

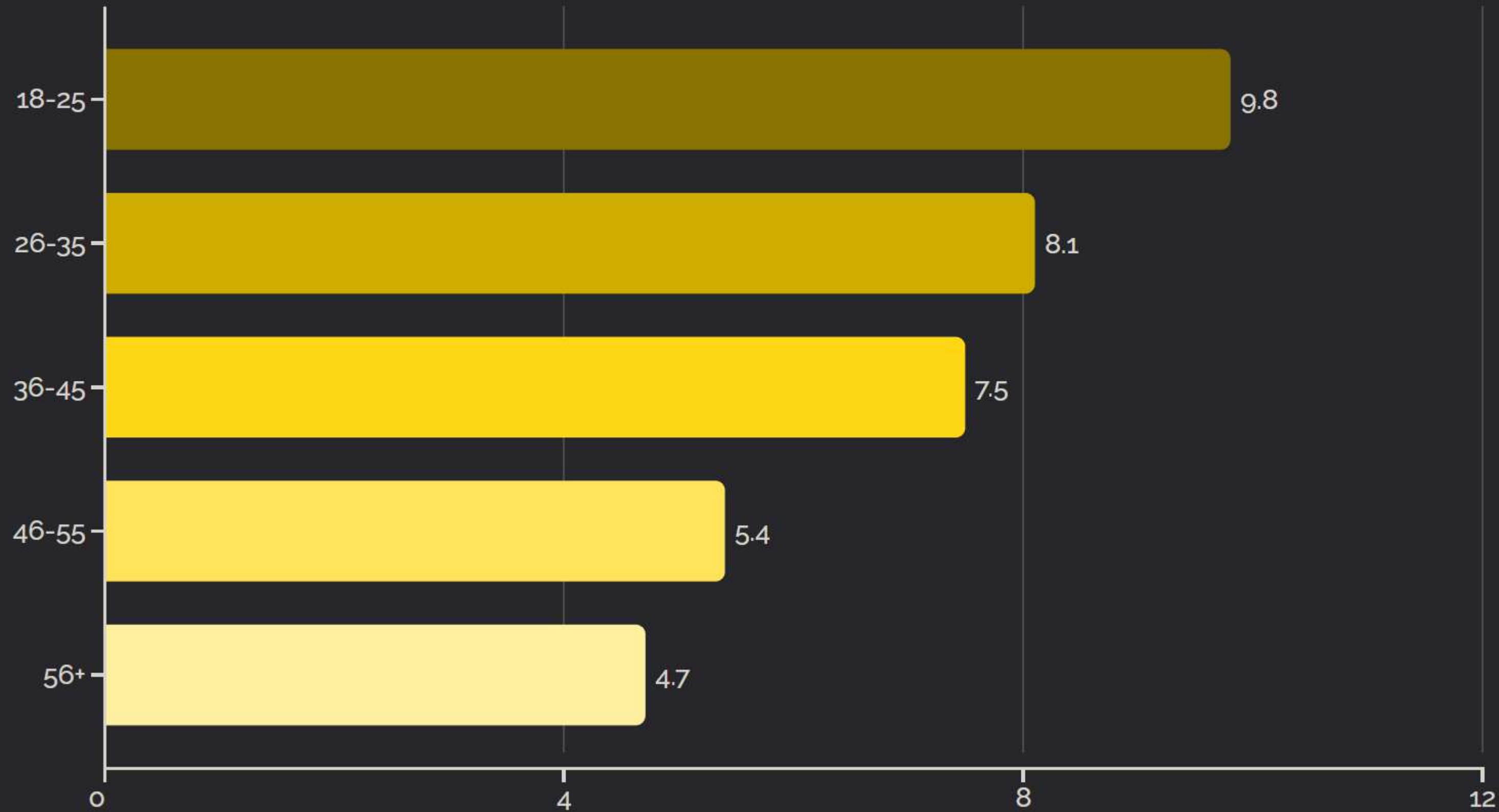


# AI for Detecting and Managing Personal Stress Level

Introducing Zenalyze, an innovative AI-powered platform designed to help individuals understand and manage their stress levels effectively.



# Does Stress Peak With Age?



# Overview of Key Features



Mood Rating



Journaling



Checklist Management



Sleep & Food Tracker



Stress relief games



Personal AI Chatbot

# Libraries Used

Pandas

Used for data manipulation and analysis.

Random

Used for generating random responses and content.

TextBlob

Used for natural language processing and sentiment analysis.

Googletrans

Used for language translation, enabling communication with users in multiple languages.



# Impact and Benefits of Zenalyze

1

Improved Stress Management

2

Enhanced Well-being

3

Increased Productivity

4

Greater Self-Awareness







# Research and References

## Stress Management Research

Drawing upon extensive research on stress management techniques, cognitive behavioral therapy, and mindfulness practices.

## AI in Mental Health

Leveraging advancements in AI and machine learning, particularly in the fields of natural language processing and emotion detection.

## User Experience Design

Designing a user-friendly interface based on principles of human-computer interaction and user-centered design.



# Conclusion

Zenalyze offers a comprehensive and innovative approach to stress management, empowering individuals to take control of their well-being and live healthier, more fulfilling lives.

