

IRONHACK LISBON



FitMind

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WHAT IS FITMIND?

- Simple mindfulness application
- Allows users to record thoughts
- Uses Machine Learning and Data Analysis techniques to provide useful insights about your mind

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WHY THIS TOPIC?

- I practice mindfulness meditation
- It has helped me and can help others
- It can give you deep insights into the nature of consciousness

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WHAT IS MINDFULNESS MEDITATION?

- Meditation by focusing on the present moment
- Simply noticing what is arising and passing away
- A lot harder than it sounds



THE RELEVANCE OF THOUGHTS

- Thoughts pop up spontaneously when meditating
- They grab your attention without you noticing it
- They hold a lot of power over your moods



WHY IS THIS HELPFUL?

- You can find relief when you start to recognise thoughts for what they are: mere appearances in consciousness
- You can punctuate your day with moments of mindfulness and become less absorbed in negative thoughts and emotions
- Recognising a thought doesn't mean you don't act on it, but the half-life of the emotion decreases



LIBRARIES AND TECHNIQUES



NLTK
Wordcloud
Pandas
Numpy
Matplotlib
Seaborn

DEMO TIME

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NEXT STEPS

- Add more features
- Improve the app aesthetically
- Collect more data to improve the sentiment score model

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THANKS FOR
LISTENING