

**Ideation Phase**  
**Empathize & Discover**

Date	18 October 2023
Team ID	Team-593201
Project Name	Predicting Mental Health Illness Of Working Professionals Using Machine Learning
Maximum Marks	4 Marks

**Empathy Map Canvas:**

In the realm of mental health, understanding the experiences of individuals is crucial for providing effective support. Empathy maps, traditionally used in design thinking, can be a powerful tool to comprehend the emotions, thoughts, and behaviors of working professionals dealing with mental health challenges.

- **Say/Do:** In the workplace, what do professionals dealing with mental health issues express or communicate? They may not openly disclose their struggles, but subtle cues in their language or actions can offer insights.
- **Think/Feel:** Explore the inner thoughts and emotions of these individuals. Are they feeling overwhelmed by workload, battling imposter syndrome, or facing stigma? Understanding the cognitive and emotional aspects is key.
- **See:** What is the working professional exposed to? Consider the work environment, interpersonal dynamics, and external factors that might contribute to their mental health challenges. Machine learning algorithms could analyze patterns in workplace data to identify potential stressors.
- **Hear:** What are the professionals hearing from their colleagues, supervisors, or even their own inner dialogue? Machine learning sentiment analysis could be employed to gauge the positivity or negativity in workplace communication.
- **Pain Points:** Identify the specific challenges and obstacles that these individuals face. Whether it's unrealistic deadlines, lack of support, or a fear of judgment, recognizing these pain points is essential for targeted interventions.

## Empathy Map:

