



Stress?

# Problem Statement



Increasing stress  
over the years



Low motivation and  
increased ill-health



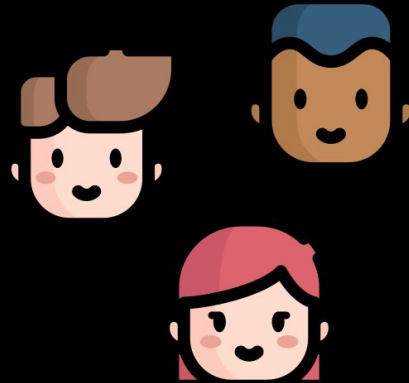
Productivity decreases

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

# Stakeholders



Companies

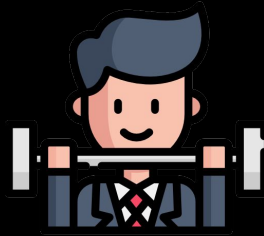


Us



Data

# Background



Healthy Body



Healthy Mind



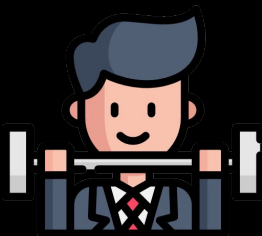
Expertise



Connection



Meaning



FRUITS VEGGIES  
DAILY STEPS  
SLEEP HOURS  
BMI RANGE



ACHIEVEMENT  
PERSONAL AWARDS  
TODO COMPLETED



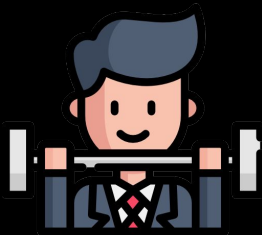
DAILY STRESS  
DAILY SHOUTING  
FLOW  
WEEKLY MEDITATION



DONATION  
LIVE VISION  
LOST VACATION  
SUFFICIENT INCOME  
TIME FOR PASSION



CORE CIRCLE  
SUPPORTING OTHERS  
SOCIAL NETWORK  
PLACES VISITED



FRUITS VEGGIES  
DAILY STEPS  
SLEEP HOURS  
BMI RANGE



ACHIEVEMENT  
PERSONAL AWARDS  
TODO COMPLETED



**DAILY STRESS**  
DAILY SHOUTING  
FLOW  
WEEKLY MEDITATION



DONATION  
LIVE VISION  
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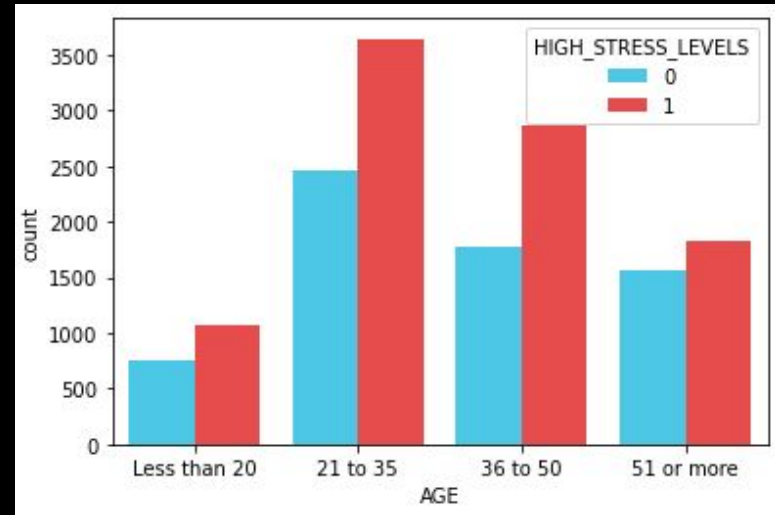
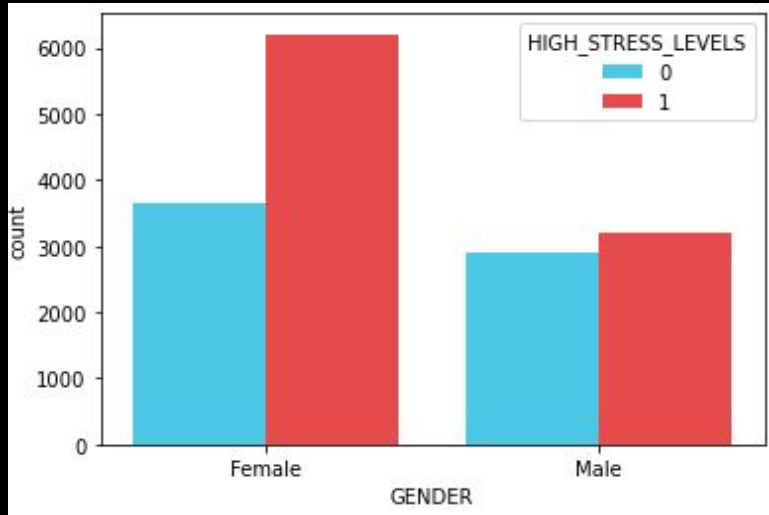


