ABSTRACT

The Employee Stress Management System is an advanced solution aimed at improving employee well-being and enhancing workplace productivity by monitoring and managing stress levels. This system uses data from employee login and logout times to identify patterns of overwork and potential stress, allowing HR managers to make informed decisions on workload distribution and recommend scheduled leaves to mitigate stress. Integrated with Power BI, the system provides real-time dashboards, offering clear visual insights into employee activities, workload trends, and overtime frequency. By leveraging data analytics, the system empowers HR teams to proactively address stress-related issues, ensuring a healthier work environment, reduced burnout, and sustained employee performance. This user-friendly platform not only enhances decision-making but also fosters a culture of care and support within organizations.

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