



The MHQ assesses your overall mental wellbeing on a scale from -100 to +200



## Life is not easy for you and there are things you are struggling with. Speaking to an adult you trust can help.

Your answers show you are struggling with your mental health in a way that affects your ability to function well.

**What to do about this:** Speak to your parents, your school counselor or a teacher you trust. It's important that you get support and treatment to help you with your distress.

*Not sure about asking for help?* If you're not sure about speaking to your parents or school, there are often different options. These include free support lines, community organizations or trusted people from your community. You will be able to speak to someone in a private way about your problems. If you don't feel able to speak to someone yourself, then you could ask a friend or relative to contact them for you.

As well as speaking to someone, you may be able to improve your mental health by making changes to your way of living. For example, it's known that spending time with friends in-person, keeping an eye on social media use, getting enough sleep and exercise, eating healthy food and learning new things can improve mental health.

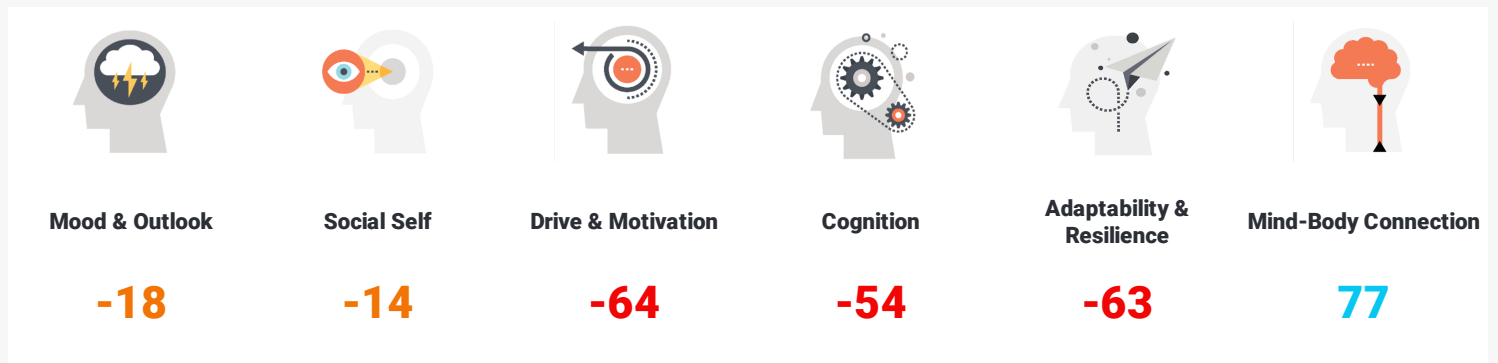
**Feel like you need to speak to someone right now?** You can call 988 or Text HOME to 741741 to connect with a volunteer Crisis Counselor.

## DETAILED INSIGHTS

See below for a more detailed breakdown of scores across these 6 dimensions of your mental wellbeing.

## Subcategory Scores

Sub-scores provide an assessment of your mental wellbeing along six specific dimensions. Subscores range from -100 to +200





## Your Mood & Outlook Quotient

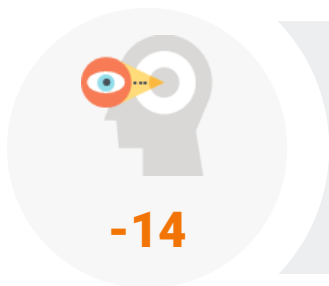
You're struggling with this aspect of your mental wellbeing. Talk to an adult you trust so you can get support.

This reflects your ability to manage your feelings and have a positive outlook for the future. When people have problems with their mood and outlook then they can experience strong feelings of fear, anxiety, anger, guilt or sadness. Sometimes, people with mood and outlook problems can have uncontrollable crying, night terrors, temper outbursts, phobias, panic attacks or upsetting memories from their past. In some extreme cases, people with can experience suicidal thoughts or intentions and should immediately talk to an adult so they can receive appropriate support.

Your answers show you are struggling with your feelings and don't have a positive outlook for the future.

**What to do about this:** Talk to your parents, school counselor or a teacher you trust about what's troubling you so that you can get the right support and advice. If you are already getting help but feel like it's not working for you, then talk to an adult you trust to see if there are other things you could try.

Making changes to your daily habits could also help. For example, it's known that doing things in person with friends and family, doing exercise, getting enough sleep, being out in nature and eating healthy food with more vegetables and little to no junk food can all help improve mental wellbeing.



## Your Social Self Quotient

You're struggling with this aspect of your mental wellbeing. Talk to an adult you trust so you can get support.

