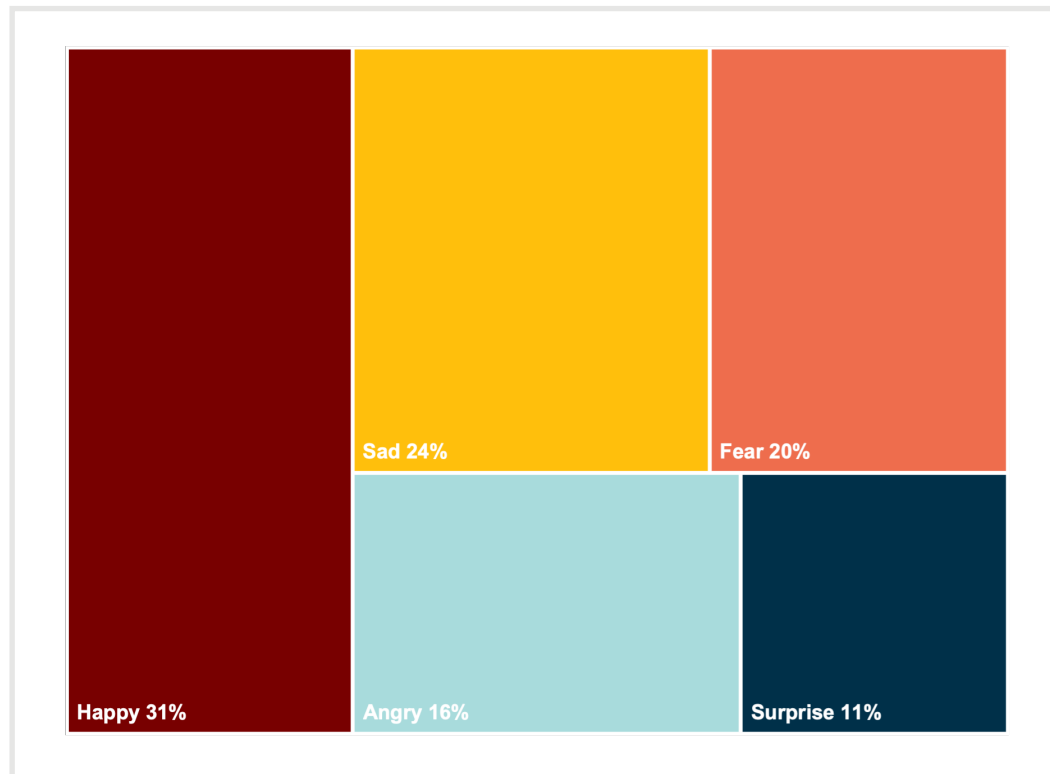


UNDERSTANDING EMOTIONS

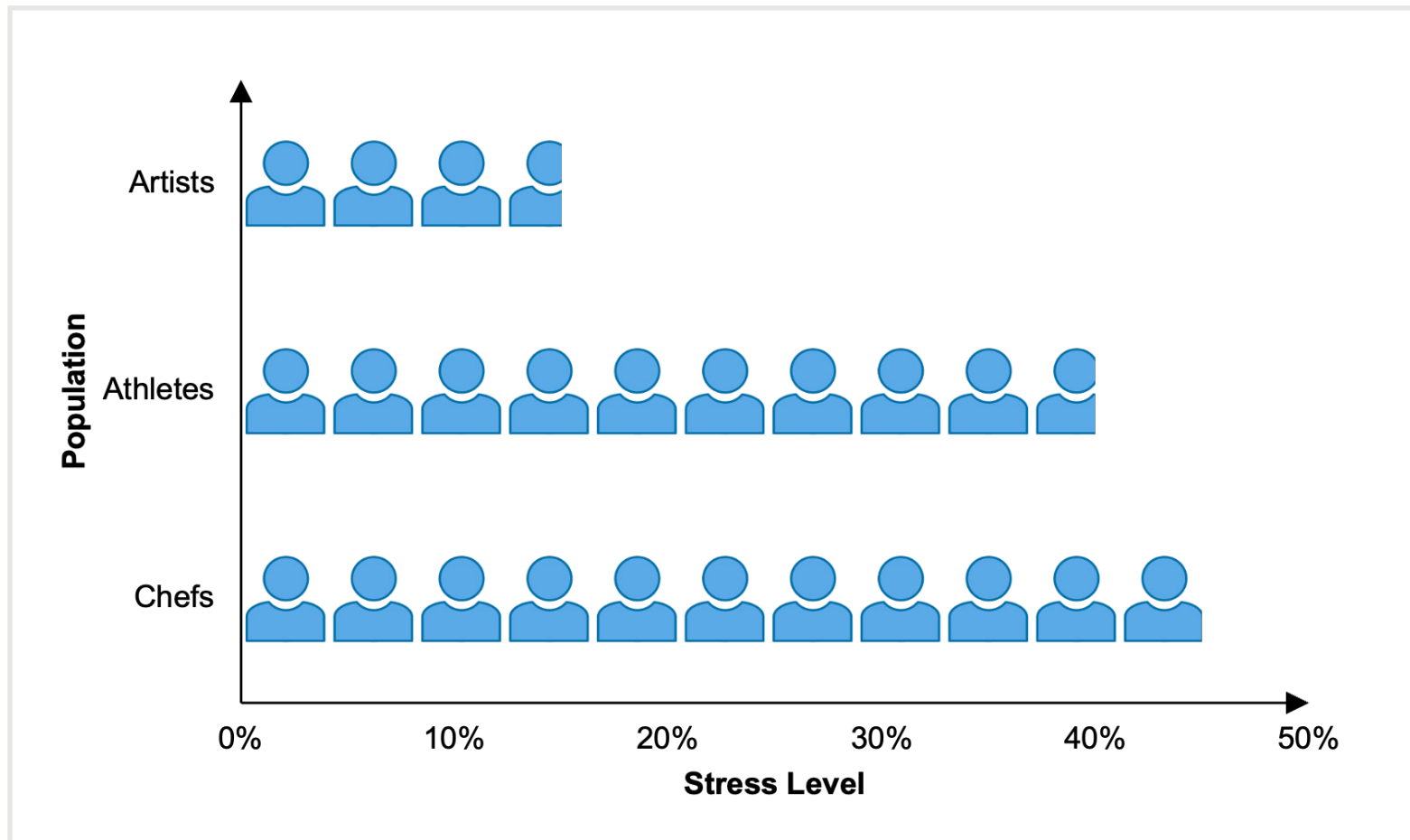
Emotions are a big part of our daily lives, affecting how we think and act. This data story looks at our feelings using different charts and graphs. We'll explore common emotions, how emotions change throughout the year, differ by group, and are influenced by social interactions.

