

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.