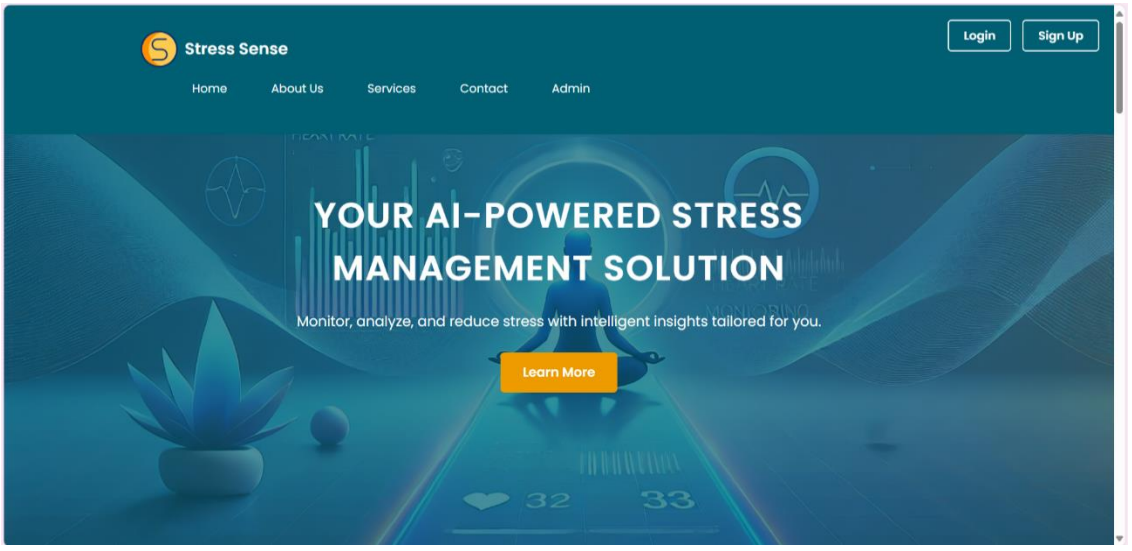
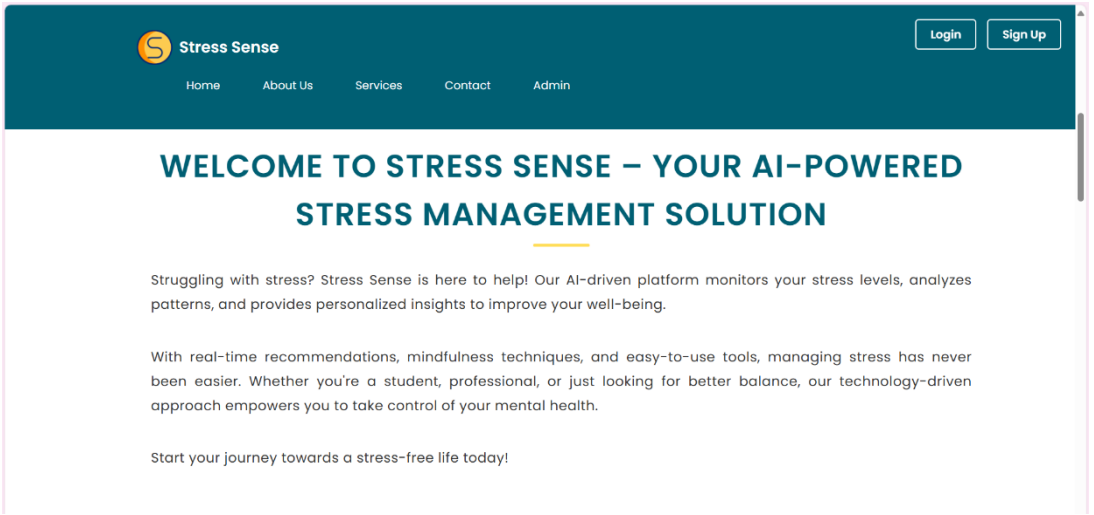
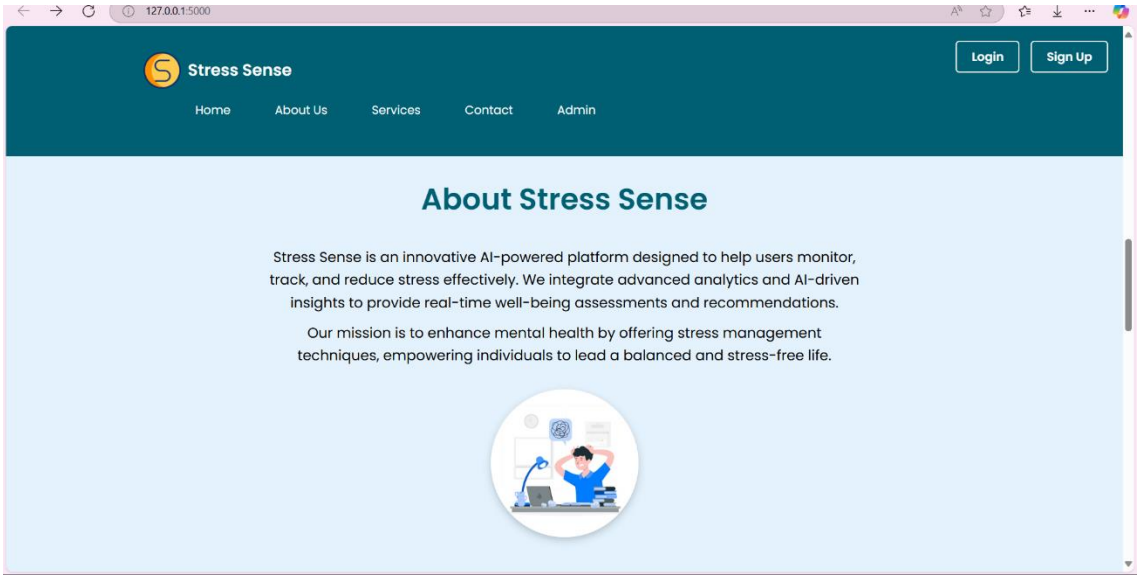
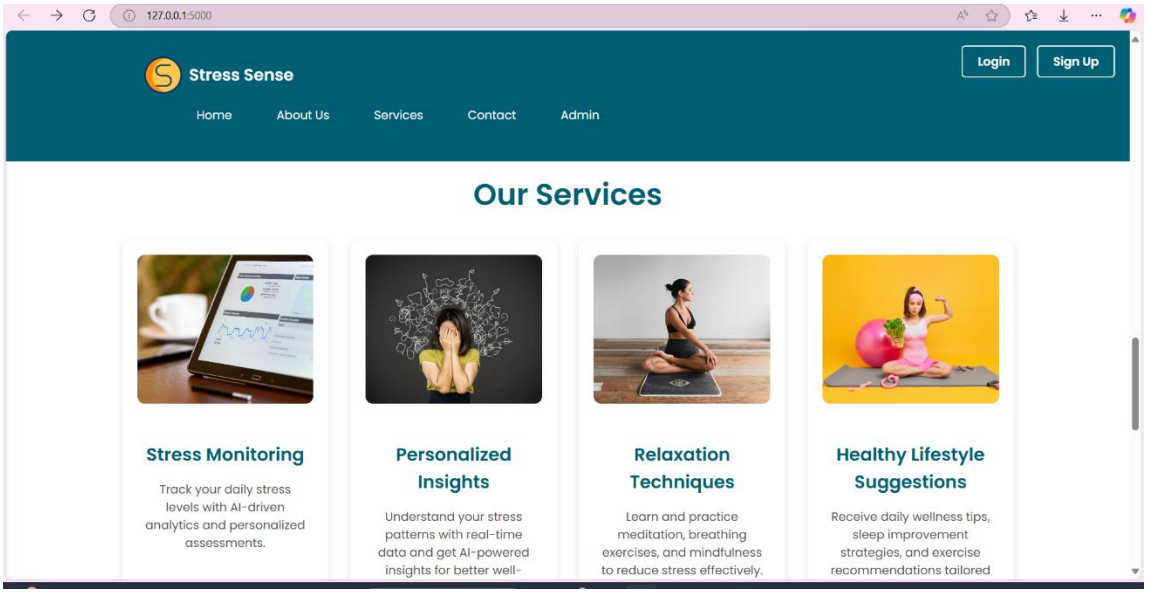
(Input screen): -

