

# Employee Stress Management – Hema K Shaji

- a. List all the employees who were recommended “Yoga” as stress buster

## Query and Output:

```
mysql> SELECT E.FirstName, E.LastName
-> FROM Employee AS E
-> INNER JOIN EmployeeProgramParticipation AS EP ON E.EmployeeID = EP.EmployeeID
-> INNER JOIN StressManagementProgram AS SP ON EP.ProgramID = SP.ProgramID
-> WHERE SP.ProgramName = 'Yoga';
+-----+-----+
| FirstName | LastName |
+-----+-----+
| John      | Doe      |
| Michael   | Brown    |
+-----+-----+
2 rows in set (0.00 sec)
```

```
mysql> SELECT *
-> FROM Employee AS E
-> INNER JOIN EmployeeProgramParticipation AS EP ON E.EmployeeID = EP.EmployeeID
-> INNER JOIN StressManagementProgram AS SP ON EP.ProgramID = SP.ProgramID
-> WHERE SP.ProgramName = 'Yoga';
+-----+-----+-----+-----+-----+-----+-----+-----+-----+-----+
| EmployeeID | FirstName | LastName | ParticipationID | ParticipationDate | EmployeeID | ProgramID | ProgramID | ProgramName | Description |
+-----+-----+-----+-----+-----+-----+-----+-----+-----+-----+
| 101 | John | Doe | 1 | 2023-12-18 | 101 | 1 | 1 | Yoga | Relaxation through yoga sessions |
| 105 | Michael | Brown | 5 | 2023-12-22 | 105 | 1 | 1 | Yoga | Relaxation through yoga sessions |
+-----+-----+-----+-----+-----+-----+-----+-----+-----+-----+
2 rows in set (0.00 sec)
```

- b. List all the employees who have high stress level

## Query and Output:

```
mysql> SELECT E.FirstName, E.LastName
-> FROM Employee AS E
-> INNER JOIN EmployeeStressData AS ES ON E.EmployeeID = ES.EmployeeID
-> INNER JOIN StressLevel AS SL ON ES.StressLevelID = SL.StressLevelID
-> WHERE SL.LevelName = 'High';
+-----+-----+
| FirstName | LastName |
+-----+-----+
| John      | Doe      |
| Bob       | Johnson  |
+-----+-----+
2 rows in set (0.00 sec)
```

```
mysql> SELECT *
-> FROM Employee AS E
-> INNER JOIN EmployeeStressData AS ES ON E.EmployeeID = ES.EmployeeID
-> INNER JOIN StressLevel AS SL ON ES.StressLevelID = SL.StressLevelID
-> WHERE SL.LevelName = 'High';
+-----+-----+-----+-----+-----+-----+-----+-----+-----+-----+-----+-----+
| EmployeeID | FirstName | LastName | EmployeeStressID | HoursOfWork | BreaksTaken | PhysicalActivity | CounselingSessions | StressLevelID | EmployeeID | StressLevelID | LevelName |
+-----+-----+-----+-----+-----+-----+-----+-----+-----+-----+-----+-----+
| 101 | John | Doe | 1 | 40 | 2 | Running | 2 | 3 | 101 | 3 | High |
| 103 | Bob | Johnson | 3 | 50 | 0 | Gym | 1 | 3 | 103 | 3 | High |
+-----+-----+-----+-----+-----+-----+-----+-----+-----+-----+-----+-----+
2 rows in set (0.00 sec)
```

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