

IBM SkillsBuild

Internship Program 2026

MindBody Connect (Mental Health Impact on Physical Health)

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SDG & Problem Statements

- Mental health issues (stress, anxiety, depression) are increasing physical health risks:
 - 1. Heart disease
 - 2. Diabetes
 - 3. Sleep disorders
- Populations are vulnerable due to:
 - 1. Stigma and lack of awareness
 - 2. Fragmented healthcare systems
 - 3. Limited integration of mental and physical health care

Significance of the Problem

- Mental health issues are rising globally, especially among youth and professionals.
- Physical health problems linked to mental health reduce productivity and quality of life.
- Current systems treat mind and body separately, missing early intervention.
- No large-scale, integrated mind-body health monitoring exists yet.

Proposed Solution (AI-powered)

- Predicts risk of physical health issues using mental & physical health data
- Sends personalized alerts and recommendations via app, SMS, or email
- Connects users to mental health resources and support

Unique Value Proposition

- Designed for anyone seeking holistic well-being
- Works privately and is accessible via web/mobile
- Combines mental and physical health insights for early intervention
- Builds trust through privacy and empowerment
- Scalable, affordable, and actionable

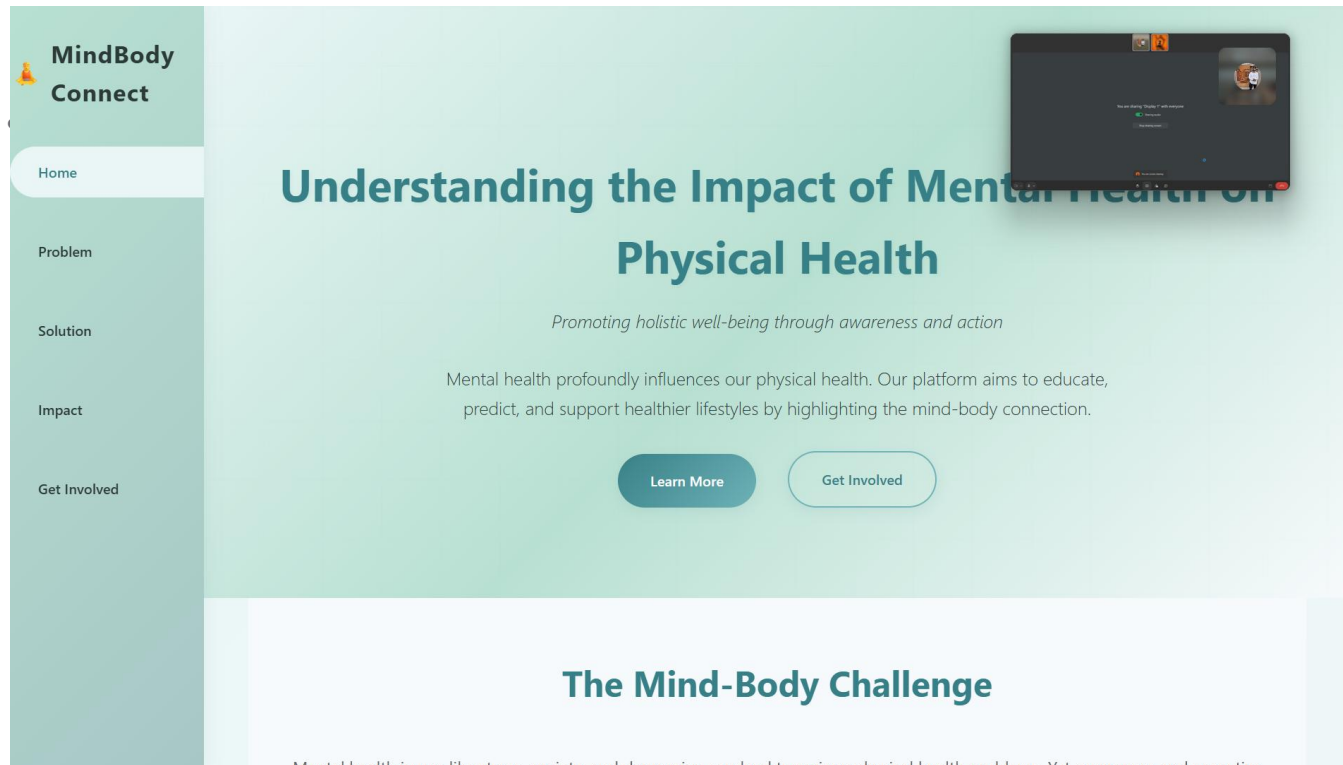
Impact of the Solution

- Direct Impacts:
 - 1. Early detection and prevention of chronic diseases
 - 2. Reduces hospital visits and health costs
 - 3. Improves user well-being and productivity
- Broader Impacts:
 - 1. Supports SDG-3 by promoting holistic health
 - 2. Reduces economic loss from preventable health issues
 - 3. Enables data-driven health policy and awareness

How It Works

- AI processes mental and physical health data from users and wearables
- Predictive alerts and recommendations sent to users
- Users access support resources and track progress
- Data aggregated for dashboards and research

Prototype



The Mind-Body Challenge

Mental health issues like stress, anxiety, and depression can lead to serious physical health problems. Yet, awareness and proactive care are often lacking.



Cardiovascular Issues

Chronic stress and depression increase the risk of heart disease and high blood pressure.



Sleep Disorders

Anxiety and mental strain often disrupt sleep, leading to fatigue and weakened immunity.



Metabolic Problems

Mental health challenges can affect eating habits, increasing the risk of obesity and diabetes.

 Aligned with UN SDG-3: Good Health & Well-being



Our Approach

