Stress Prediction – Input Features :

Stress Prediction System

Age

Sleep Duration

Sleep Quality

Screen Time

Caffeine Intake

Alcohol Intake

Work Hours

Blood Pressure

Cholesterol Level

Blood Sugar Level

-- : -- 🕐

-- : -- 🕐

Gender ⌄

Occupation ⌄

Smoking Habit ⌄

Meditation Practice ⌄

Exercise Type ⌄

Predict Stress

Low Stress – Input Values:

Stress Prediction System

25

8

8

2

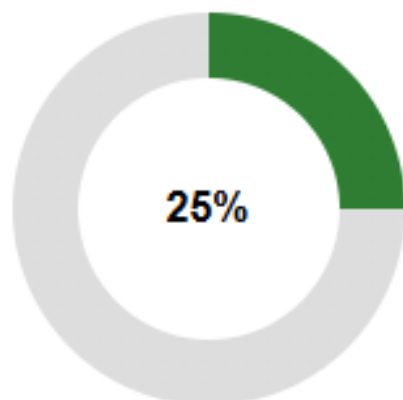0

-2

8

120

80

95

06:00

22:00

Female

Student

No

Predict Stress

Low Stress

Stress Probability: 25%

25%

Overall Wellness Score: 95/100

Occupation: Student
Sleep: 8 hrs
Screen Time: 2 hrs
Blood Pressure: 120
Cholesterol: 80
Blood Sugar: 95

Health Suggestions

✓ Maintain healthy lifestyle habits
✓ Continue regular exercise
✓ Stay hydrated daily
✓ Maintain proper sleep schedule
✓ Practice relaxation techniques

Stress Prediction System

29

6

5

5

2

2

10

130

210

104

06 : 30

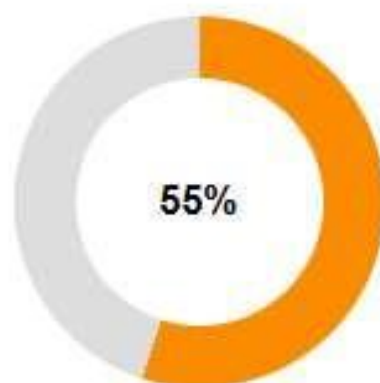23 : 00

Male

Software Engineer

No

Daily ⌄

Gym ⌄

Predict Stress

Medium Stress

Stress Probability: 55%

55%

Overall Wellness Score: 70/100

Occupation: Software Engineer
Sleep: 6 hrs
Screen Time: 5 hrs
Blood Pressure: 130
Cholesterol: 210
Blood Sugar: 104

Health Suggestions

✓ Improve sleep duration
✓ Reduce screen exposure
✓ Start meditation practice
✓ Limit caffeine intake
✓ Engage in physical activity regularly

Stress Prediction System

35

6

5

9

3

2

12

150

230

150

05 : 30 🕐

02 : 00 🕐

Male ⌄

Unemployed ⌄
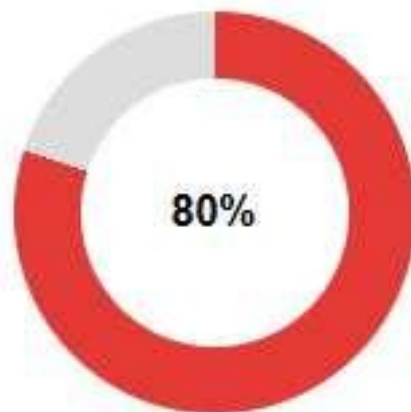
Yes ⌄

Never ⌄

None ⌄

Predict Stress

High Stress

Stress Probability: 80%

80%

Overall Wellness Score: 40/100

Occupation: Unemployed
Sleep: 6 hrs
Screen Time: 9 hrs
Blood Pressure: 150
Cholesterol: 230
Blood Sugar: 150

Health Suggestions

✓ Improve sleep schedule immediately

✓ Reduce screen time significantly

✓ Practice meditation daily

✓ Increase physical activity

✓ Avoid caffeine and alcohol