

## Mental Health Prediction Result

### Prediction: No Issues

Your mental health prediction is **No Issues**

Confidence: 99%

### Recommendations

1. Exercise on a daily basis and drink a lot of water.
2. Develop a meditation practice and yoga(deep breathing).
3. Take enough amount of sleep(atleast 7 hours a day).
4. Listning to good music everyday.
5. Eliminating alcohol and drug use,limiting caffeine.
6. Maintaining a healthy diet.
7. Taking out time for self care and practicing your hobbies.

For immediate assistance, contact a mental health professional.