



Stress?

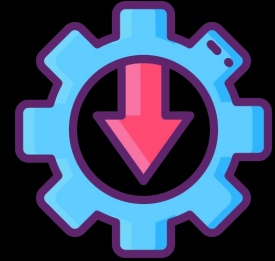
Problem Statement



Increasing stress
over the years



Low motivation and
increased ill-health



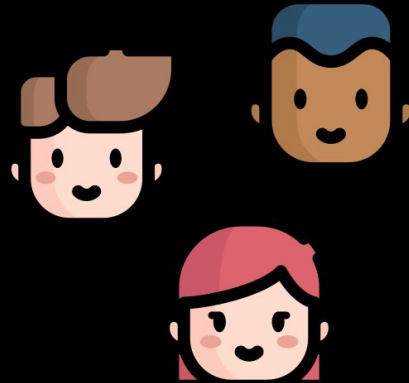
Productivity decreases

Goal: Determine if one has **low or high stress** levels based
on their lifestyle habits and social connections

Stakeholders



Companies

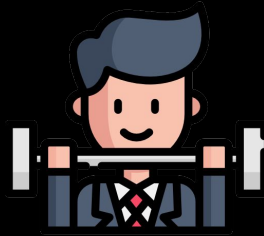


Us



Data

Background



Healthy Body



Healthy Mind



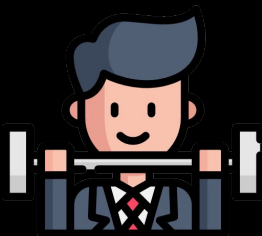
Expertise



Meaning



Connection



FRUITS VEGGIES
DAILY STEPS
SLEEP HOURS
BMI RANGE



ACHIEVEMENT
PERSONAL AWARDS
TODO COMPLETED



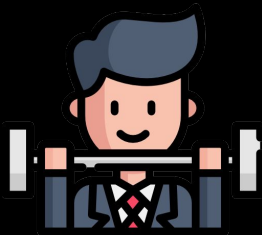
DAILY STRESS
DAILY SHOUTING
FLOW
WEEKLY MEDITATION



DONATION
LIVE VISION
LOST VACATION
SUFFICIENT INCOME
TIME FOR PASSION



CORE CIRCLE
SUPPORTING OTHERS
SOCIAL NETWORK
PLACES VISITED



FRUITS VEGGIES
DAILY STEPS
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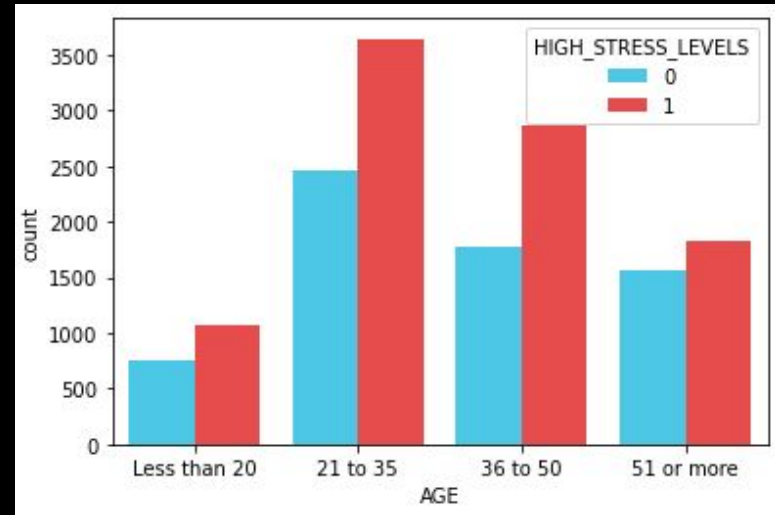
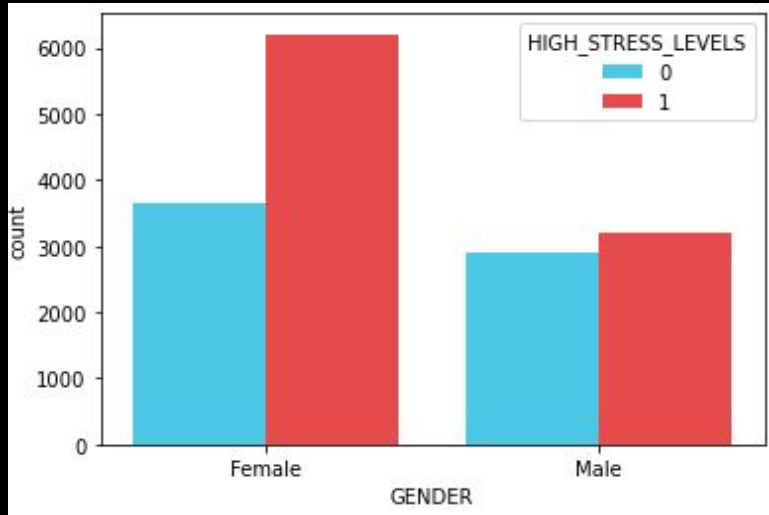


