

# AI Stress Analysis Report

## Personal Information

Name:	rdx
Email:	rdx@gmail.com
Work Type:	office
Working Hours:	8.0 hours/day
Mobile Usage:	4.0 hours/day

## Stress Analysis Summary

Overall Stress Score:	59.9/100
Stress Level:	Medium
Trend:	Stable
Report Date:	2026-01-04 14:05

## Recommended Activities

- ■ Take short walks during lunch breaks
- ■ Listen to calming music during work
- ■ Spend time in nature on weekends
- ■ Pursue a hobby you enjoy for 1-2 hours weekly
- ■ Have regular coffee/tea breaks with colleagues

## Workout Plan

- ■ Moderate cardio (30 minutes, 3-4 times/week)
- ■ Yoga or Pilates (2-3 times/week)
- ■ Strength training (2-3 times/week)
- ■ Daily walks (15-20 minutes)

## Meditation & Mindfulness

- ■ Daily meditation practice (10 minutes)
- ■ Guided breathing exercises (5 minutes, 2 times/day)
- ■ Morning mindfulness (5 minutes)
- ■ Use meditation apps for consistency

## Nutrition Guidelines

- ■ Balanced diet with plenty of vegetables
- ■ Include omega-3 sources weekly
- ■ Stay well hydrated (8 glasses/day)
- ■ Moderate caffeine intake
- ■ Healthy snacks (fruits, nuts)

## Medical Recommendations

- ■ Schedule routine health checkup within 1-2 months
- ■ Discuss stress levels with your doctor during next visit
- ■ Monitor blood pressure regularly
- ■ Track sleep quality and discuss if issues persist

*This report is generated by AI and should not replace professional medical advice. Please consult healthcare professionals for personalized guidance.*