

In this document you will find strategies to improve work-life balance based on our findings.

Our study, leveraging the prowess of XGBoost machine learning, has unearthed the key elements that influence work-life harmony. Here's a curated list of tips drawn from our findings to help working students navigate the tides of their bustling lives.

**Eat Your Veggies (and Fruits!):** Yes, the old advice stands. Grab an apple or munch on some carrots. It's not just good for your body, but also for keeping your life in check. Our data shows that an increase in fruits and vegetables correlates strongly with a harmonious life. This simple change could have a ripple effect on your physical health and mental clarity.

**Chill Out:** Got stress? Who doesn't, right? But here's the thing: less stress means a more awesome you. So take a minute to just breathe, hit the gym, or laugh it out with friends.

**Get Out There:** Explore new spots in town or take a day trip. It turns out that visiting new places can significantly boost your work-life score. Even a brief change of scenery can refresh the mind and broaden perspectives. Fresh views can mean a fresher you, and apparently, a happier life balance too.

**Be a Pal:** Being there for others not only enriches their lives but also enhances your own. Engaging in acts of support was a top predictor for a balanced life in our study.

**Your Squad Matters:** Nurturing close relationships is a cornerstone of well-being. A strong support network provides emotional sustenance and a sounding board for life's ups and downs.

**Small Wins Count:** Just aced a quiz or finally cleaned your room? Pat yourself on the back.

**Recognizing your achievements,** no matter how small, fosters a sense of progress and satisfaction.

**Share the Love:** Our findings emphasize the impact of generosity. Regular donations, be it time, resources, or skills, were linked with better life balance.

While each factor plays its part, the harmony of work and life is a symphony of individual actions, mindset, and choices. The students who participated in our survey and received predictions on their work-life balance were varied in their lifestyles, but the recommendations remain consistent.

Catch you on the balanced side!