Empowering individuals and communities to take charge of their mental and physical health.



Awareness & Education

Resources and workshops to help people understand the mind-body connection.



Personalized Insights

Data-driven tools to assess mental and physical health risks and suggest improvements.



Support Networks

Connecting individuals with support groups, professionals, and community resources.

Key Benefits




Holistic: Addresses both mental and physical well-being



Accessible: Resources for all ages and backgrounds



Connected: Builds strong support networks

 **MindBody
Connect**

Home


Problem

Solution

Impact


Get Involved

Expected Impact




Improved Well-being

Better mental health leads to stronger immunity, more energy, and reduced risk of chronic diseases.




Healthier Communities

Empowered individuals contribute to healthier families, workplaces, and societies.



Increased Awareness

Greater understanding of the mind-body link encourages early intervention and prevention.



Stronger Support

Expanded access to mental health resources and community support networks.



Get Involved

Join us in promoting holistic health. Whether you're a healthcare professional, researcher, or advocate, your involvement matters.



Healthcare Professionals

Partner with us to raise awareness and provide support in your community.



Individuals

Access resources, share your story, and support others on their wellness journey.



Donors & Funders

Support our mission to make mental and physical health resources accessible to all.

Contact Us

Name *

Email *

Organization

Interest Area *

The Mind-Body Health Crisis

- Stress-Related Illnesses: Chronic stress increases risk of heart disease and diabetes
- Sleep Disorders: Anxiety and depression disrupt sleep, weakening immunity
- Metabolic Problems: Mental health issues can lead to poor eating habits and obesity

Our AI-Powered Solution

- Holistic Self-Assessment: Evaluate mental and physical health together
- AI Risk Prediction: Forecasts potential health issues
- Personalized Alerts: Delivers actionable tips
- Resource Connection: Links to professionals and support
- Progress Tracking: Visual dashboards for users

How It Works (Visual)

- 1. Data Collection (self-assessment, wearables)
- 2. AI Processing (risk analysis)
- 3. Alerts & Insights (personalized guidance)
- 4. Support Connection (resources, professionals)

Expected Impact

- Health Outcomes: Improved well-being, reduced chronic disease
- Economic Benefits: Lower health costs, higher productivity
- Policy Support: Data-driven insights for health planning
- Community Resilience: Stronger, healthier populations

