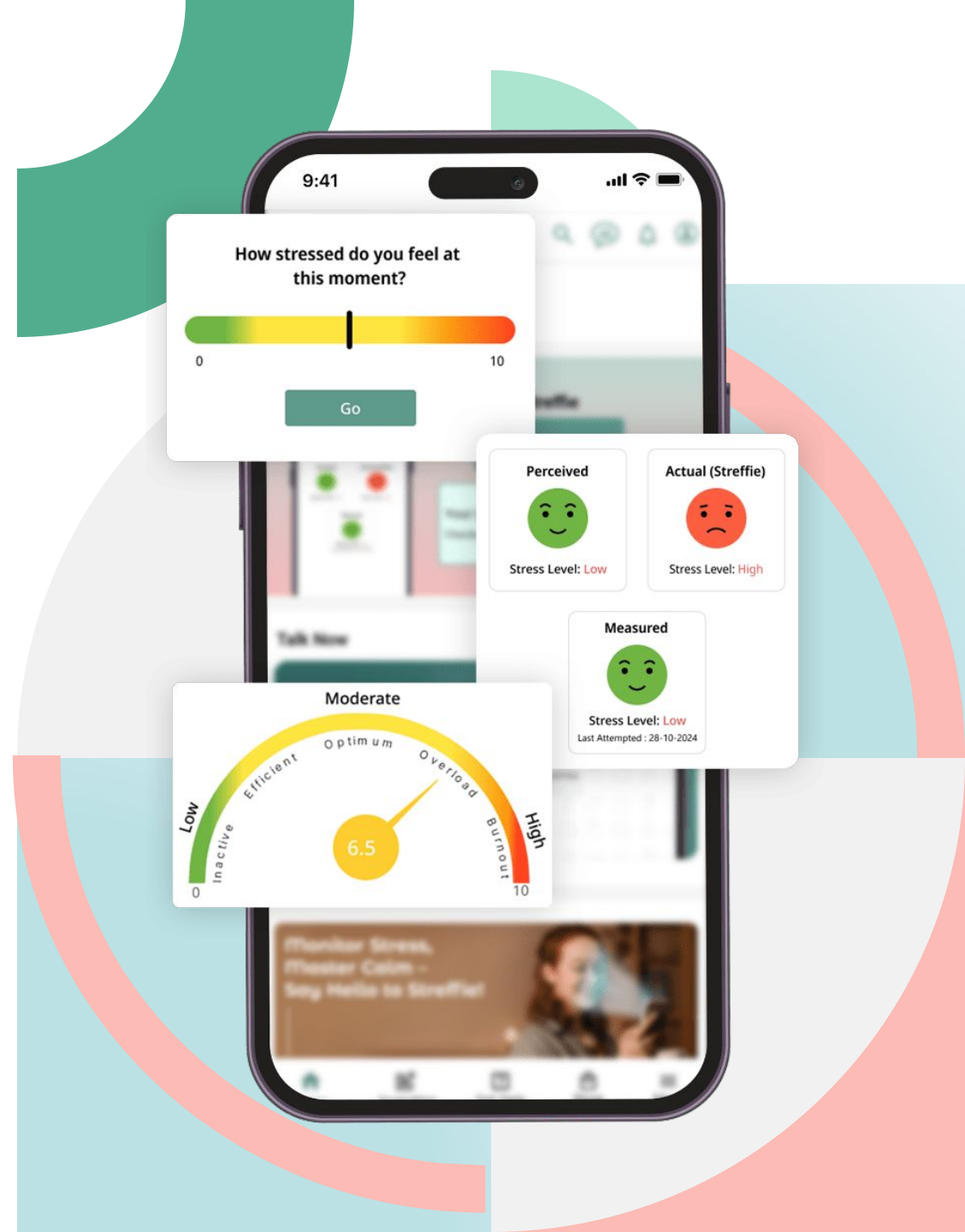




# SOLH WELLNESS

## At Indraprastha Institute of Information Technology Delhi :

### STREFFIE – STRESS MONITOR



# INTRODUCTION

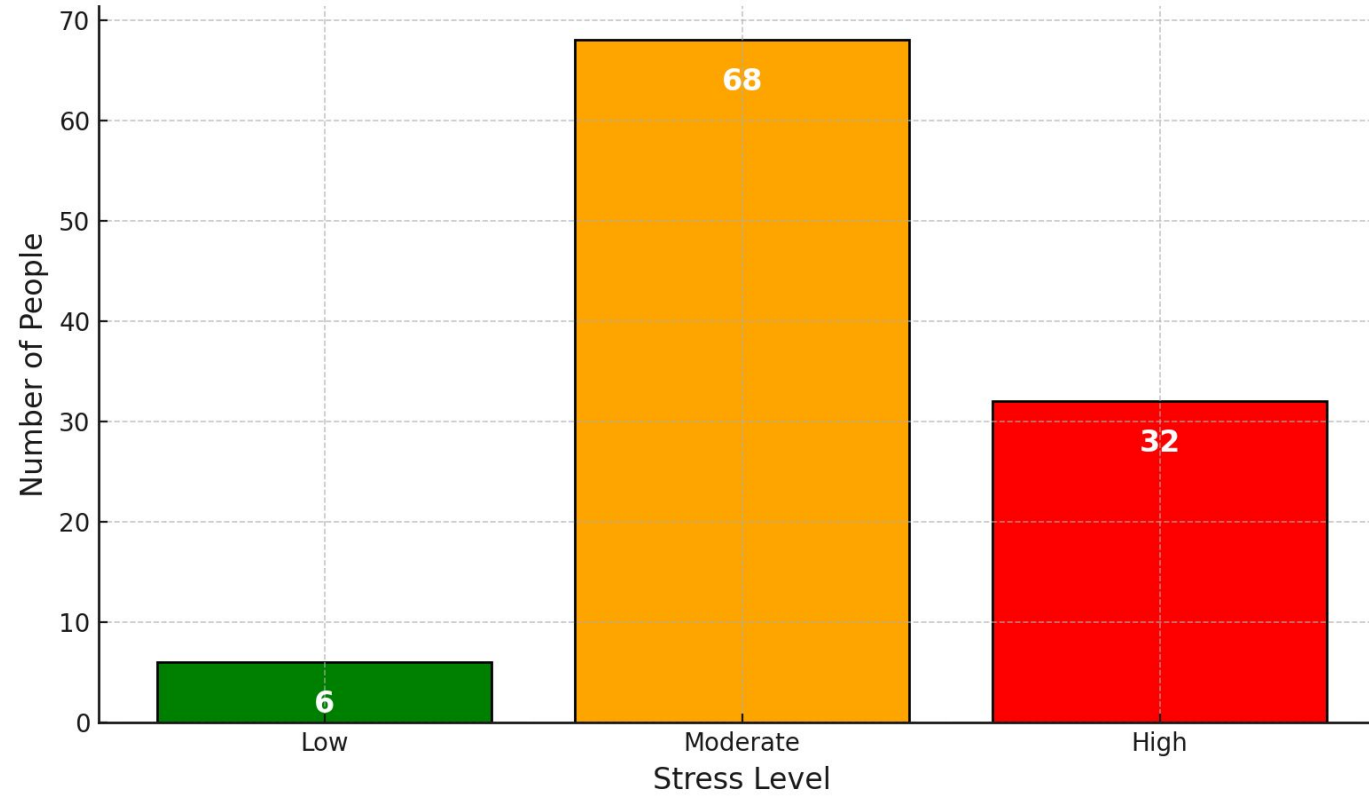
The **TiE Delhi NCR**, in collaboration with the **IIIT Delhi** Innovation & Incubation Center, hosted the ***Sustainability Summit 2024*** at **IIIT Delhi**. During the event, **Solh Wellness** utilized **Streffie** (a stress monitoring tool) to assess attendees' stress levels, aiming to understand how the summit's dynamic activities and environment impacted their mental well-being.

Assessing stress allowed us to uncover key trends and gain meaningful insights into participants' experiences. This empowered us to proactively address critical stress-related concerns and enhance overall well-being, creating a more supportive and enriching environment for all attendees.



**INSIGHTS ON STRESS LEVELS  
AT  
Sustainability Summit 2024**

## Stress Levels Among Participants



Stress Level	Number of People
Low	6
Moderate	68
High	32

The data reveals the following distribution of stress levels among participants:

1. **Low Stress**

Only 6 participants were categorized under the low-stress range, indicating a minimal proportion of attendees experienced very low stress levels.

