

SMART DIARY: Autonomous System for Daily Diary Creation and Prioritization of Daily Activities for Improved Well-Being Using Neural Networks and Machine Learning

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Abstract

In the present world, the IT (Information Technology) industry is so advanced, that it has opened many opportunities to community with numerous roles. Even though the industry is growing day by day and providing more opportunities, it has caused serious effects on human well-being. If a person fails to control the demands of work or study, such as tasks with higher complexity, unmanageable workload, pressure, enduring conflicts within the team, and other physical and emotional demands, it could lead that person to exhaustion, anxiety, and stress. Such factors can affect the health of a person detrimentally. The proposed topic Smart Diary: Auto generation of diary and prioritization of daily activities for improved well-being is a solution for people with uncontrolled job demands with busy work schedules. This helps to keep track of daily chorus and review it to make better plans for the future. It also helps the user to prioritize their daily tasks and provides suggestions for people who are stressed and showcasing negative emotions based on text analysis.

Keywords

Smart Diary, Well-Being, NLP, Daily Routine, Emotion Detection