```python
import streamlit as st

from textblob import TextBlob


st.title("Stress Buster Bot     ")

st.write("Type how you are feeling and get instant stress level and suggestions!")


# User input

user_input = st.text_input("How are you feeling today?", "")


if user_input:

    # Sentiment analysis

    blob = TextBlob(user_input)

    polarity = blob.sentiment.polarity # -1 to 1


    # Determine stress level and suggestions

    if polarity < -0.3:

        stress_level = "High     "

        color = "red"

        suggestions = ["Meditation ", "Short Walk    ", "Listen to Music     "]

        progress_value = 100

    elif polarity < 0:

        stress_level = "Medium      "

        color = "yellow"

        suggestions = ["Short Walk    ", "Listen to Music      "]

        progress_value = 60

    else:

        stress_level = "Low      "

        color = "green"

        suggestions = ["Keep doing what you enjoy!"]

        progress_value = 20
```

```python
# Display stress level
st.markdown(f"**Detected Stress Level:** {stress_level}")


# Display color-coded progress bar
st.progress(progress_value)


# Display ranked suggestions
st.markdown("**Recommended Actions:** " + " > ".join(suggestions))
```