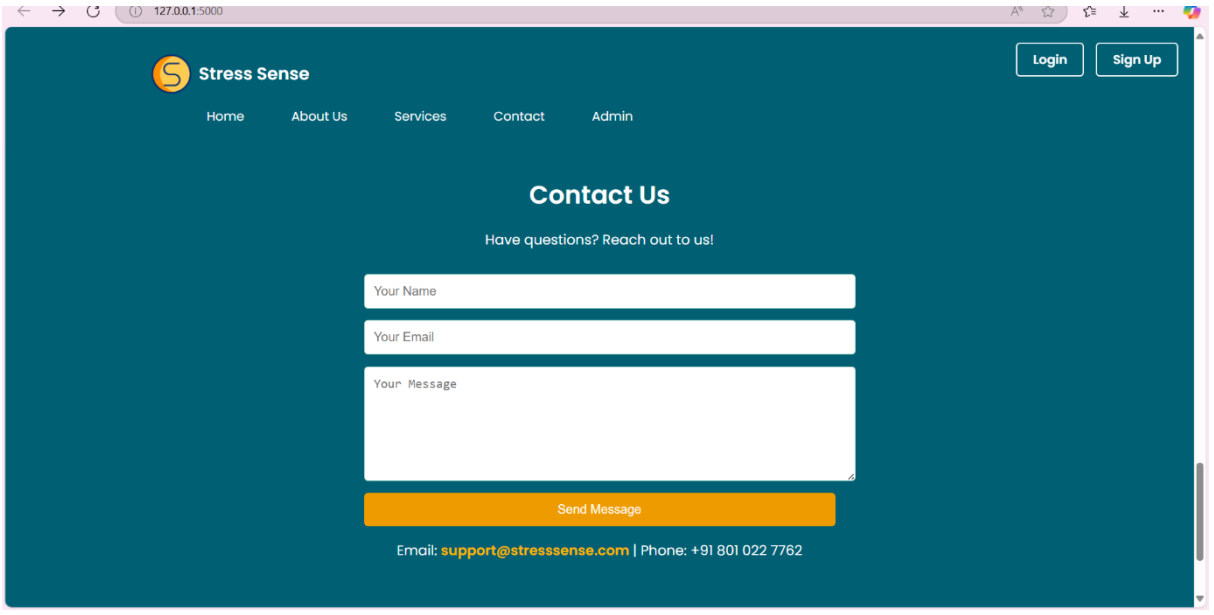
1.Landing Page:

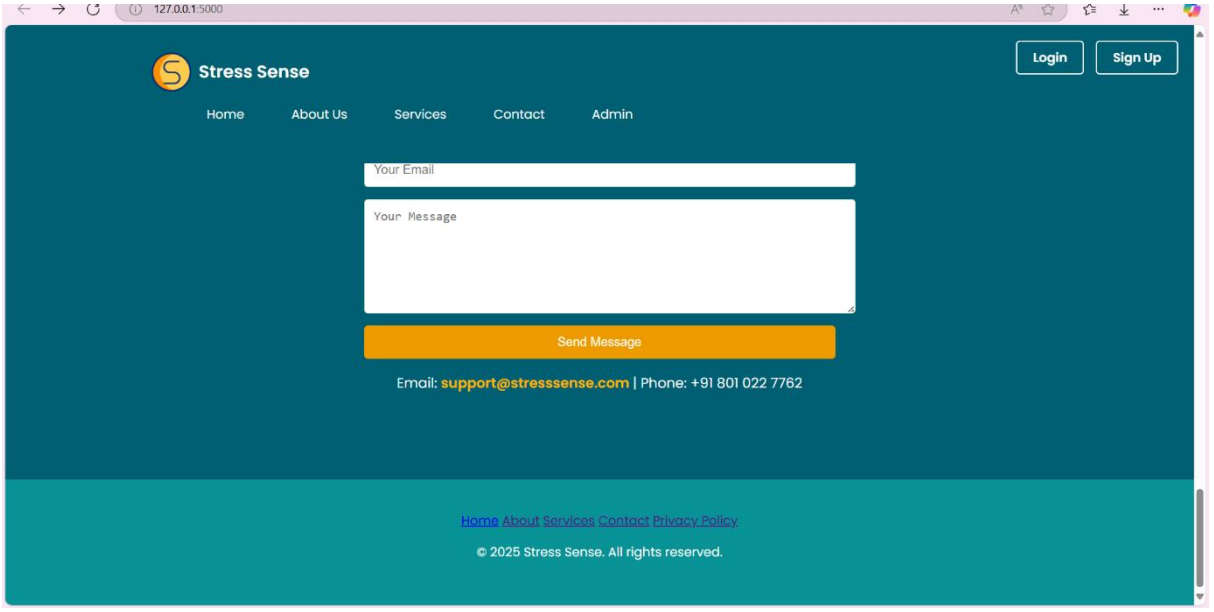




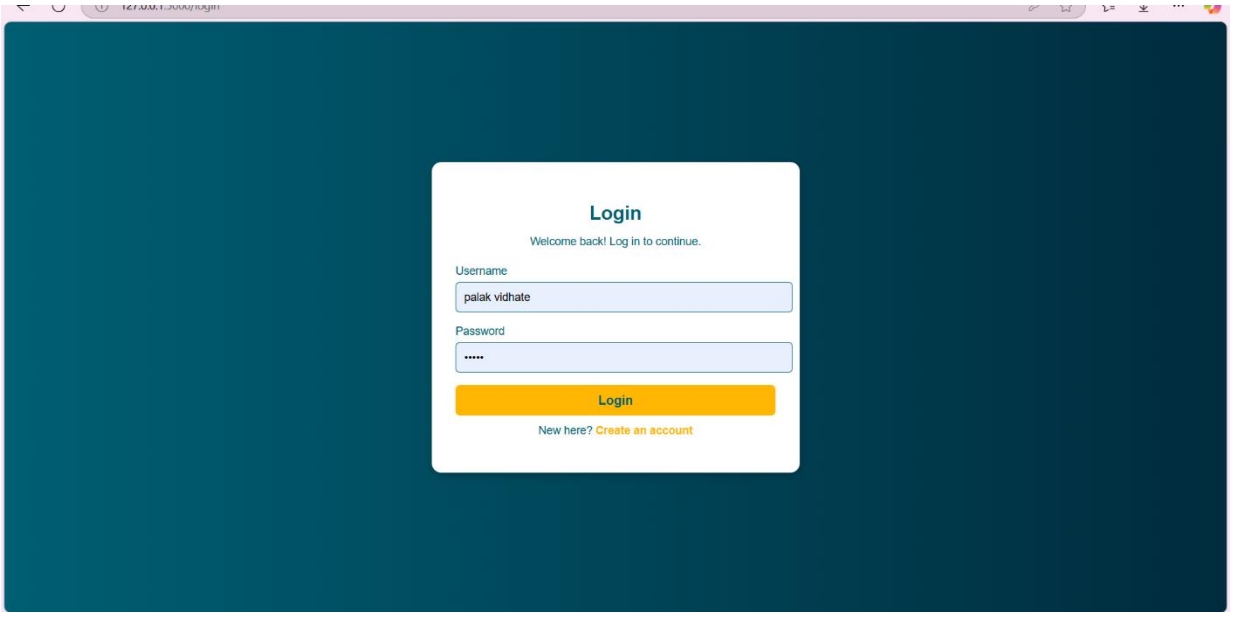

127.0.0.1:5000
Stress Sense
Login
Sign Up
Home
About Us
Services
Contact
Admin
About Stress Sense
Stress Sense is an innovative AI-powered platform designed to help users monitor, track, and reduce stress effectively. We integrate advanced analytics and AI-driven insights to provide real-time well-being assessments and recommendations.
Our mission is to enhance mental health by offering stress management techniques, empowering individuals to lead a balanced and stress-free life.