CORE CIRCLE  
SUPPORTING OTHERS  
SOCIAL NETWORK  
PLACES VISITED



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

# Demographics



Connects frequently



Meditates frequently



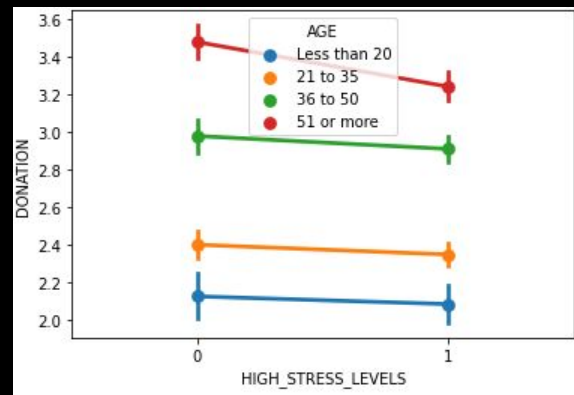
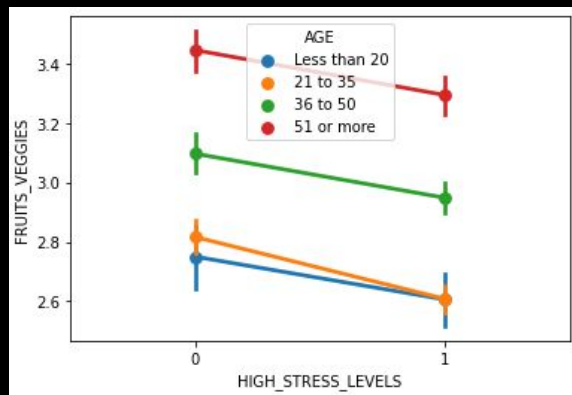
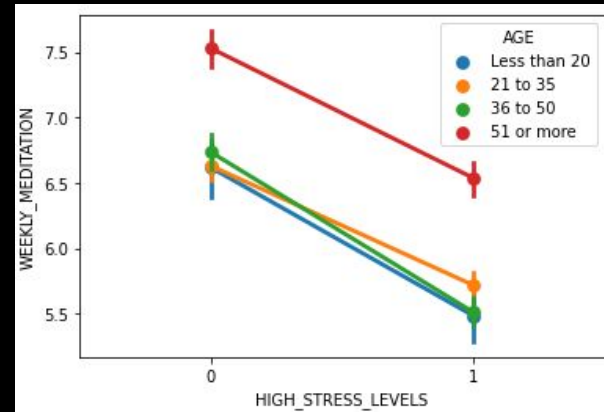
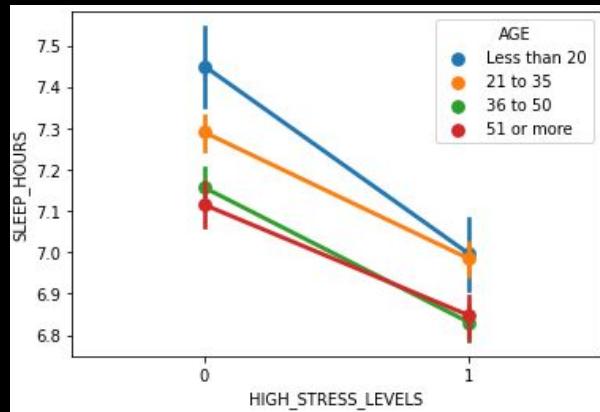
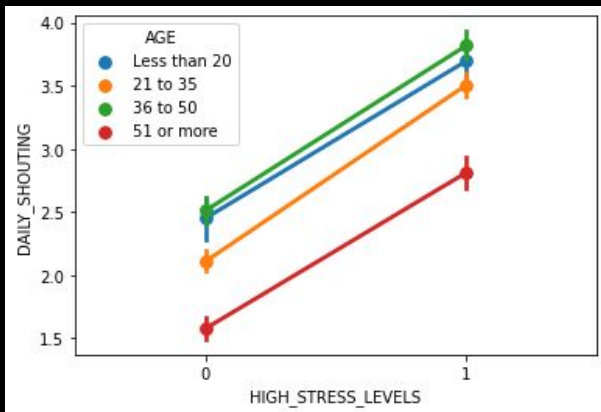
Seldom have lost vacations