CORE CIRCLE
SUPPORTING OTHERS
SOCIAL NETWORK
PLACES VISITED



Low (0 to 2): 41% High (3 to 5): 59%

Demographics



Connects frequently



Meditates frequently

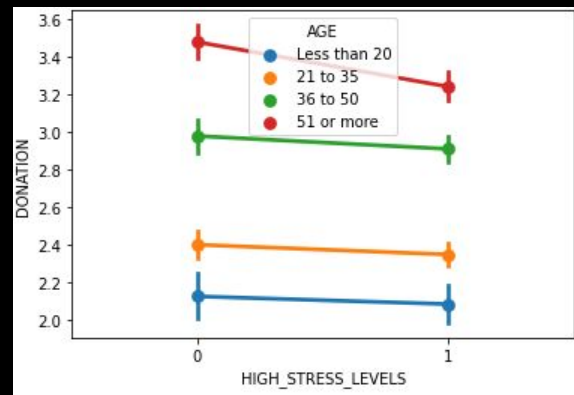
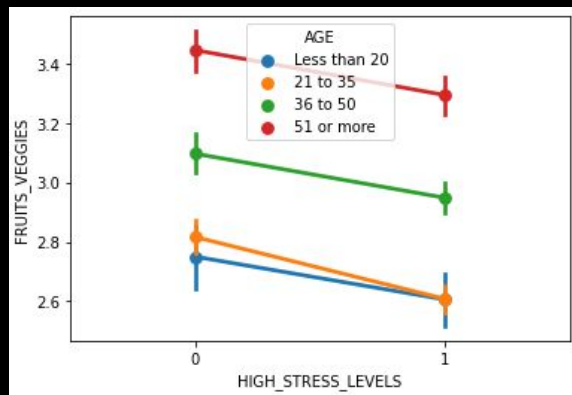
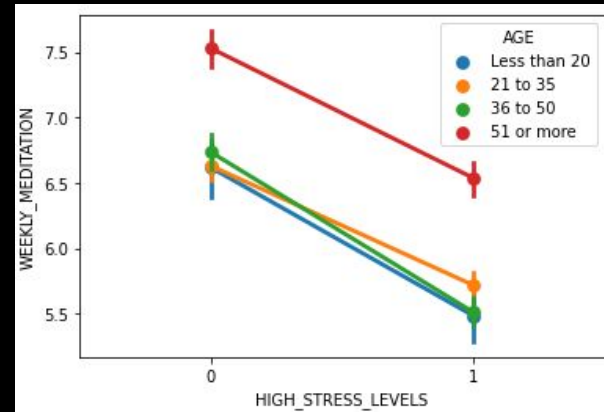
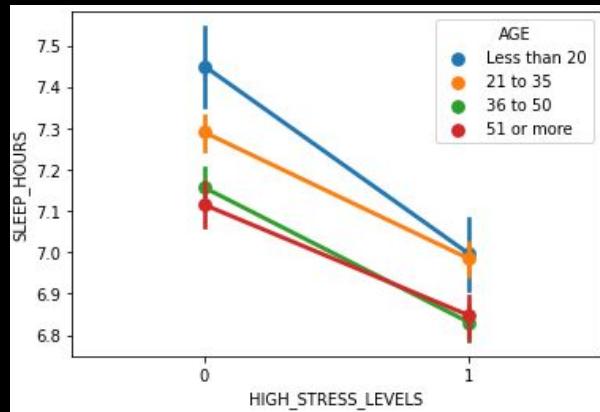
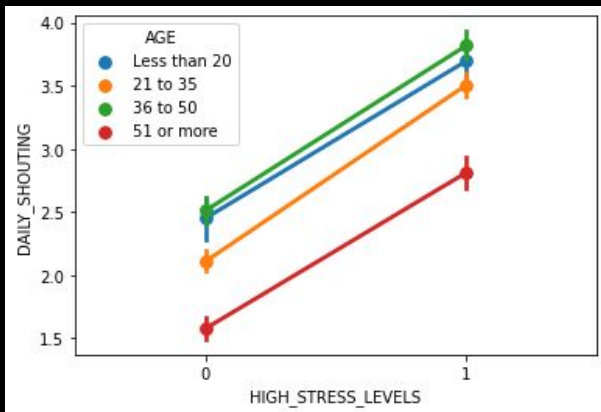


