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ABSTRACT

This project presents a real-time stress detection and management system that aims to promote mental wellness.

Existing research in stress detection often relies on isolated physiological signals or facial analysis. However, the combination of both has shown potential for more reliable results.

Our system integrates facial emotion detection using Convolutional Neural Networks (CNNs) with Electrodermal Activity (EDA) sensors, interfaced through an ESP32. The data is sent to Firebase and visualized via a React-based web application offering remedies like music and relaxation exercises.

The results confirm improved stress identification through multimodal input.

Future work includes wearable integration and expanded therapeutic interventions.