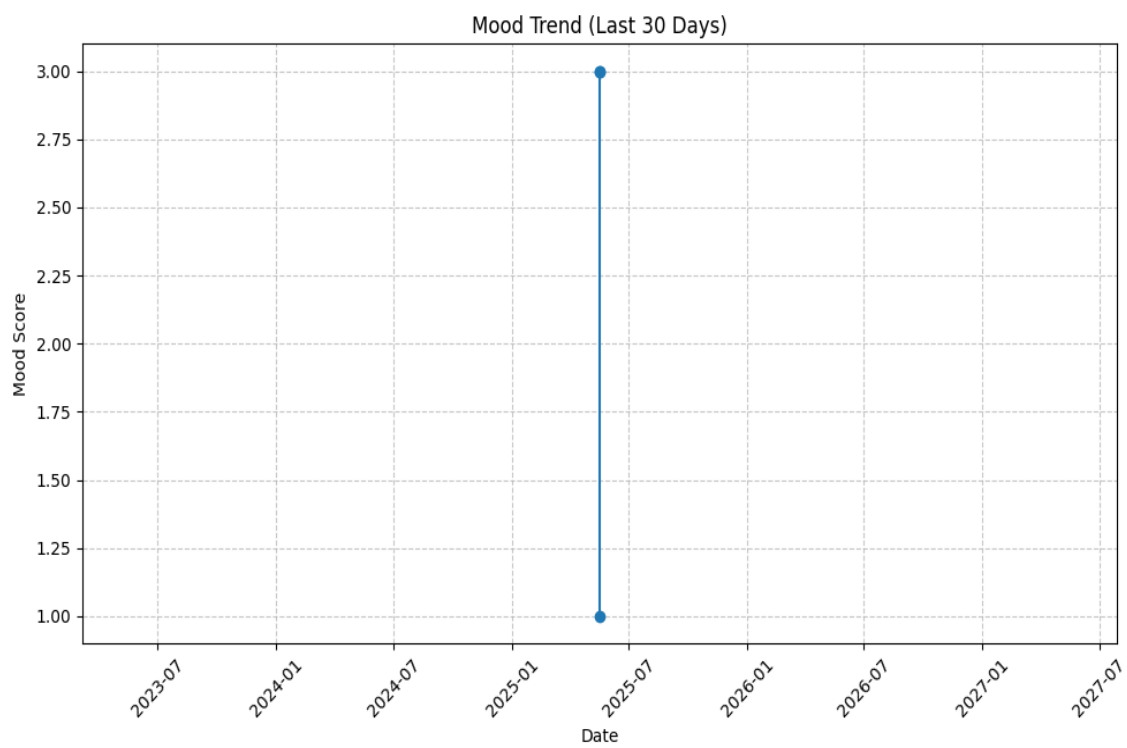


Mental Health Report for Michal Jacek

Generated on May 17, 2025

Mood Analysis

- Average mood score: 2.33 / 10
- Number of mood entries: 3
- Average conversation sentiment: 0.00