Seldom have lost vacations

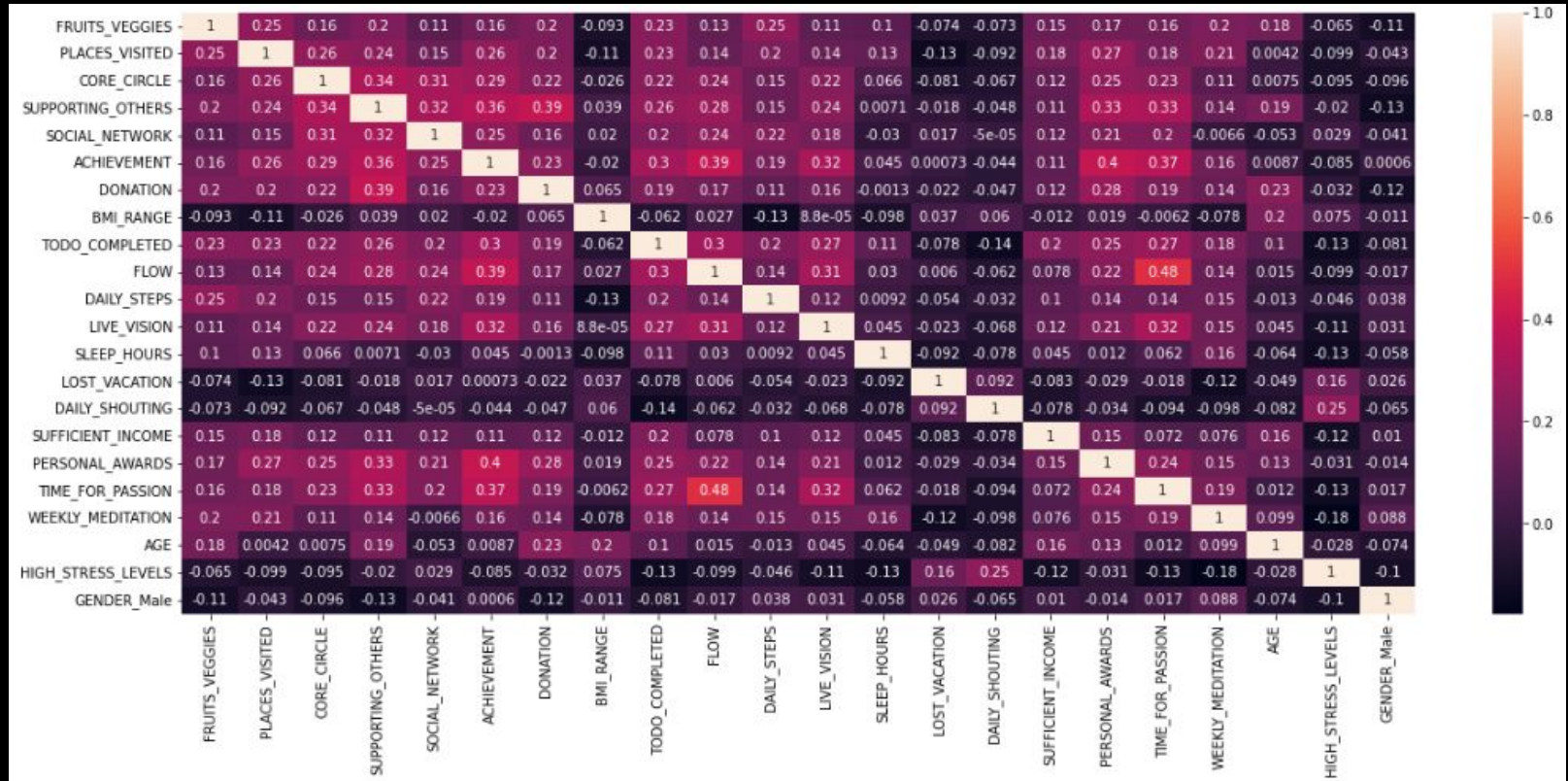


Satisfied with income

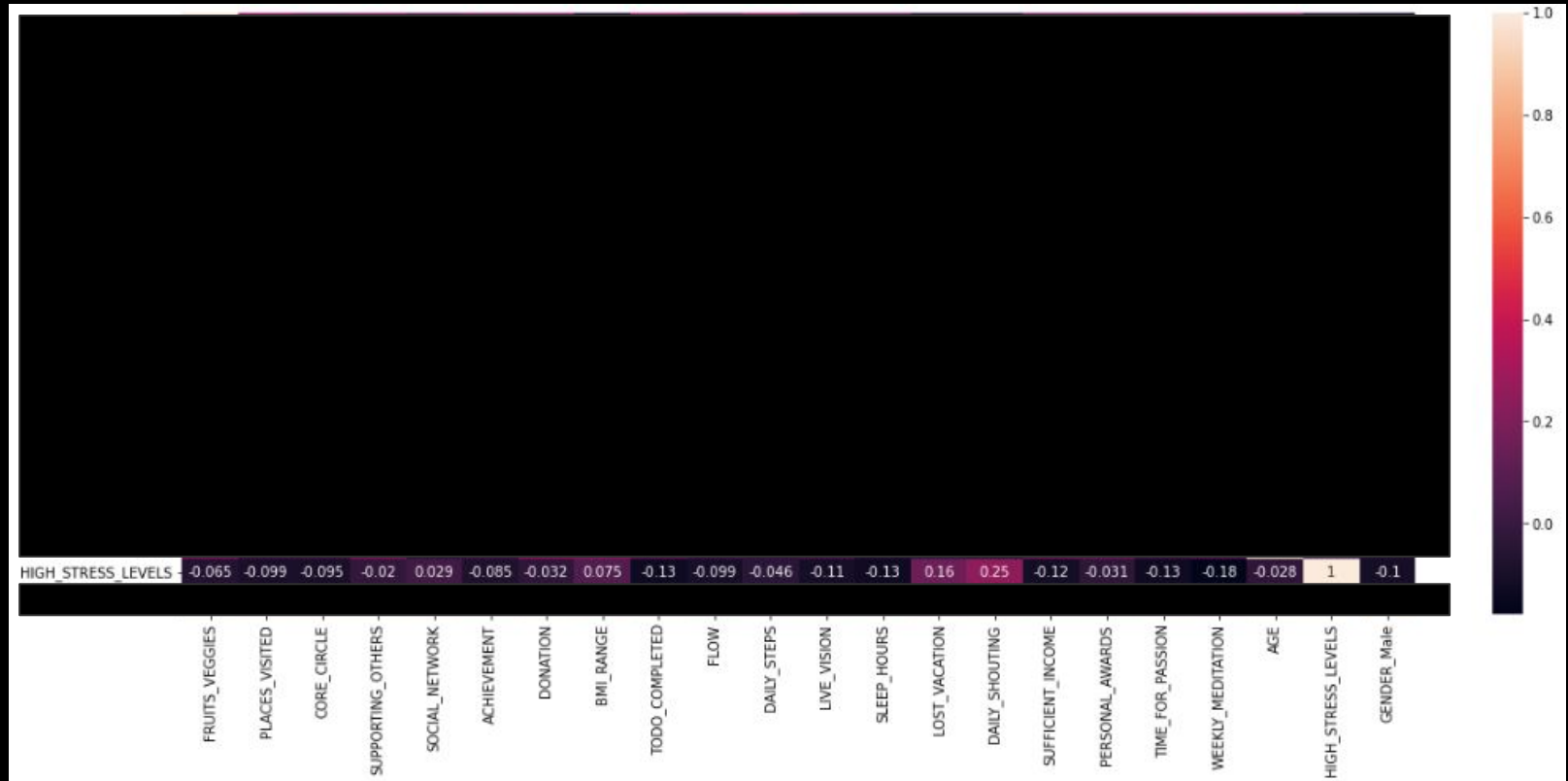