127.0.0.1:5000
Stress Sense
Login
Sign Up
Home
About Us
Services
Contact
Admin
Our Services
Stress Monitoring
Track your daily stress levels with AI-driven analytics and personalized assessments.
Personalized Insights
Understand your stress patterns with real-time data and get AI-powered insights for better well-
Relaxation Techniques
Learn and practice meditation, breathing exercises, and mindfulness to reduce stress effectively.
Healthy Lifestyle Suggestions
Receive daily wellness tips, sleep improvement strategies, and exercise recommendations tailored

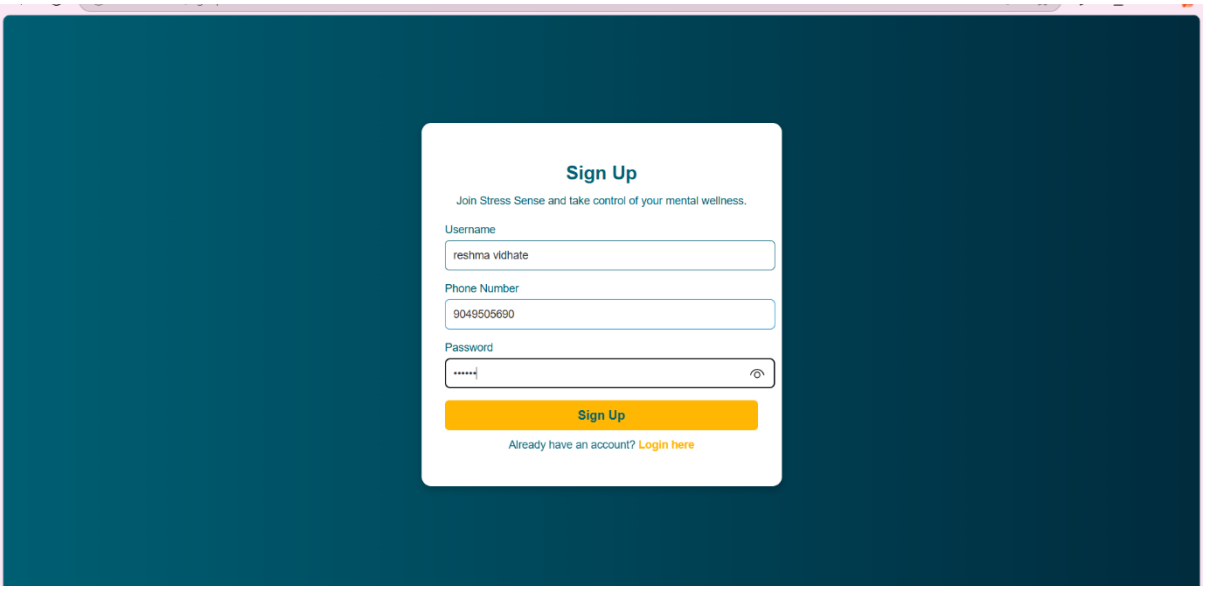

127.0.0.1:5000
Stress Sense
Login
Sign Up
Home
About Us
Services
Contact
Admin
Contact Us
Have questions? Reach out to us!
Your Name
Your Email
Your Message
Send Message
Email: support@stresssense.com | Phone: +91 801 022 7762


127.0.0.1:5000
Stress Sense
Login
Sign Up
Home
About Us
Services
Contact
Admin
Your Email
Your Message
Send Message
Email: support@stresssense.com | Phone: +91 801 022 7762
Home About Services Contact Privacy Policy
© 2025 Stress Sense. All rights reserved.

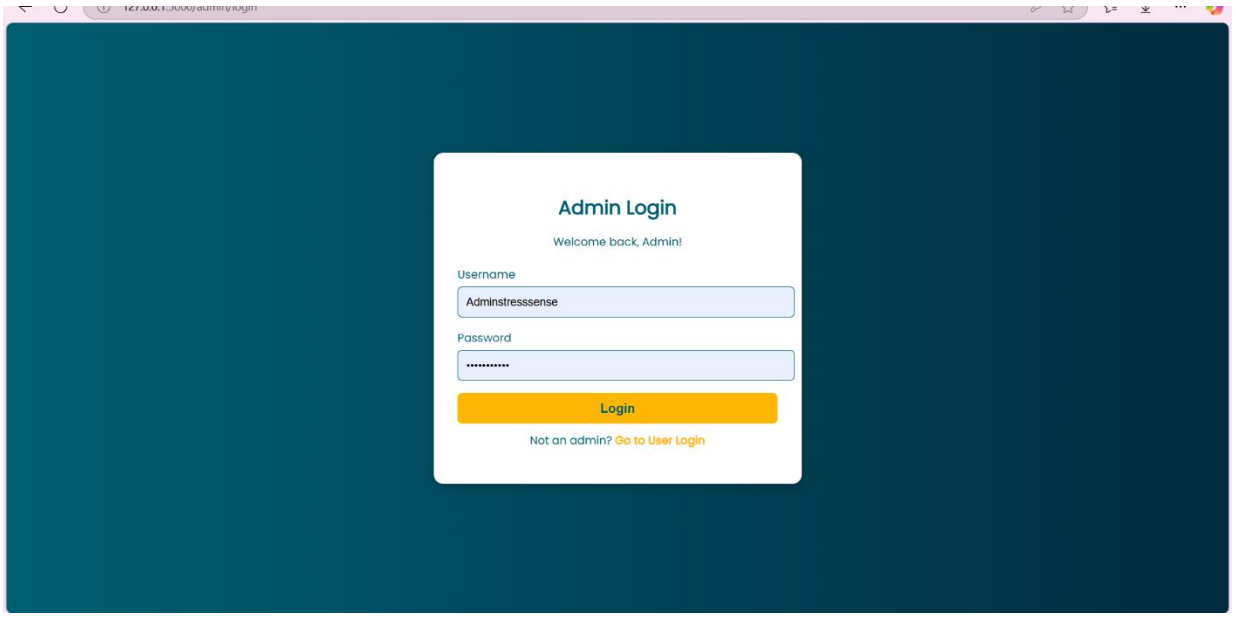
2. Login Authentications :