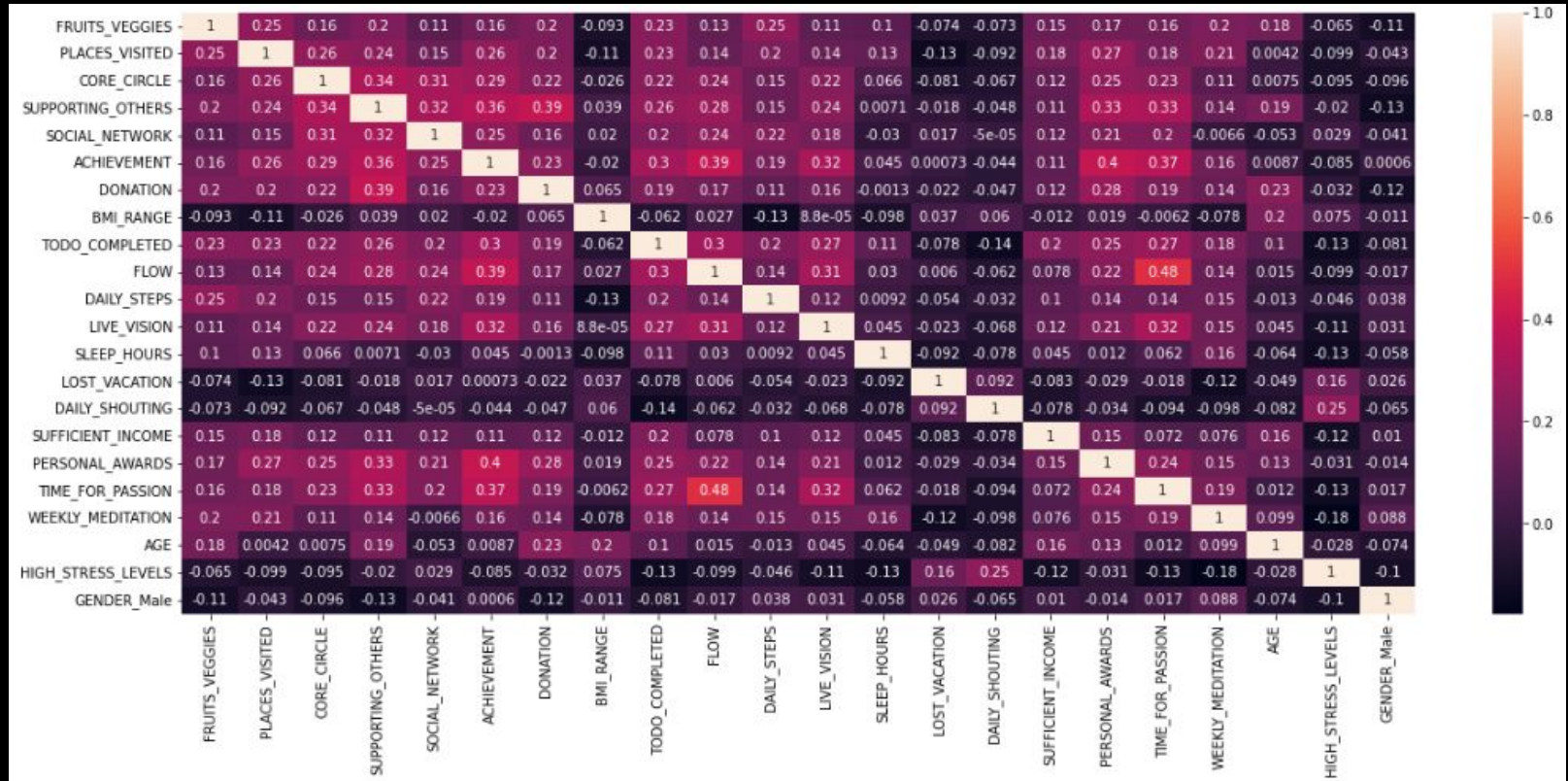
Satisfied with income



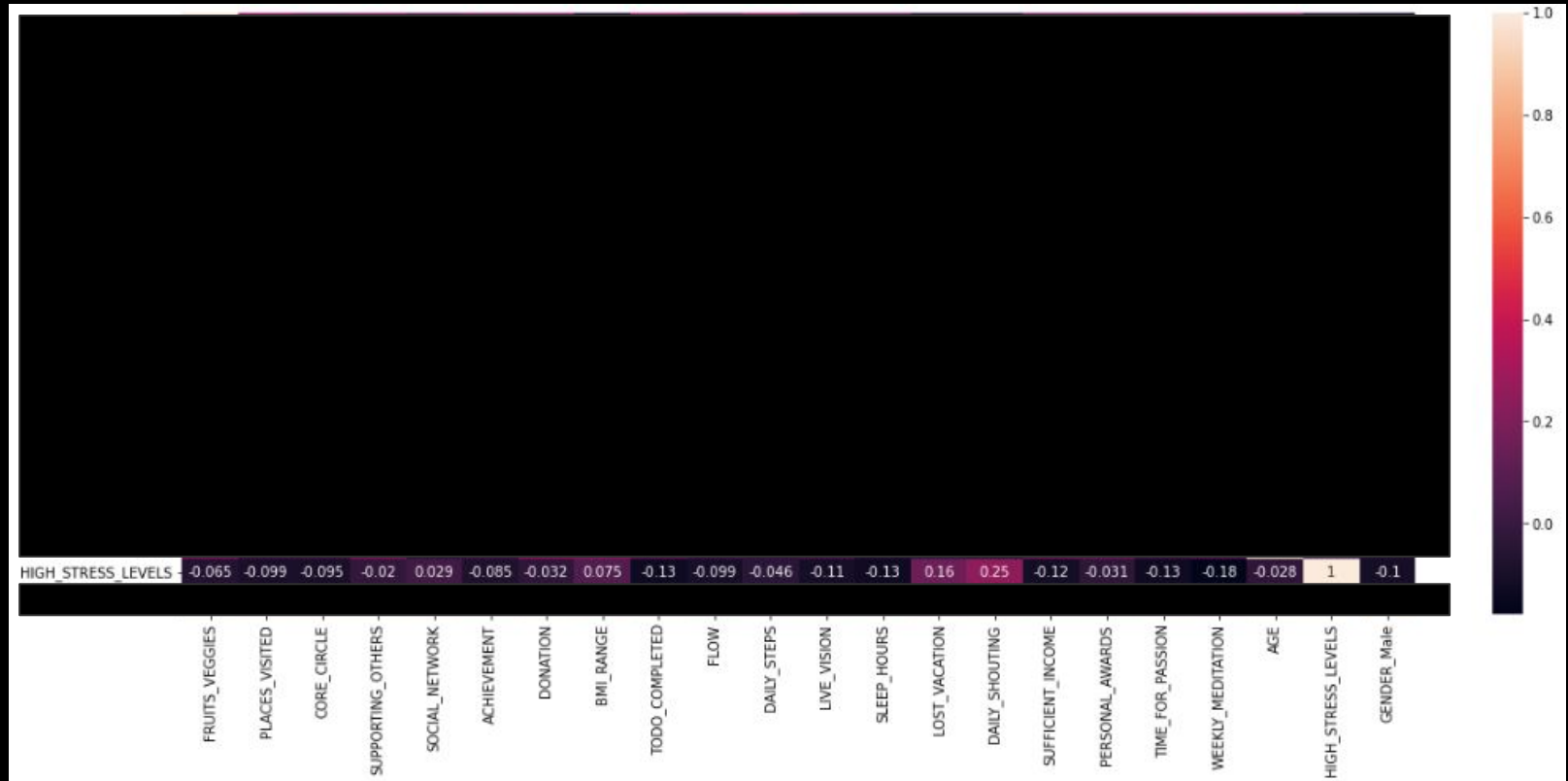
# Data Insights

