

Mental Well-Being Report

Date Generated: 04/01/2026, 04:05 PM

Risk Level: Low

MDI Score: 0 (Low → High scale)

Clinical Summary

Your responses suggest stable emotional well-being with healthy coping patterns.

What This Means

Current stressors appear well managed and no immediate intervention is indicated.

Recommended Activities

- Maintain consistent sleep and daily routines.
- Continue activities that help you relax or feel fulfilled.
- Stay socially connected with trusted people.
- Practice occasional self-reflection or journaling.
- Maintain healthy work–life boundaries.
- Respond early when stress levels increase.

Generated by Mental Health Cluster Insight Tool

This report provides general mental well-being insights and is not a medical diagnosis.