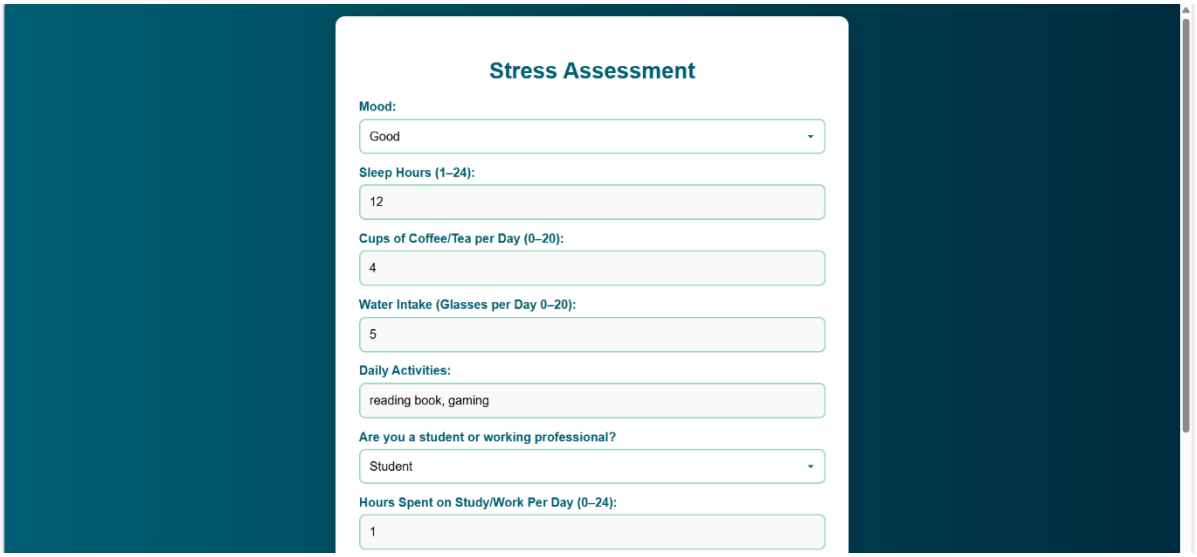
3.User Sign Up :

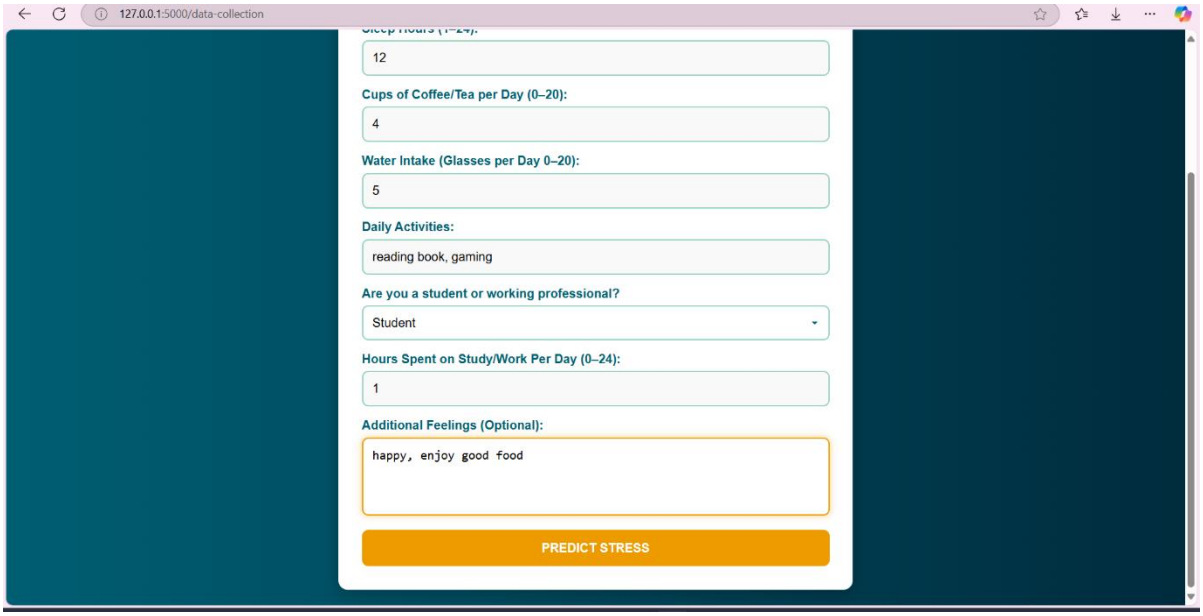


4.Admin Log In :



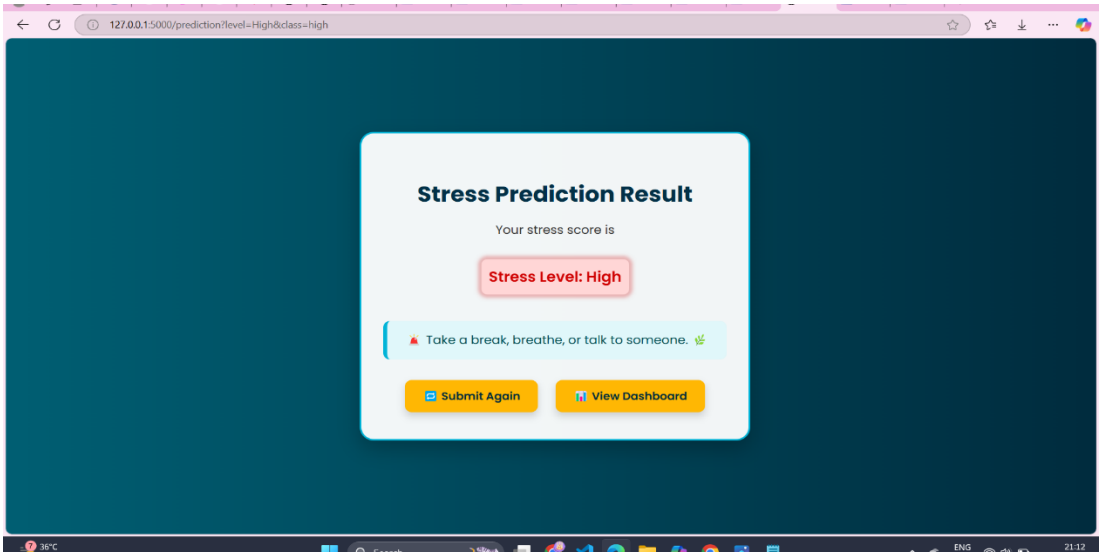
5.Data Collection Page:

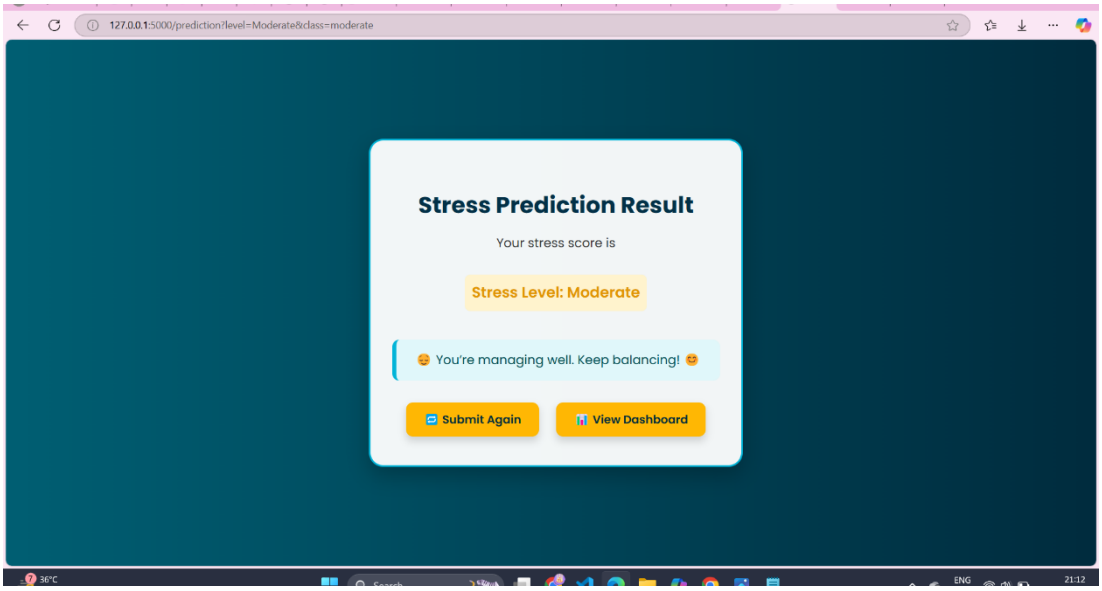




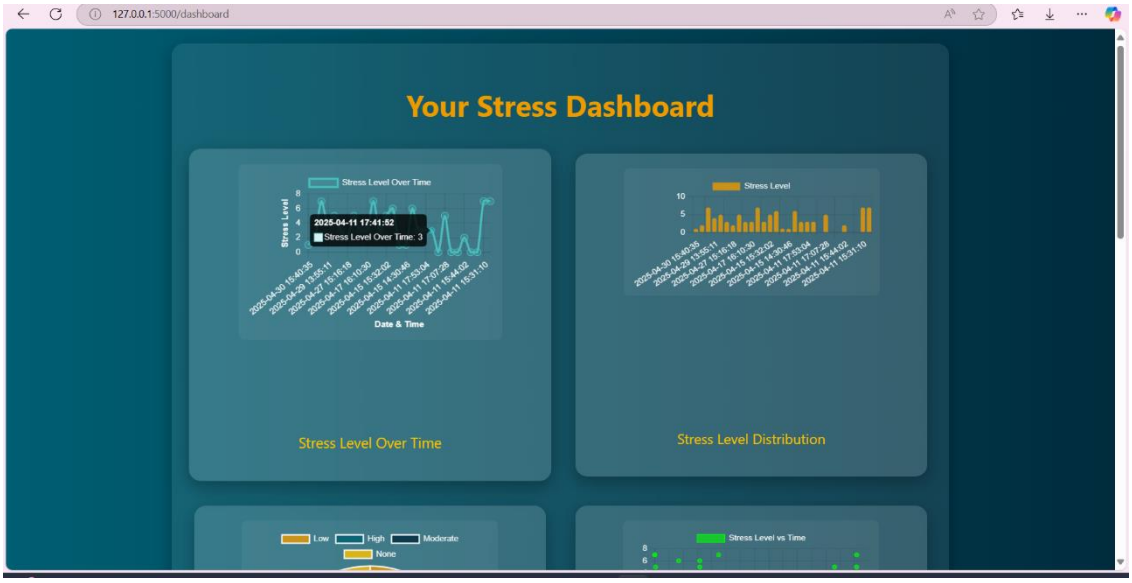
(Output screen): -

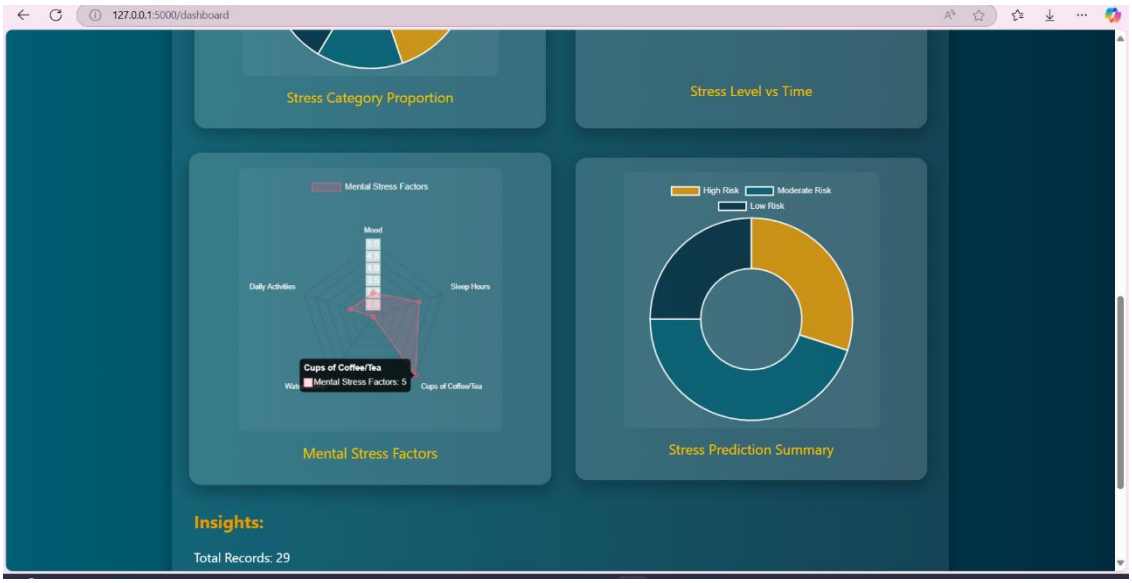
