

Deep Desai



Age
25 to 34 years

Industry
Health Care

Deep Desai stress management techniques right now

- 1) Listens to music
- 2) Talks to family

Deep Desai is a graduate student at Carnegie Mellon University

Deep Desai did not anticipate the amount of stress he would feel at CMU. He thought his masters would be the best time of his life but he finds no time to sleep and feels stressed all the time. He could use bio-metric data to identify when he feels stressed and enforce various interventions and see if any of those interventions work for him until he feels an improvement in his stress levels.

Main challenges

- Managing assignments, readings, tests and projects
- Career development
- Job search and networking
- No stress-relieving activities
- No work life balance
- Adjusting to a new country
- Lack of sleep