Mental Health Report for Michal Jacek

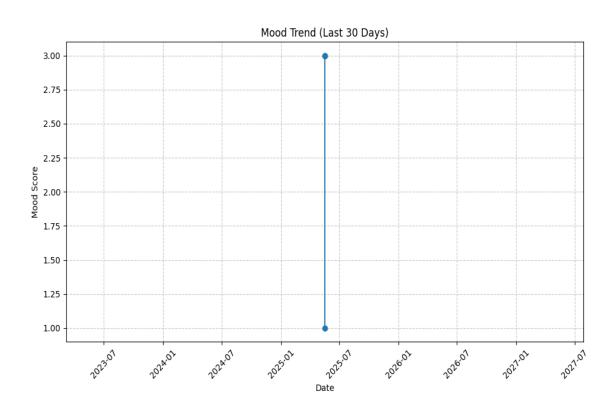
Generated on May 17, 2025

Mood Analysis

• Average mood score: 2.33 / 10

• Number of mood entries: 3

• Average conversation sentiment: 0.00



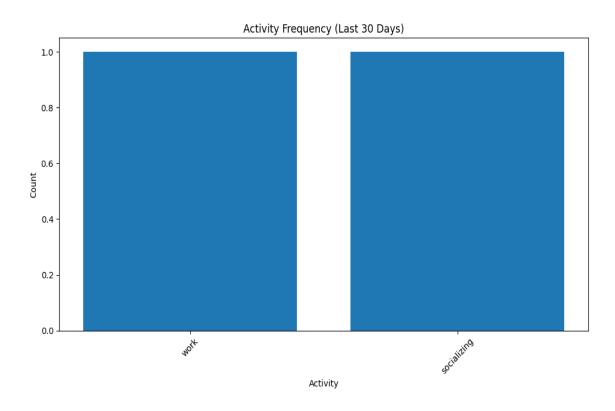
Daily Surveys Analysis

Total surveys completed: 1

Most Frequent Activities:

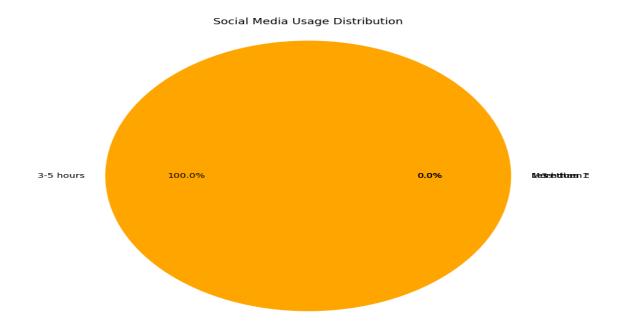
• Work/Study: 1 times

• 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