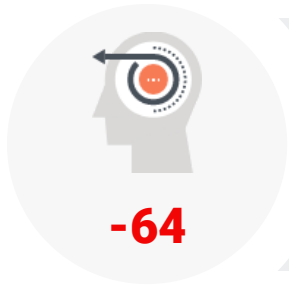
This reflects how you interact with, relate to and see yourself with respect to other people. It also effects your ability to successfully navigate your social world and form meaningful social connections. It includes things like your confidence, communication skills, self-worth, body image, understanding of others and your ability to form strong and positive relationships with people. When people have extreme challenges with their social self then they can show angry or violent behavior towards others or have a strong sense of being detached from reality. Sometimes, people with social-self problems can experience suicidal thoughts or intentions and should immediately talk to an adult so they can receive appropriate support.

Your answers show you are struggling to have a positive view of yourself and find it difficult to socialize with others.

**What to do about this:** Talk to your parents, school counselor or a teacher you trust about what's troubling you so that you can get the right support and advice. If you are already getting help but feel like it's not working for you, then talk to an adult you trust to see if there are other things you could try.

If you're having suicidal thoughts right now, reach out straight away to a family member, teacher or close friend, or call a suicide helpline (see [here](#) for a list of them). There is always hope and speaking to someone helps.

If you are having trouble making friends, try joining a club or a volunteer activity that interests you where you can meet people who share your likes and interests. For some people, the Internet can present a false view of the world that makes them feel bad about themselves. It can sometimes be useful to take a break from social media and spend more time in person with your friends to give you a new way of seeing things.



## Your Drive & Motivation Quotient

This aspect of your mental wellbeing is causing you distress. Talk to an adult you trust so you can get support.

This reflects your ability to accomplish your goals and complete tasks in your daily life. It includes things like your interest, curiosity, motivation and energy levels. When people have problems with their drive and motivation then they can find themselves hiding away people or not doing things that they need or want to get done. Sometimes, people with drive and motivation difficulties can develop habits or addictions that create problems for them.

Your answers show that you're not able to find the energy to do the things that you need to do or want to achieve.

**What to do about this:** It's important that you talk to your parents, school counselor or a teacher you trust so that you can get the support and treatment you need. There are different types of support or treatment that could help you manage these problems. If you are already receiving help but feel like it's not working for you, then talk to an adult you trust to see if there are other things you could try.



## Your Cognition Quotient

This aspect of your mental wellbeing is causing you distress. Talk to an adult you trust so you can get support.

This reflects the health of your thinking skills. These skills effect your ability to make sense of what's going on around you, think about your future and remember what's happened in your past. It includes things like your attention, memory, decision-making, learning and self-control. When people have problems with their thinking skills then they can become very confused or have repeated thoughts that they can't stop. They may also take dangerous risks or have strange thoughts that don't match with reality.

Your answers show that you're finding it hard to make sense of the world around you.

**What to do about this:** It's important that you talk to your parents, school counselor or a teacher you trust so that you can get the support and treatment you need. There are different types of support or treatment that could help you manage these problems. If you are already receiving help but feel like it's not working for you, then talk to an adult you trust to see if there are other things you could try.



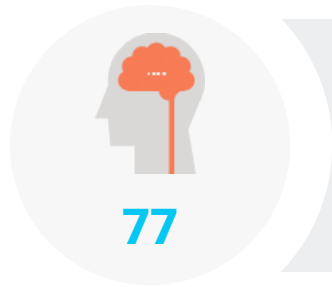
## Your Adaptability & Resilience Quotient

This aspect of your mental wellbeing is causing you distress. Talk to an adult you trust so you can get support.

This reflects your ability to change your behavior or mindset in relation to new situations, or setbacks you face. It includes things like your ability to change, creativity, problem solving, learning ability and emotional resilience. When people have problems with their adaptability and resilience then they can find it very hard to adjust to change or recover from setbacks, and they can also find themselves withdrawing and avoiding certain situations. They may also experience confused or unclear thinking.

Your answers show that you're finding it very hard to deal with situations which are challenging or that involve change.

**What to do about this:** It's important that you talk to your parents, school counselor or a teacher you trust so that you can get the support and treatment you need. There are different types of support or treatment that could help you manage these problems. If you are already receiving help but feel like it's not working for you, then talk to an adult you trust to see if there are other things you could try.



## Your Mind-Body Quotient

You are managing with this aspect of your mental wellbeing. Making changes to your daily habits could help.

