Input: Physiological data from Smartwatch
Output: Personalized stress management response from EmLLM chatbot
Initialize: Load stress detection model and customized Falcon-7B model **Loop:** For each day
Acquire HR, EDA, and ST signals;
Classify stress vs. non-stress;
if *stress detected* **then**
Set *stress_label* ← 1;
end
else
Set *stress_label* ← 0;
end
if *end-of-day* **then**
if *stress_label == 1* **then**
Prompt user via web interface for input;
Display chatbot response to user;
end
else
Notify user: "No stress detected. You had a calm day.";
end
End

Algorithm 1: Daily stress monitoring and intervention using physiology-driven EmLLM chatbot.