Data Insights

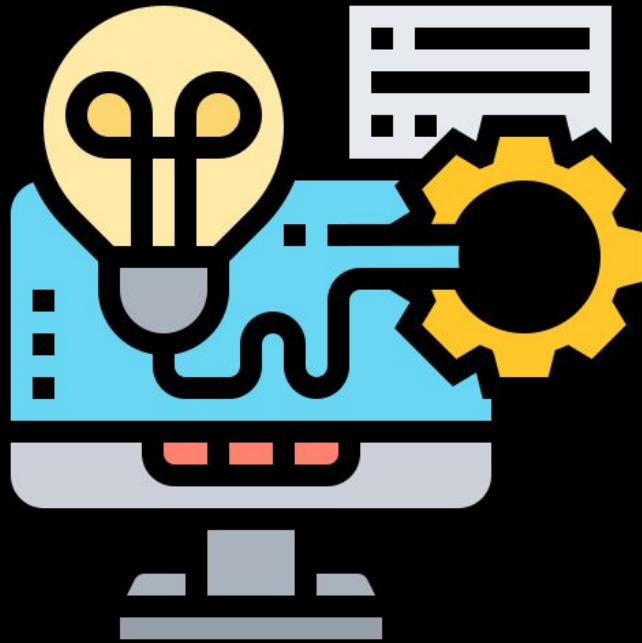


Correlation Heatmap



Correlation Heatmap





Modelling

Process

Baseline Model:

| | |
|----------|------|
| Accuracy | 0.59 |
| F1 score | 0.74 |

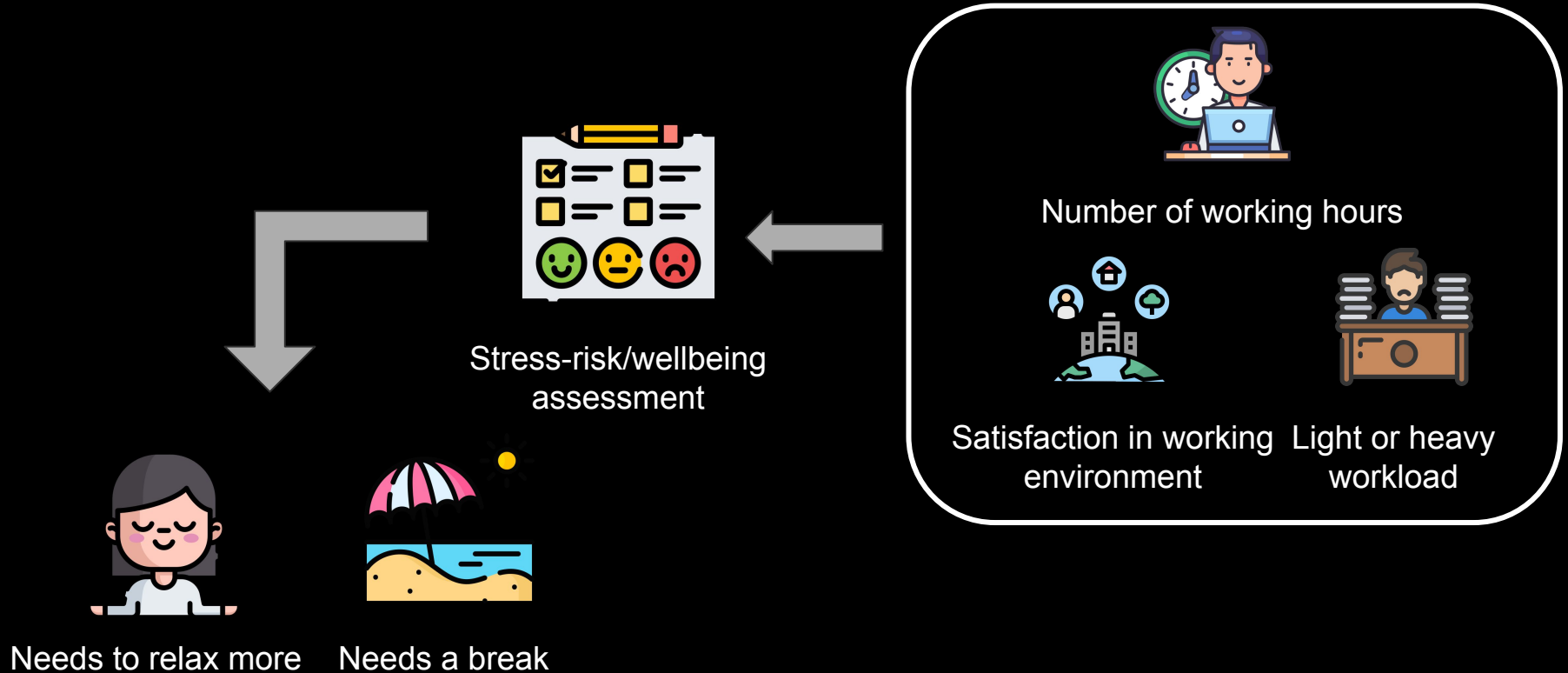
| | F1 | Precision | Recall | ROC AUC |
|---------------------|------|-----------|--------|---------|
| KNN | 0.74 | 0.70 | 0.79 | 0.72 |
| Logistic Regression | 0.75 | 0.68 | 0.83 | 0.72 |

Optimal model:
Logistic Regression

Accuracy: 0.67

| Threshold | Precision | Recall |
|-----------|-----------|--------|
| 0.5 | 0.68 | 0.82 |
| 0.4 | 0.63 | 0.95 |

Recommendations



**THANK
YOU!**

