**Healthy Body**

1. **How does a healthy diet or healthy activity affect mental health and well-being? *Daniel***
   1. **Fruits and Vegetables, Daily Steps, BMI Range, Sleep Hours**

**Healthy Mind**

1. **How effective is meditation or mental health practices on well-being? *Jenna***
   1. **Flow, Weekly Meditation, Daily Shouting, Daily Stress, Time for Passion**

Expertise

1. How does learning new skills or achieving goals affect a person’s well-being? *Jenna*
   1. To-Do Completed, Personal Awards, Achievement, Sufficient Income

**Connection**

1. **How do daily interactions and visiting places affect mental health and well-being? Does it affect people differently based on age or gender? *Peter***
   1. **Places Visited, Social Network, Core Circle**

Meaning

1. How do compassion/generosity and “living your life dream” affect work life balance score?
   1. Lost Vacation, Supporting Others, Life Vision, Donation, Sufficient Income

**METRICS**

Daily Stress

Work-Life Balance

**GroupBy**

Age

Gender

<https://www.kaggle.com/datasets/ydalat/lifestyle-and-wellbeing-data>

<https://www.authentic-happiness.com/>