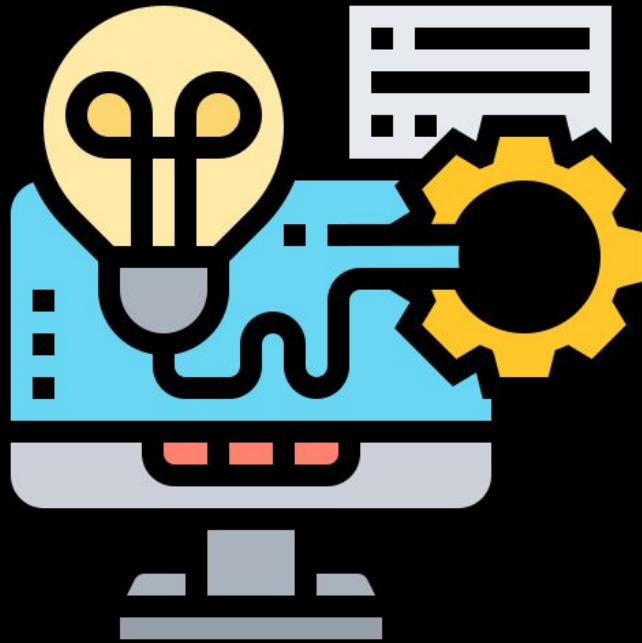


# Correlation Heatmap



# Correlation Heatmap





Modelling

# Process

Baseline Model:

