

PROJECT ON STRESS DETECTOR

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Problem Statement:

The rise of COVID has ensured that the employees of the service sector predominantly work from home. The home environment does not give a proper office work environment, and the office work culture takes a big hit on productivity, as well as the mental well-being of the person.

Suggest and implement means of ensuring a smoother and more stress free work from home.

Approach:

Stress Detection:

- The best way to know about ourselves is to keep track of ourselves, Our health depends on what we do, when we do, and how we do it.
- Now-a-days we encounter a lot of electronic products with sensors that constantly track us like GPS. Similarly, we can create an electronic device that constantly tracks our heartbeat and gives us information about the level of stress.
- Once it is found, we can use those values as an input for another control system like alarms.

Alarm System:

- We also need some notification when our stress level is high, we can set an alarm system when there is a high level of stress.
- When a user is given notification, they can take necessary self-relief acts like taking a break, listening to music, play, etc.

Limitations:

- This approach cannot prevent the stress of the user which is impossible, but it can avoid them being under stress for a certain time.

These technologies can help us only to a certain level, the best way to ensure smoother and stress-free work is to love what we do...