What This API Does?

✔ Users submit journal entries (e.g., "I feel stressed today.")

✔ API analyzes mood using Sentiment Analysis (Positive, Negative, Neutral)

✔ Stores mood history in SQLite

✔ Provides mood trends over time

✔ Suggests activities based on mood (e.g., "You seem stressed. Try meditation.")

Tech stack:

✅ FastAPI → Build the REST API

✅ spaCy/TextBlob → Sentiment Analysis (Detect mood from text)

✅ SQLite → Store journal entries & moods

✅ Pandas/Matplotlib → Analyze & visualize mood trends

✅ Docker (Optional) → Deploy the app