1. Stress Prediction Page:

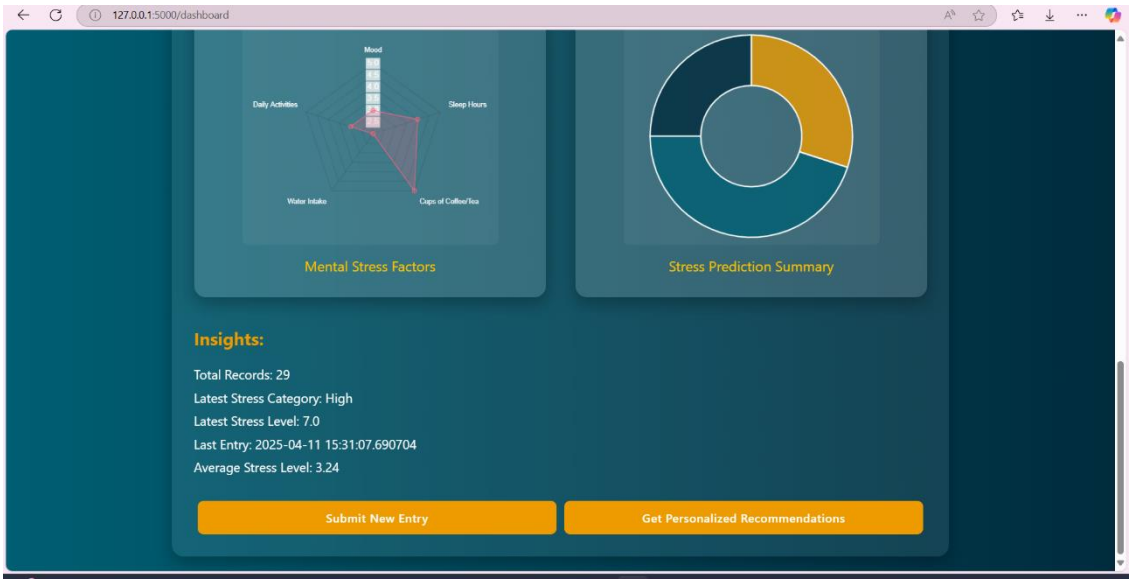




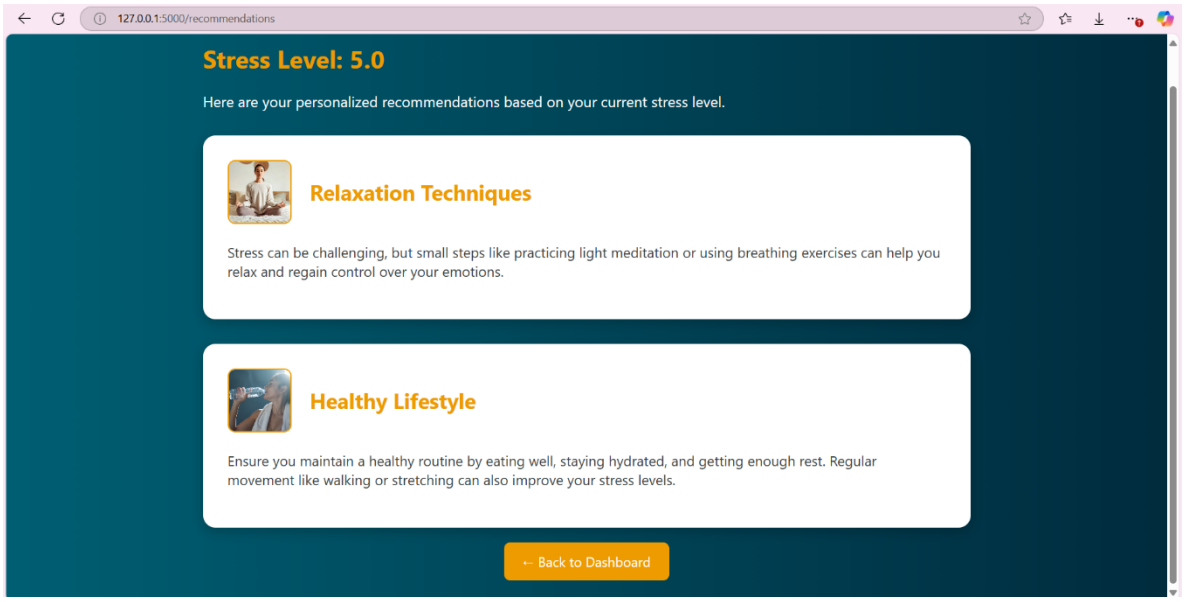
2. Dashboard Page:

