**INTRODUCTION**

Work and life are two major domains of our lives from which most people get satisfaction and that is why it is difficult for them to strike a balance between them. This can often lead to stress, which is one of the most significant aspects of our lives. Behind the curtain of economic globalization, the existentialism of millions of people is being exposed. It requires mental and emotional effort, and the pressure of lifestyle demands, large proportions of people are suffering from symptoms of stress and anxiety. If the people of a nation are stressed, then the productivity level of the country is also affected. The symptoms of mental disorders like anxiety and depression are not limited to the individual worker, but also affect the worker’s family, and the society as a whole.

Workplace can function as a source by exposing a person to a variety of external and internal stressors and the individual may be required to work overtime. It is desirable to be aware of how to get rid of any potential problem that might arise in the workplace and the study of stress is an important part of mental health.

**DATA**

**MODEL**

![Diagram of the model](image)

**RESULTS**

1. Test Accuracy using (X, Y, Z) = (80.6, 80.6, 80.6) - 90%
2. New fine-tuned model is used to interpret the 5 outputs of predicted emotions and changes in plotted accordingly.
3. Further experiments with running the model are detailed in the project report.

**RELATIONED WORK AND REFERENCES**

There is some ongoing research in the area of using intelligent algorithms for mental health. But the given paper is the only attempt to provide a solution to this problem. There are so many researches and breakthroughs in the field of mental health.

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