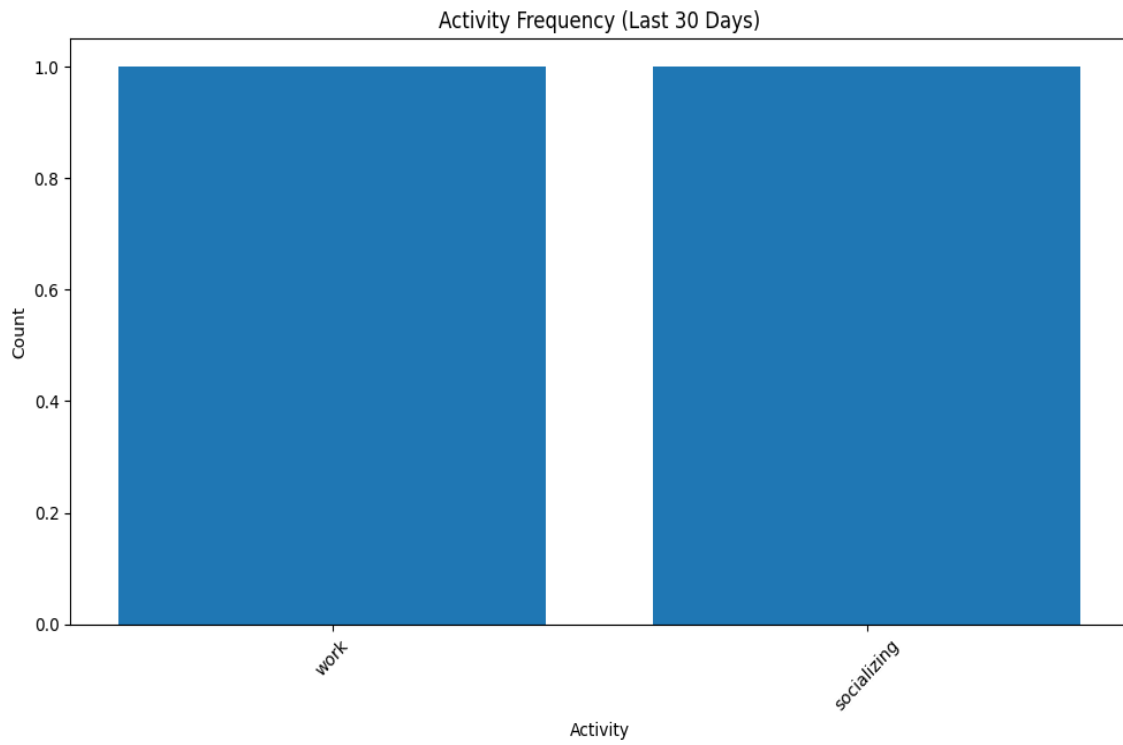


Daily Surveys Analysis

Total surveys completed: 1

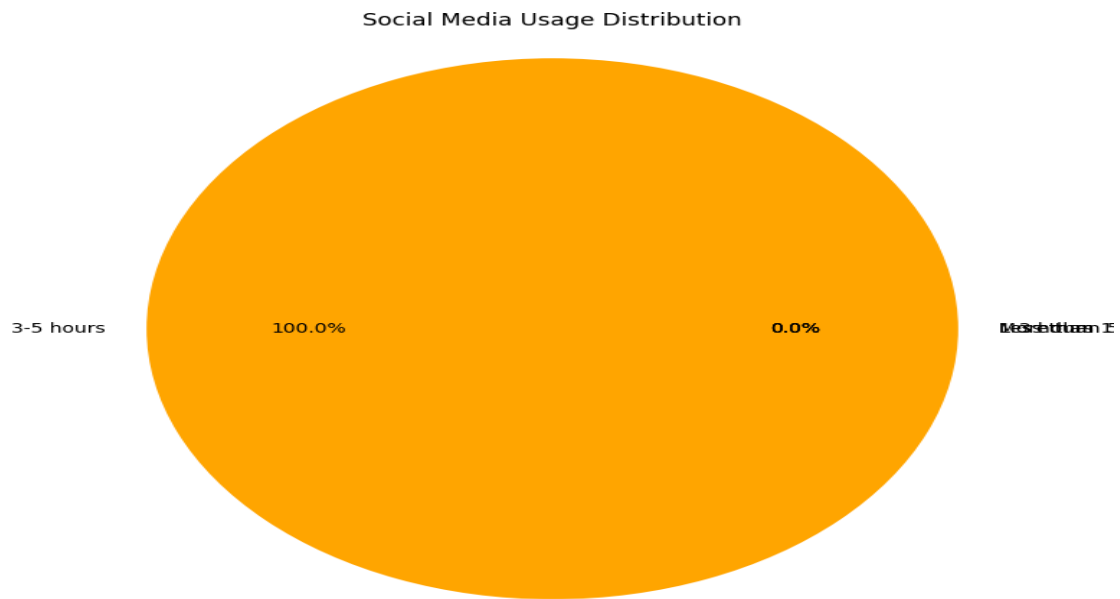
Most Frequent Activities:

- Work/Study: 1 times
- Socializing: 1 times



Social Media Usage

- 3-5 hours: 1 days (100.0%)



Insights and Recommendations

- Consider increasing activities that boost your mood
- Consider reducing social media usage for better mental well-being