

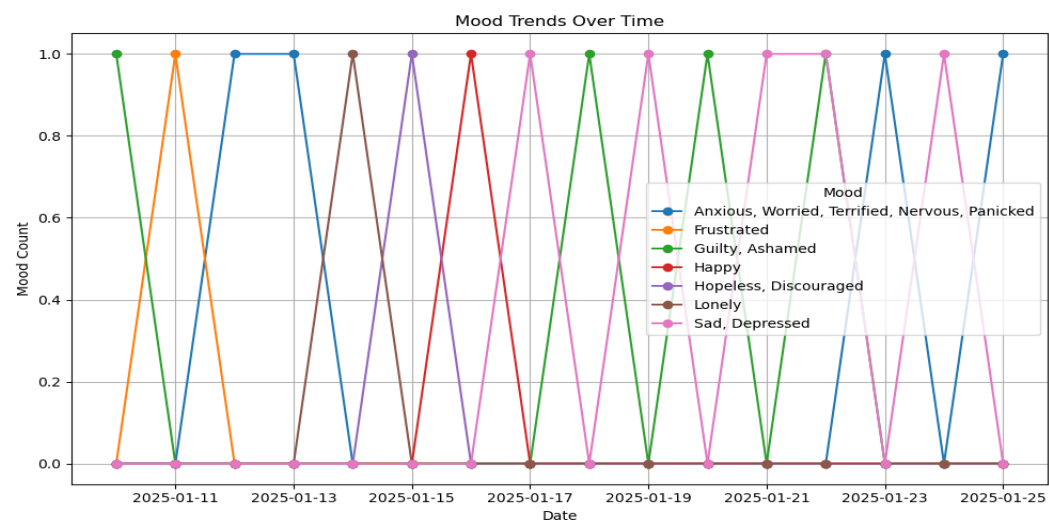
Personalized Stress Report

Total Mood Entries: 17

- Sad, Depressed: 5
- Guilty, Ashamed: 4
- Anxious, Worried, Terrified, Nervous, Panicked: 4
- Frustrated: 1
- Lonely: 1
- Hopeless, Discouraged: 1
- Hopeless, Discouraged: 1
- Happy: 1

Top Cause of Stress: too much work

Mood Trends Over Time:



Thank you for using the Stress Management App!