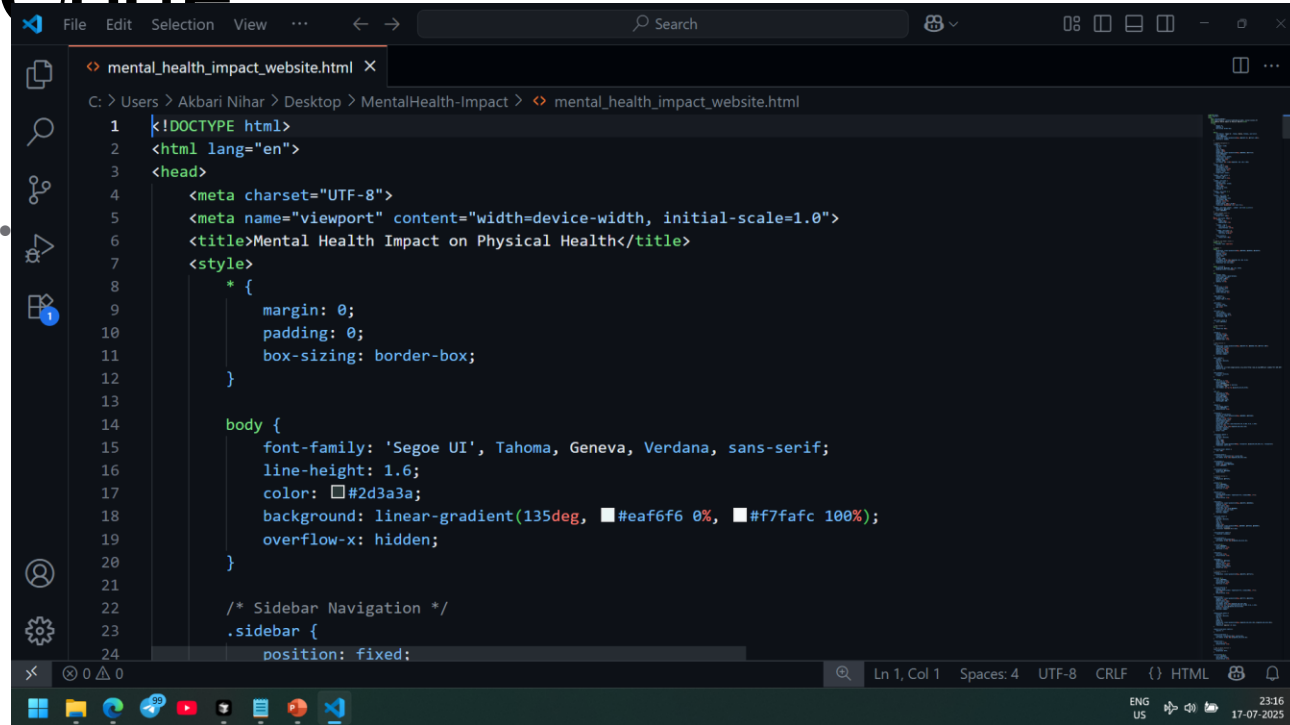
Future Scope

- Expand to more communities and organizations
- Integrate more health data and advanced AI
- Collaborate with global health agencies
- Support long-term wellness planning