2. **Moderate Stress**

The majority of participants, 68 individuals, were in the moderate stress range. This is notable as moderate stress often facilitates optimum functioning, enhancing focus, motivation, and performance during dynamic activities.

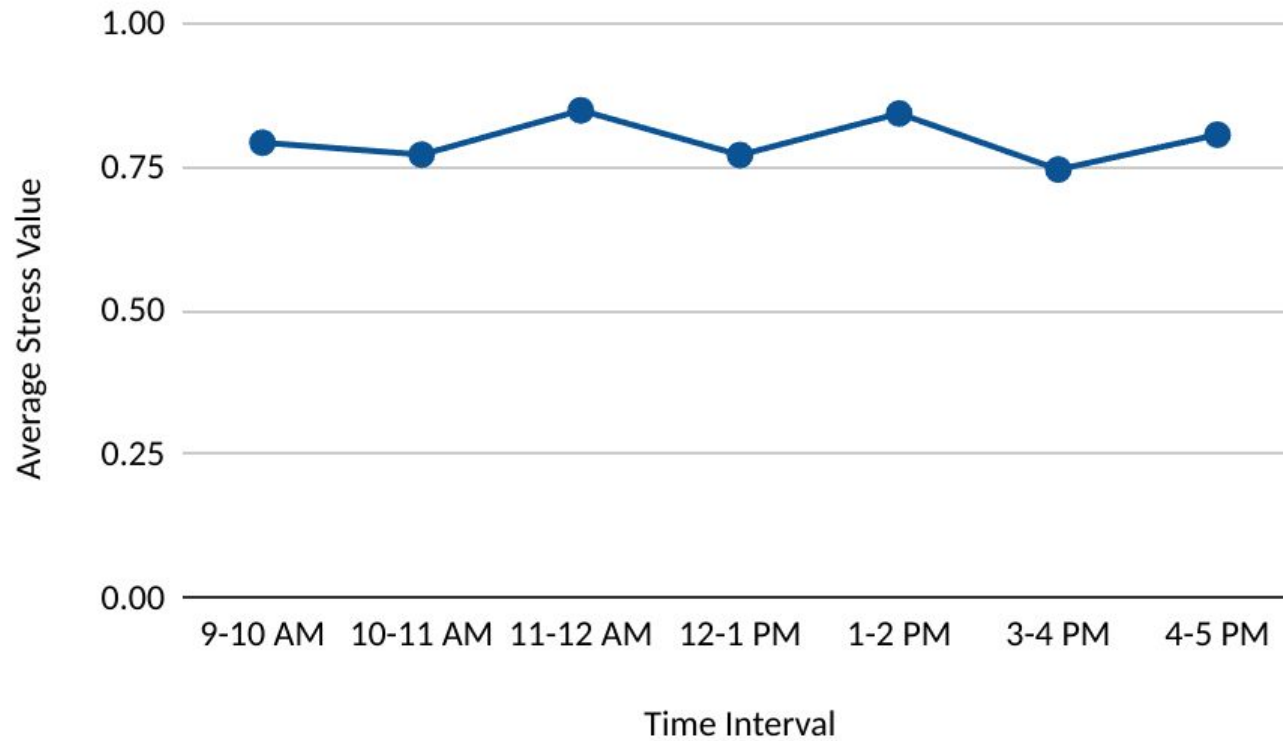
3. **High Stress**

A total of 32 participants exhibited high stress levels, signaling a need to address factors contributing to elevated stress and ensuring adequate support mechanisms are in place.

**Key Insights:**

- Most attendees fell within the moderate stress range, which is generally conducive to productivity and engagement.
- However, the notable number of individuals in the high-stress range emphasizes the importance of incorporating stress management strategies to support overall well-being.

### Average Stress Value vs Time Interval



Time Interval	Average Stress Value
9-10 AM	0.7928
10-11 AM	0.7719
11-12 AM	0.849
12-1 PM	0.7712
1-2 PM	0.8436
3-4 PM	0.746
4-5 PM	0.8066

## Key Insights:

- The majority of participants remained within the **moderate stress range** throughout the day, which is typically associated with optimal functioning. This suggests that, while participants were under some pressure, the levels of stress were not overwhelming and were conducive to performance and engagement.
- The **peak in stress at 11-12 AM** and **1-2 PM** highlights specific times during the event when participants may have been most challenged or under pressure, indicating potential areas where additional support or relaxation activities could be beneficial.
- The gradual decrease in stress towards the end of the day shows the natural course of stress recovery, with participants likely feeling more at ease as the event concluded.