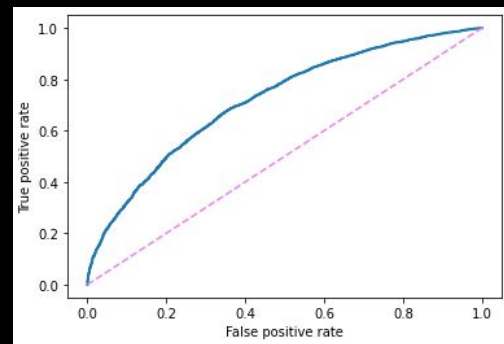
Accuracy	0.59
F1 score	0.74

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

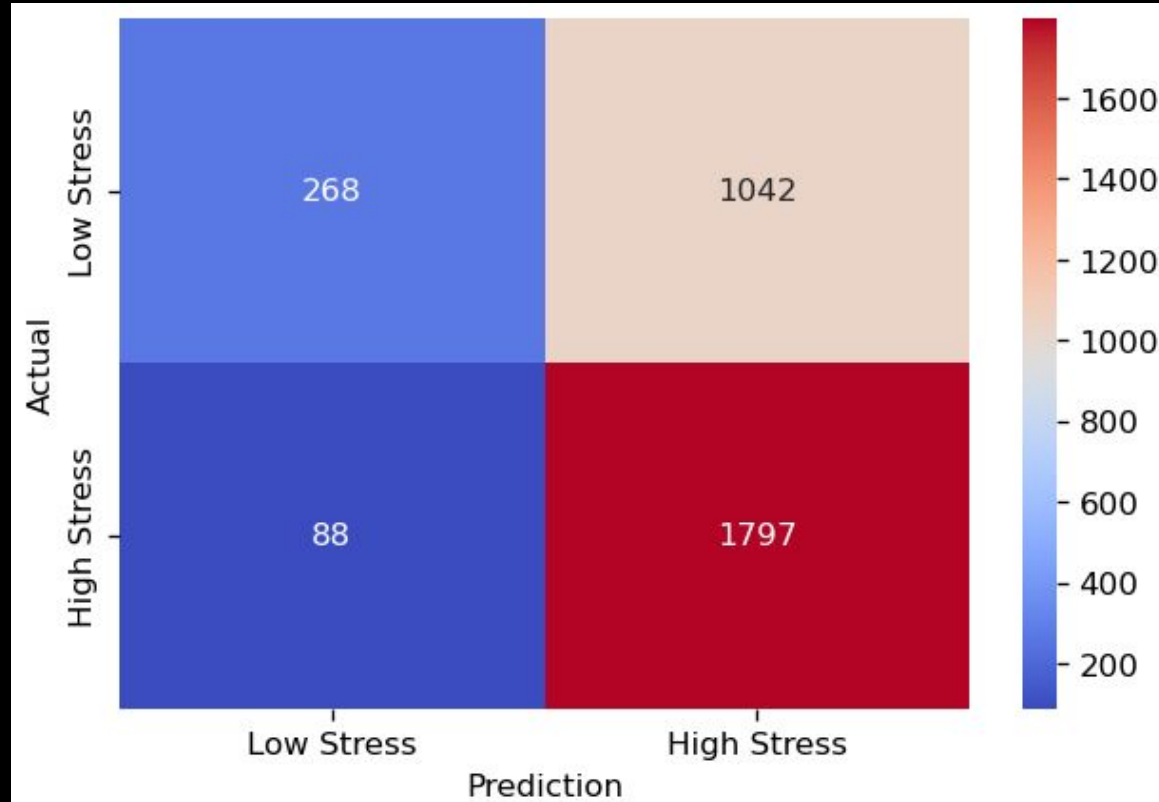
Optimal model:  