Distribution of Top 5 Common Emotions



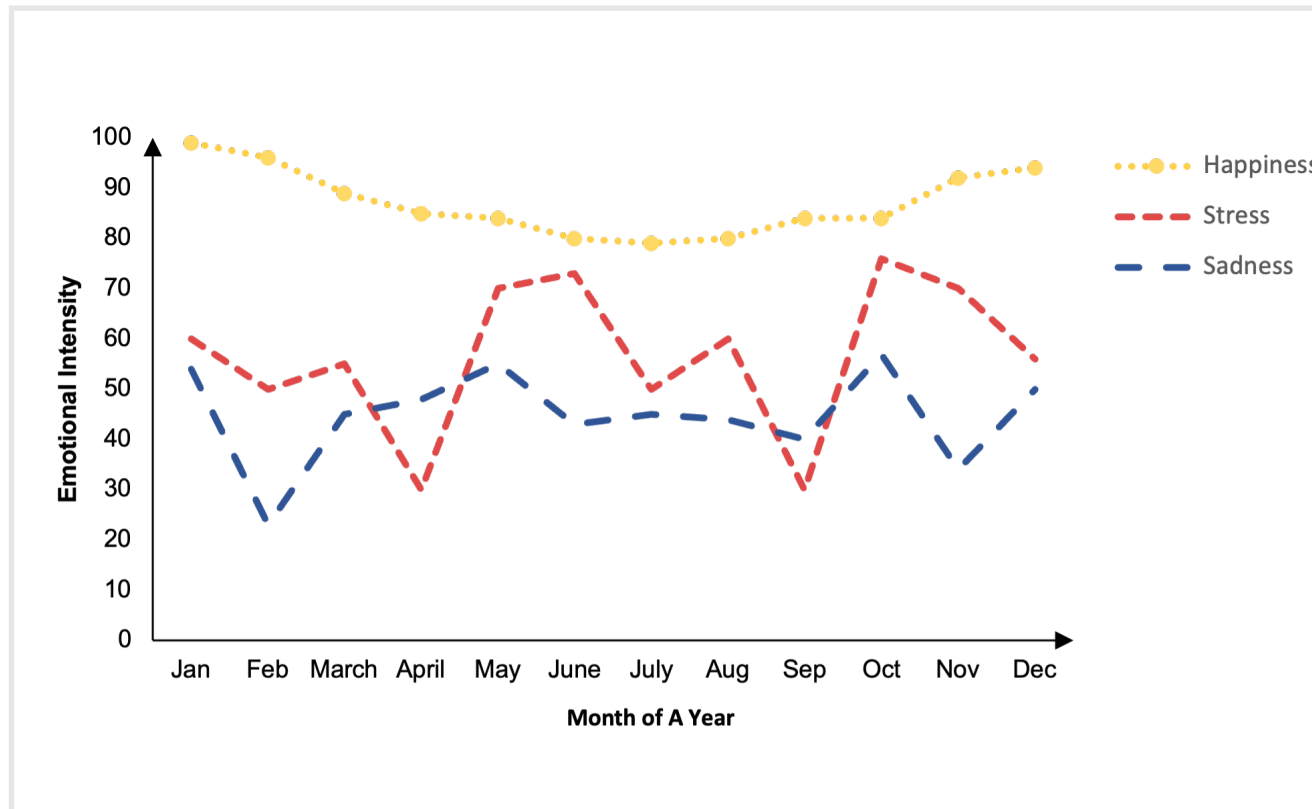
Among the top 5 most common emotions, happy is the most frequent, while surprise is the least.

