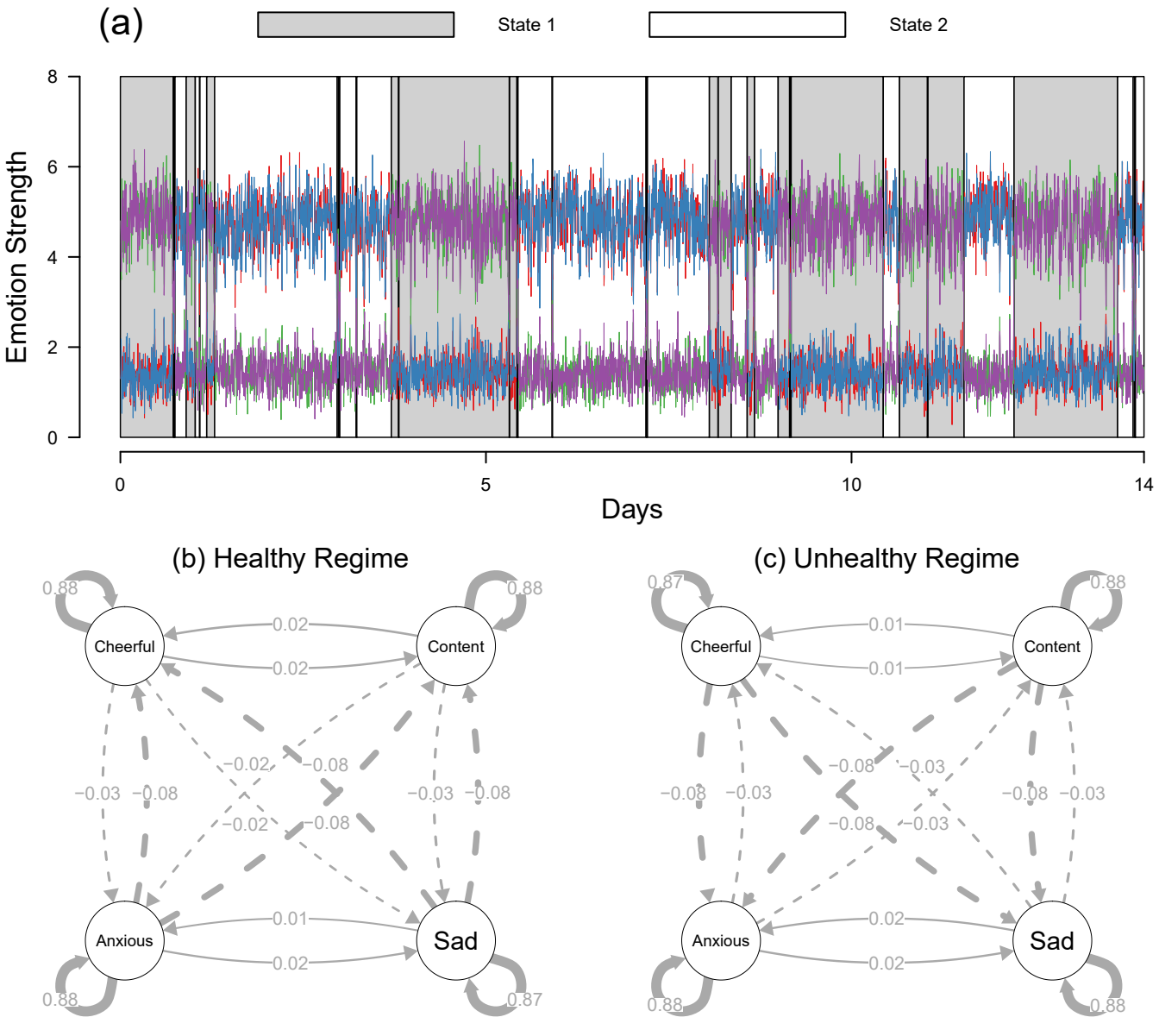
(a)
State 1
State 2
Emotion Strength
8
6
4
2
0
0
5
10
14
Days
(b) Healthy Regime
0.88
0.88
Cheerful
Content
0.02
0.02
−0.02
−0.08
−0.03
−0.08
−0.03
−0.08
−0.02
−0.08
Anxious
Sad
0.01
0.02
0.88
0.87
(c) Unhealthy Regime
0.87
0.88
Cheerful
Content
0.01
0.01
−0.08
−0.03
−0.08
−0.03
−0.08
−0.03
−0.08
−0.03
Anxious
Sad
0.02
0.02
0.88
0.88