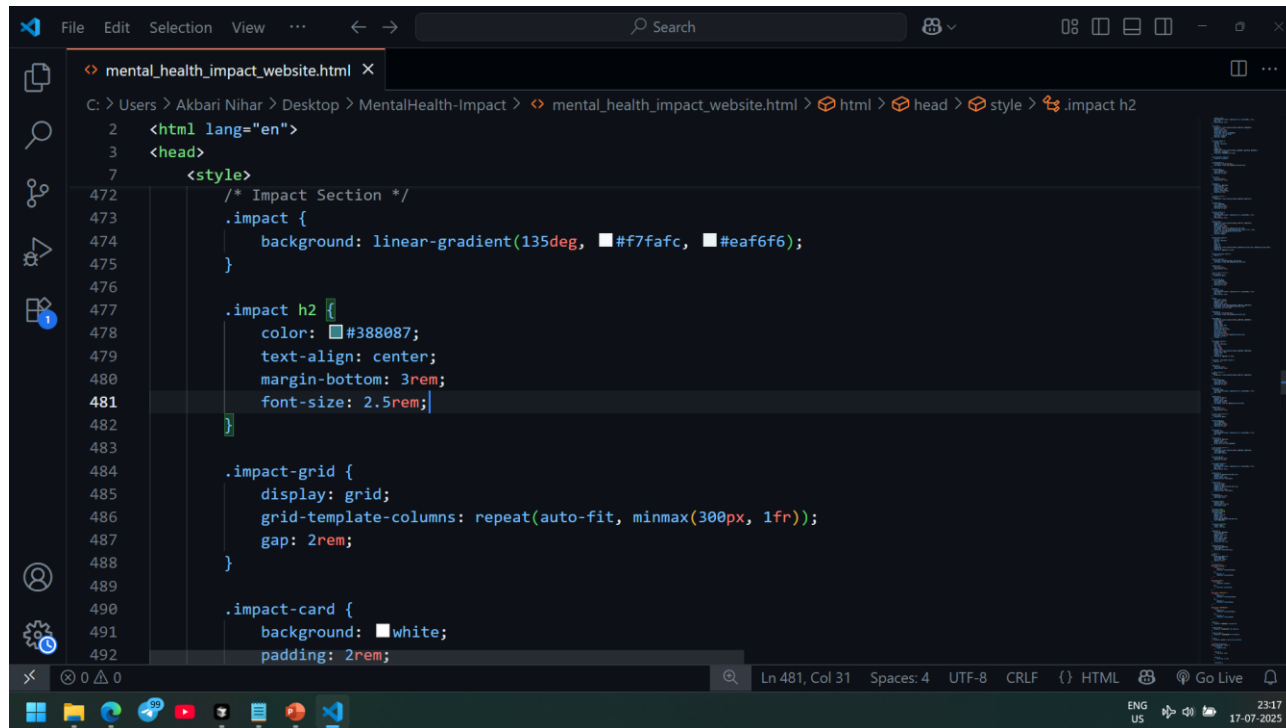
Get Involved

- Healthcare Professionals: Partner to promote holistic care
- Individuals: Use the platform, share feedback
- Donors & Funders: Support accessible mental-physical health solutions