In summary, the findings emphasize that while moderate stress levels predominated, targeted interventions during peak stress intervals could enhance overall well-being and performance for future events.

## WHAT NEXT?

# How Streffie and Solh Can Create a Smarter Well-being Experience

## Streffie's Role in Stress Management:

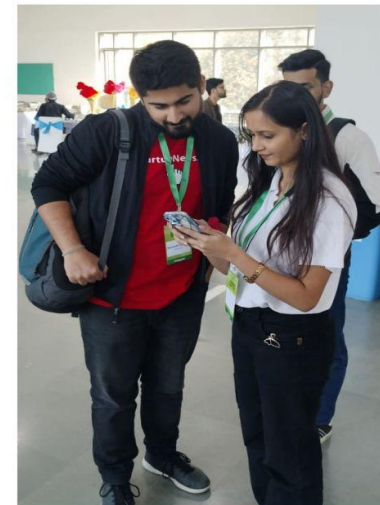
- **E – Evaluate:** Streffie identified peak stress periods (11-12 AM and 1-2 PM), providing real-time insights into participants' stress levels.
- **A – Act:** By tracking stress trends, Streffie enabled informed decisions on when to introduce relaxation activities or support mechanisms.
- **C – Connect:** Streffie empowered participants to recognize their stress levels and take proactive steps to manage them.
- **H – Healing:** Streffie's data will help in designing future events with built-in stress management strategies, ensuring a smoother experience.

## How Solh Can Help:

- **E – Evaluate:** Solh can analyze Streffie's stress data to identify peak stress periods and understand participants' well-being patterns.
- **A – Act:** Solh can provide real-time interventions such as mindfulness exercises, guided breathing, and structured breaks during high-stress intervals.
- **C – Connect:** Solh can facilitate peer support groups and expert-led discussions to help participants share experiences and coping strategies.
- **H – Healing:** Solh can assist in post-event stress recovery through reflective journaling, relaxation techniques, and personalized well-being plans.

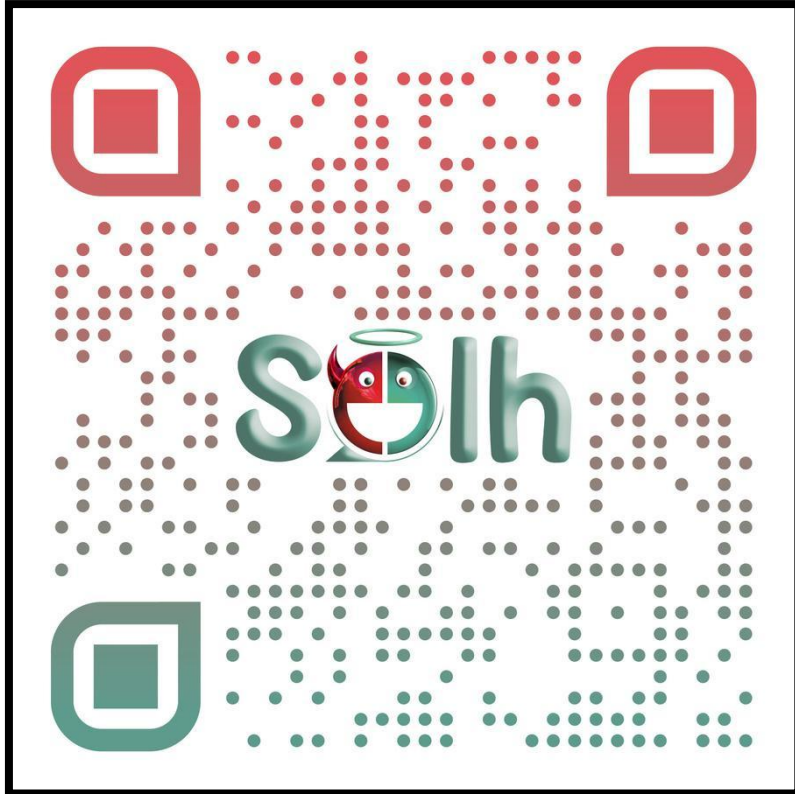


# Glimpse of the Event





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