Your mind-body connection is important to your mental health because your mind and body are a combined unit where your physical health can affect your mental health, and the other way around. It includes things like your sleep, appetite, coordination, and tiredness. When people have difficulties with their mind body balance then they can experience difficulty sleeping, headaches, or long-lasting and bad pain. They may also find that they get ill more often or have frequent stomach upsets or body pains that have no obvious physical cause.

Your answers show that your physical wellbeing is ok but that you could feel better.

**What to do about this:** Think about what you do in a usual day and see if there are changes you could make to improve your wellbeing. For example, it's known that eating healthy food, getting enough sleep, doing exercise, practicing deep breathing and spending time in-person with friends can improve both physical and mental wellbeing

# YOUR LIFESTYLE AND LIFE RISKS

## SLEEP:

Science shows that improving your sleep can have a big effect on your mental wellbeing. Your answers show that you are struggling to get enough sleep or to get good quality sleep.

Sleep is when your brain recovers from the day and when what you've learned that day is consolidated into your memory. How well we sleep therefore makes a difference to all areas of our mental wellbeing from thinking to mood. People who always get a good night's sleep have MHQ scores that are 82 points higher than those who rarely or never do.

**What to do about this:** You could think about whether there are changes you could make to your bedtime routine that might help. For example, you could try turning off all screens one hour before the time you want to go to sleep. You could also talk to a trusted adult so that you can get some advice and support.

There are many reasons why people don't sleep well. Sometimes sleep problems are due to biological reasons such as changes in your hormones (e.g. puberty) or medicines that you may be taking. Sometimes it has to do with your bedtime routine such as simply not going to bed on time or habits like browsing the internet or reading a book late into the night. Sometimes it can be due to your sleep environment such as how light or noisy it is. Alternatively, it can be because of thoughts and worries that take over and keep you awake.

Think about what things are most relevant to you. Perhaps making some changes to your bedtime routine could help. It's always worth speaking to a trusted adult if you are worried about your sleep.

## EXERCISE:

Science shows that exercise is important for both physical and mental wellbeing and exercising regularly can help improve overall wellness. Your answers show that you are struggling to exercise regularly.

Exercise helps your heart and lungs carry oxygen and nutrients to your brain and can improve all aspects of your mental wellbeing. People who exercise at least 30 mins a day, 5 days a week, have MHQ scores that are 46 points higher than those who rarely or never do.

**What to do about this:** You could think about whether there are changes you could make to your daily routine to increase how much physical activity you get. This could include participating in school sports, joining in more active games during school break times or recess, or even just walking or riding your bicycle to school, if that is a safe option. You could also talk to a trusted adult so that you can get some advice and support. However, finding the time and motivation to exercise is not always easy. There are many reasons why people find it hard to exercise regularly. If you have never exercised before or are struggling to find the time or space to do so, think about starting by walking wherever it's possible during your day and taking the stairs instead of an elevator or lift. There are also lots of exercise videos and routines you can get on your phone. Dance routines are another option that can get your body moving and can be fun to do. If a medical reason stops you from exercising, speak to a trusted adult to see what exercises or movements might work for you. All movement counts

## SOCIALIZING:

Your answers show that you don't often socialize in person with friends or family. Although we are all different in how we socialise, feeling socially isolated or lonely is known to have a negative effect on a person's mental wellbeing.

People are social creatures and when we don't socialise or interact with other people it can cause us to feel isolated or lonely and this is known to negatively affect many other aspects of our mental and physical wellbeing. People who spend time socializing in person with friends and family at least 3 days a week have MHQ scores that are 66 points higher than those who rarely or never do.

It's also possible to have lots of people around you and still feel lonely if you don't feel a connection with those people. The pandemic also made it harder to meet people face to face, and social media has had a big impact on how we all interact with our friends and family.

**What to do about this:** Although it's not always easy to make friends or build a social life, it is important to think about how you could have more in person interaction with people. Like anything in life, social skills like starting a conversation or reaching out to make plans with other people takes practice. The more you do it, the easier it will become to get over your fears, and the more comfortable you will start to feel.

If you are struggling with finding friends or wish you could meet more people, see if there are local youth groups or clubs at your school that you could join where you can get to know people who care about the same kinds of things that you do.

\* Disclaimer: Please note that this content is provided for informational purposes only and is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of a medical professional or qualified health provider with any questions you may have regarding a mental health or medical condition, and before undertaking any new health care regimen. Never disregard professional medical advice or delay in seeking it because of the information provided in this content.

Thank you for taking the Mental Health Quotient Assessment. We hope you found it useful! To access our privacy policy, please click [here](#).