Logistic Regression

Accuracy: 0.67

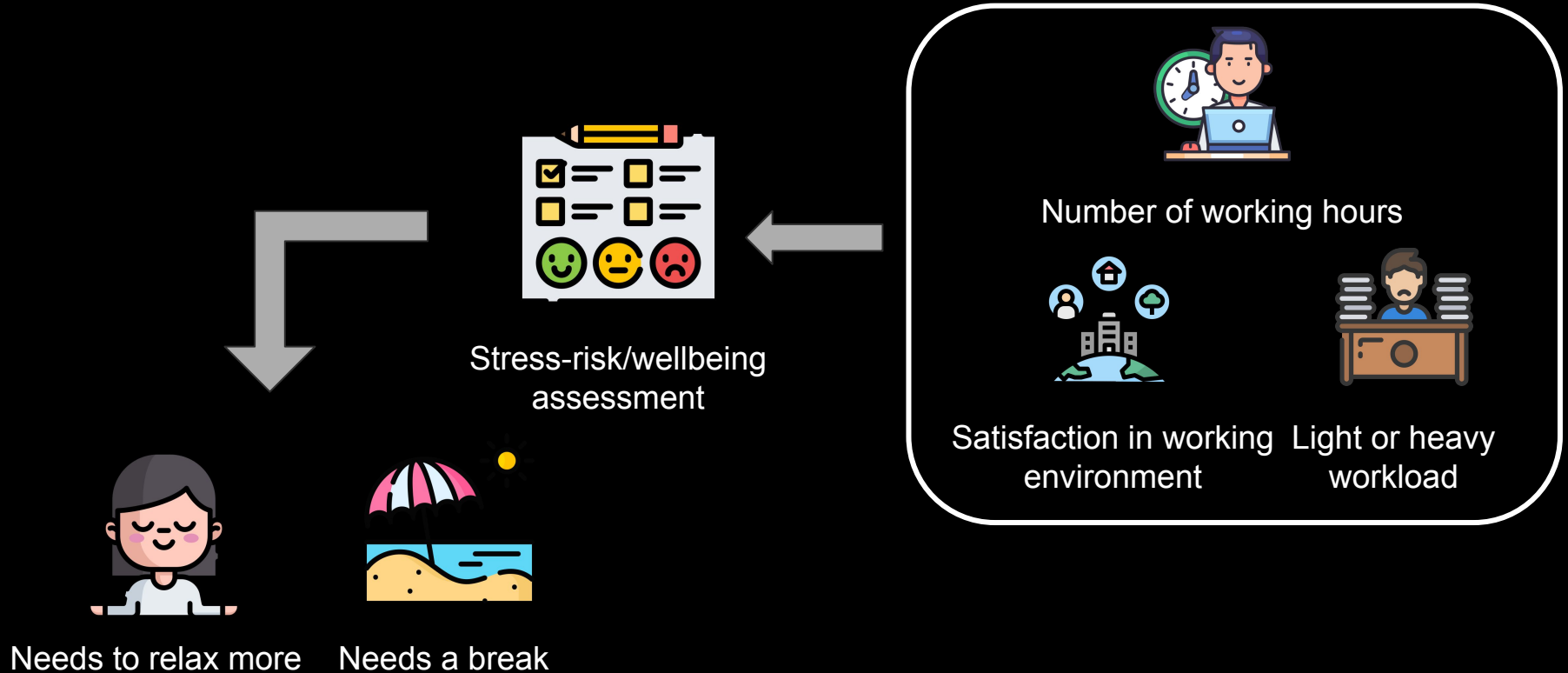
Threshold	Precision	Recall
0.5	0.68	0.82
0.4	0.63	0.95



# Confusion Matrix



# Recommendations



**THANK  
YOU!**