Code



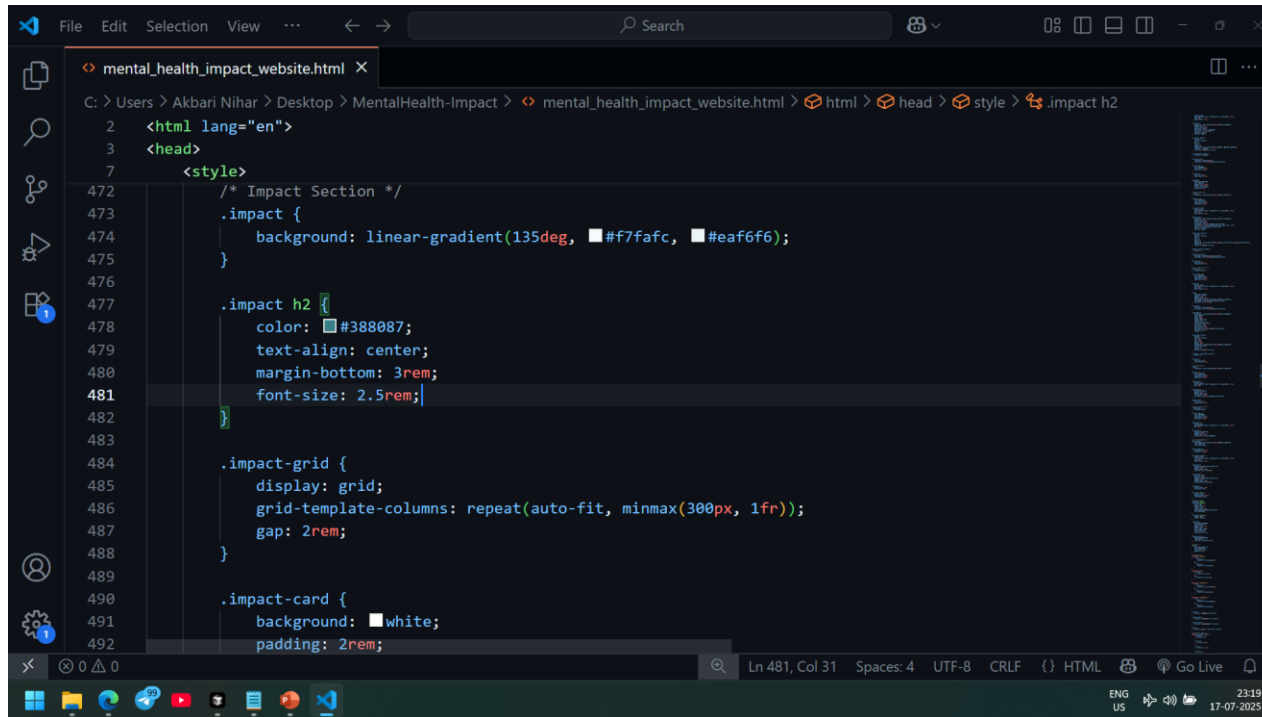
```
1 <!DOCTYPE html>
2 <html lang="en">
3 <head>
4   <meta charset="UTF-8">
5   <meta name="viewport" content="width=device-width, initial-scale=1.0">
6   <title>Mental Health Impact on Physical Health</title>
7   <style>
8     * {
9       margin: 0;
10      padding: 0;
11      box-sizing: border-box;
12    }
13
14    body {
15      font-family: 'Segoe UI', Tahoma, Geneva, Verdana, sans-serif;
16      line-height: 1.6;
17      color: #2d3a3a;
18      background: linear-gradient(135deg, #eaf6f6 0%, #f7fafc 100%);
19      overflow-x: hidden;
20    }
21
22    /* Sidebar Navigation */
23    .sidebar {
24      position: fixed;
```



```
File Edit Selection View ... Search
mental_health_impact_website.html X
C: > Users > Akbari Nihar > Desktop > MentalHealth-Impact > mental_health_impact_website.html > html > head > style > .impact h2
2 <html lang="en">
3 <head>
7 <style>
472 /* Impact Section */
473 .impact {
474     background: linear-gradient(135deg, #f7fafc, #eaf6f6);
475 }
476
477 .impact h2 {
478     color: #388087;
479     text-align: center;
480     margin-bottom: 3rem;
481     font-size: 2.5rem;
482 }
483
484 .impact-grid {
485     display: grid;
486     grid-template-columns: repeat(auto-fit, minmax(300px, 1fr));
487     gap: 2rem;
488 }
489
490 .impact-card {
491     background: white;
492     padding: 2rem;

```

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< mental_health_impact_website.html X
C: > Users > Akbari Nihar > Desktop > MentalHealth-Impact > mental_health_impact_website.html > html > head > style > .impact h2
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```
2      <html lang="en">
701    <body>
946      <script>
948        document.querySelectorAll('.sidebar .nav-links a').forEach(link => {
952          });
953        });
954        // Smooth scrolling for navigation links
955        document.querySelectorAll('a[href^="#"]').forEach(anchor => {
956          anchor.addEventListener('click', function (e) {
957            e.preventDefault();
958            const targetId = this.getAttribute('href').substring(1);
959            const targetElement = document.getElementById(targetId);
960            if (targetElement) {
961              targetElement.scrollIntoView({
962                behavior: 'smooth',
963                block: 'start'
964              });
965            }
966          });
967        });
968      </script>
969    </body>
970  </html>
```

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Model/Repo Link (GITHUB)

- https://github.com/Nihar2321/MentalPhysicalHealth_AI

Future Scope (Visual)

- Integrate more health domains (nutrition, sleep, etc.)
- Expand to new regions and user groups
- Collaborate with global partners
- Use insights for long-term planning

Conclusion

- Mental health profoundly impacts physical health.
- MindBody Connect offers an AI-driven, proactive, and inclusive solution.
- Together, we can build healthier, happier communities.