

# Activities Report - Duration More Than 1 Hour

## Background

This report focuses on users whose activity duration exceeds one hour on the mental health awareness platform. Engaging users in meaningful activities is crucial for promoting mental well-being. Prolonged interaction with supportive resources and community discussions can significantly enhance emotional resilience, reduce feelings of isolation, and provide users with coping strategies for managing mental health challenges such as anxiety and depression.

## Introduction

The purpose of this report is to identify users who have logged activity sessions lasting more than one hour. By analyzing their engagement patterns, we can gain insights into the effectiveness of the resources provided, such as therapeutic content, peer support forums, and mindfulness exercises. Understanding how users interact with the platform can help us refine our approach to foster a supportive environment that encourages users to seek help and actively participate in their mental health journey.

Activity ID	User ID	Activity Type	Duration	Notes	Activity Date	Created At
3	3	Hiking	02:30:00	Enjoyed a mountain hike.	2024-09-14	2024-09-16 22:24:32
4	4	Yoga	01:00:00	Did a relaxing yoga session.	2024-09-15	2024-09-16 22:24:32