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
2. 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
3. How effective is meditation or mental health practices on well-being? *Jenna*
   1. Flow, Weekly Meditation, Daily Shouting
4. How does compassion and charitable giving affect mental health?
   1. Donation,
5. How does learning new skills or achieving goals affect a person’s well-being? *Jenna*
   1. To-Do Completed, Personal Awards, Live Vision, Achievement, Sufficient Income
6. How does lost vacation affect a person’s overall well-being?
   1. Lost Vacation

**METRICS**

Daily Stress

Work-Life Balance

**GroupBy**

Age

Gender

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

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