Stress Level among Different Groups



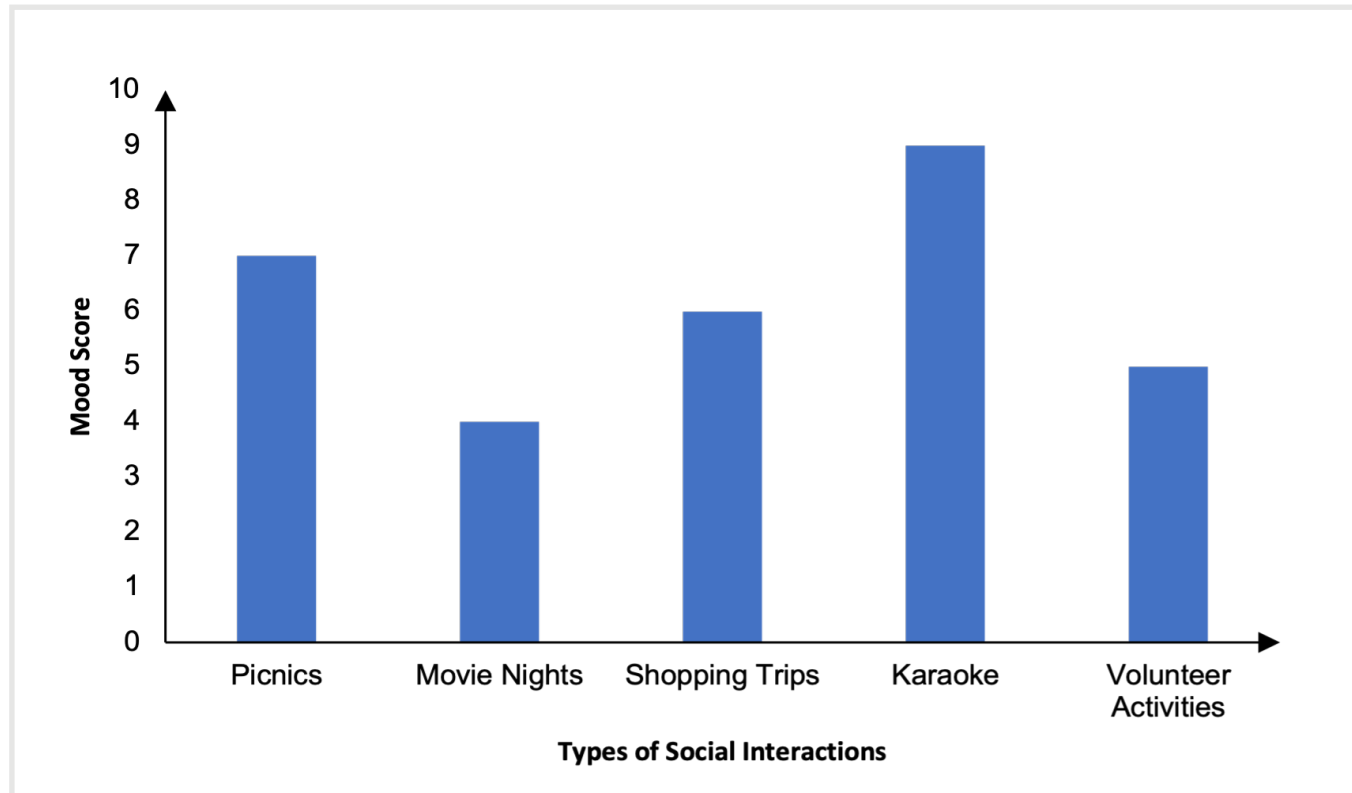
People with different professions and lifestyles experience varying levels of stress. Chefs are the most stressed, followed by athletes, and then artists. About 45% of chefs feel stressed, 40% of athletes, and 15% of artists.

Emotional Changes throughout the Year



Happiness stays high all year compared to other emotions. Stress goes up and down a lot, with clear high points at different times. Sadness is not very strong throughout the year.

Happy Moments in Life



Spending time with family and friends makes us feel good. Karaoke is the most fun, followed by having picnics and shopping trips.