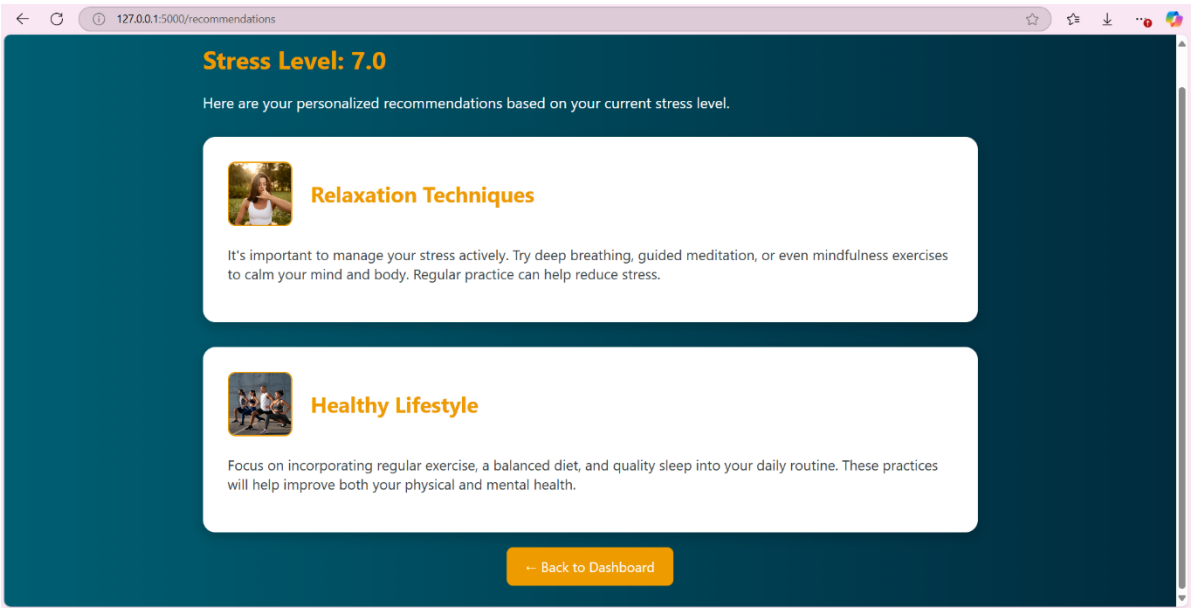
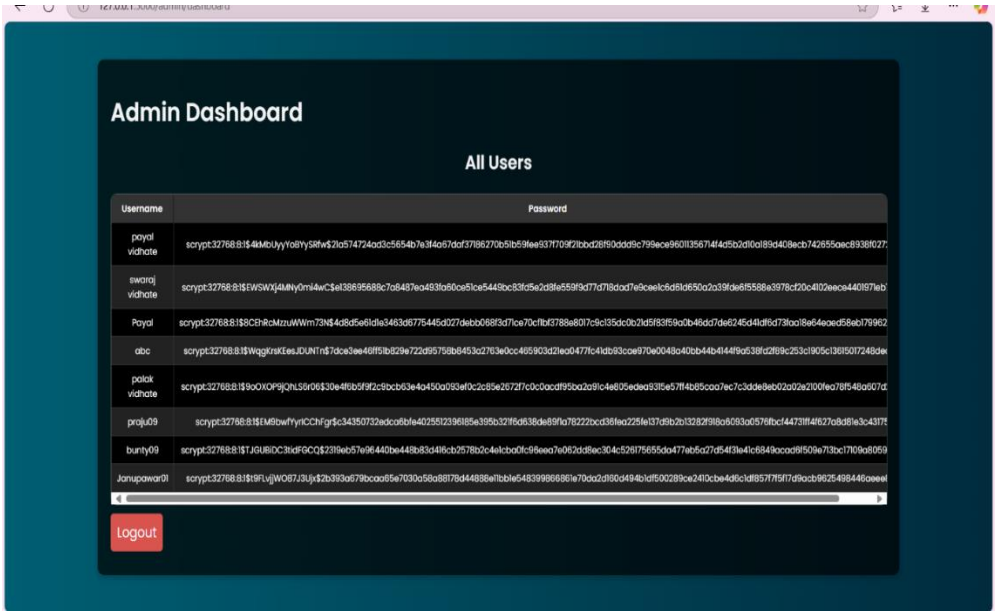



127.0.0.1:5000/dashboard
Stress Category Proportion
Stress Level vs Time
Mental Stress Factors
Mood
Sleep Hours
Daily Activities
Cups of Coffee/Tea
Mental Stress Factors: 5
High Risk
Moderate Risk
Low Risk
Mental Stress Factors
Stress Prediction Summary
Insights:
Total Records: 29


127.0.0.1:5000/dashboard
Mood
Daily Activities
Sleep Hours
Water Intake
Cups of Coffee/Tea
Mental Stress Factors
Stress Prediction Summary
Insights:
Total Records: 29
Latest Stress Category: High
Latest Stress Level: 7.0
Last Entry: 2025-04-11 15:31:07.690704
Average Stress Level: 3.24
Submit New Entry
Get Personalized Recommendations

3. Recommendations Page:





4.Admin Dashboard Page: