No

Source: Kaggle (Depression Professional Dataset)

Link : <https://www.kaggle.com/datasets/ikynahidwin/depression-professional-dataset>

in 8 hours	meality	no
in 8 hours	Unhealthy	Yes
in 8 hours	Moderate	Yes
15 hours	Moderate	No
15 hours	Moderate	No
15 hours	Healthy	No
s	Healthy	No
15 hours	Healthy	No
in 8 hours	Unhealthy	Yes
15 hours	Unhealthy	No
s	Healthy	No

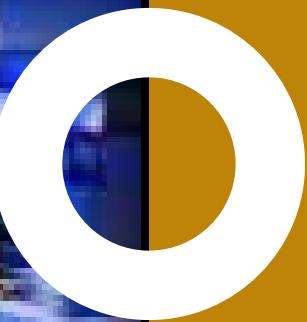
Entries: 2,054 | Features: Age, Gender, Work Hours, Stress, Sleep, Diet, Depression, Suicidal Thoughts, Family History



Dataset helps explore how work-life balance & lifestyle impact mental health

The Importance of Mental Health

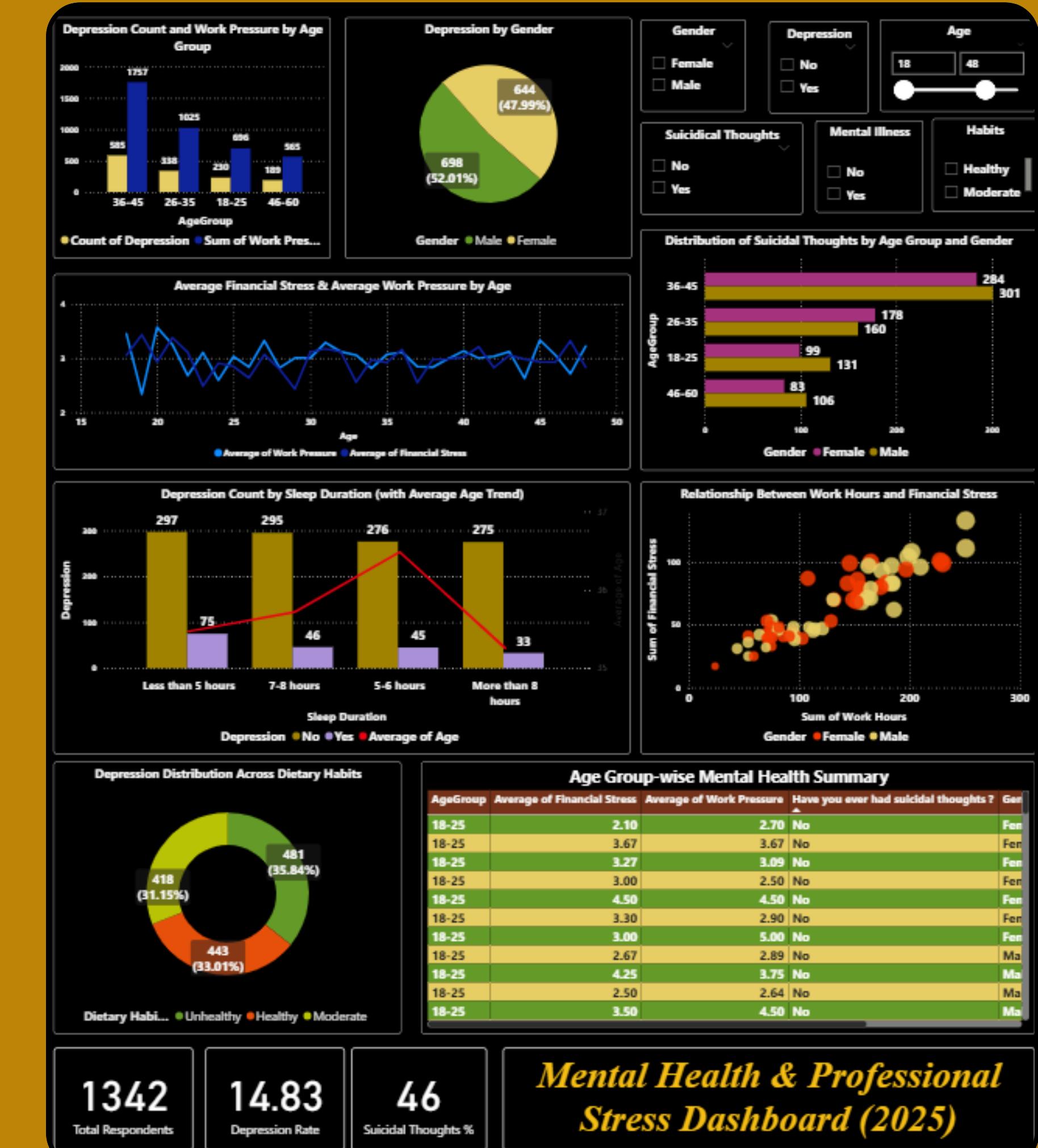
- Mental health challenges impact ~15% of professionals in the dataset.
- Work pressure, long hours, and financial stress are strongly linked to depression.
- Respondents with poor sleep and unhealthy diets showed a higher likelihood of mental health issues.
- Nearly equal impact across genders, showing it's a universal concern.
- Suicidal thoughts were most common in the 26–45 age group, the prime working population.



Our data highlights how lifestyle and workplace factors directly influence well-being – making mental health a critical part of professional life.

Key Findings from Dashboard

1. Depression affects ~15% of professionals
2. Suicidal thoughts: 46 respondents, mostly 26–45 yrs
3. Long work hours → higher stress & lower job satisfaction
4. Poor sleep & diet → stronger link with depression
5. Gender effect nearly equal (slightly higher in females)



Explore more:

- [GitHub Repo](#)
- [Kaggle Dataset](#)

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Mental-health-stress-dashboard-2025

 Mental Health & Professional Stress Dashboard

“There is no health without mental health.”



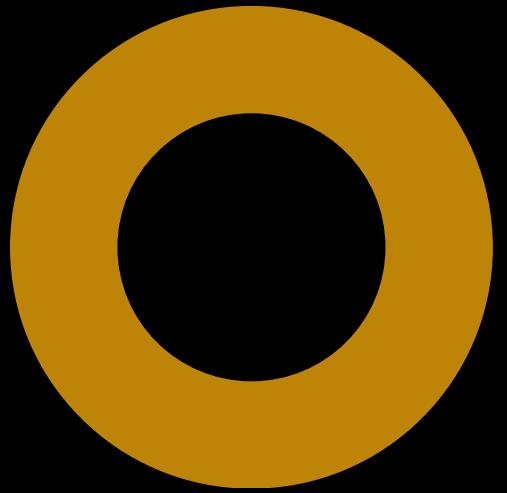
Conclusion

Mental health is a crucial part of our overall well-being.

Work stress, sleep, and lifestyle strongly shape mental health.

Breaking stigma & promoting balance is key to healthier workplaces.





Thank You

