**For High Stress / Negative Sentiment:**

* **Example 1:**  
  "I'm feeling overwhelmed with work. My to-do list is never-ending and I just can't catch up."
* **Example 2:**  
  "I'm extremely stressed and anxious. Everything feels like too much and I'm really depressed."
* **Example 3:**  
  "I feel so alone and isolated. There's no one I can talk to about my problems."

These inputs should trigger a "High" stress level response from the sentiment analysis and provide suggestions like taking a short break, meditation, or breaking your tasks into smaller, manageable steps.

**For Low Stress / Positive Sentiment:**

* **Example 1:**  
  "I'm feeling calm and relaxed today. I managed my work well and took a few breaks."
* **Example 2:**  
  "I feel happy and content. My workload is under control, and I had a refreshing meditation session."

These inputs should result in a "Low" stress level response, with recommendations to continue your balanced routine and periodic mindfulness checks.