

Mood and Activity Recommendation Dataset

Overview

This document contains a dataset designed to recommend activities based on participants' moods. It can be used in AI applications, particularly for enhancing user experience through personalized activity suggestions.

Dataset Structure

- **Mood:** Emotional state of the participant (e.g., Happy, Sad, Stressed).
- **Activity:** Recommended activities based on the mood (e.g., Go for a walk, Read a book).

Mood and Activity Data

Happy

1. **Go for a walk:** Enjoy the outdoors and refresh your mind.
2. **Play a game:** Engage in fun and interactive games, either digital or physical.
3. **Listen to music:** Uplift your spirits with your favorite tunes.
4. **Dance:** Express yourself through movement and enjoy the rhythm.
5. **Meet friends:** Spend quality time with loved ones and socialize.

Sad

1. **Watch a movie:** Escape reality and immerse yourself in a story.
2. **Read a book:** Find comfort and solace in a good book.
3. **Take a nap:** Rest and rejuvenate to improve your mood.
4. **Write in a journal:** Express your feelings and thoughts on paper.
5. **Talk to a friend:** Share your feelings with someone you trust.

Stressed

1. **Meditate:** Practice mindfulness and reduce stress levels.
2. **Do yoga:** Stretch and strengthen your body while calming your mind.
3. **Take deep breaths:** Engage in breathing exercises to relax.
4. **Go for a run:** Release stress and boost endorphins through physical activity.

5. **Listen to calming music:** Soothe your mind with tranquil melodies.

Relaxed

1. **Take a bath:** Unwind and relax in warm water.
2. **Read a book:** Enjoy a quiet and peaceful reading session.
3. **Do a hobby:** Engage in activities that you enjoy and find relaxing.
4. **Listen to a podcast:** Learn something new or be entertained by interesting discussions.
5. **Take a nap:** Further your relaxation with a restful nap.

Bored

1. **Try a new hobby:** Explore new interests and skills.
2. **Play a board game:** Engage in strategic and fun gameplay.
3. **Watch a documentary:** Educate yourself on new topics and ideas.
4. **Cook a new recipe:** Experiment with cooking and enjoy a new dish.
5. **Explore a new place:** Visit new locations and discover new experiences.

Energetic

1. **Go for a run:** Utilize your energy through an invigorating run.
2. **Play a sport:** Engage in competitive or recreational sports.
3. **Dance:** Channel your energy into expressive movements.
4. **Do a workout:** Strengthen your body with an intensive workout.
5. **Go hiking:** Enjoy nature and physical exertion through hiking.

Anxious

1. **Practice mindfulness:** Ground yourself in the present moment.
2. **Do breathing exercises:** Calm your mind with controlled breathing.
3. **Talk to someone:** Share your worries with a supportive person.
4. **Do a puzzle:** Distract and engage your mind with a challenging puzzle.
5. **Take a walk:** Clear your mind and reduce anxiety through a walk.

