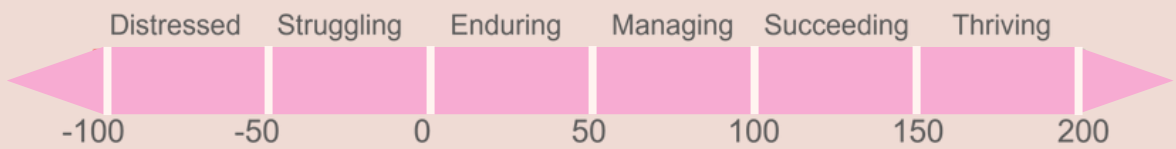


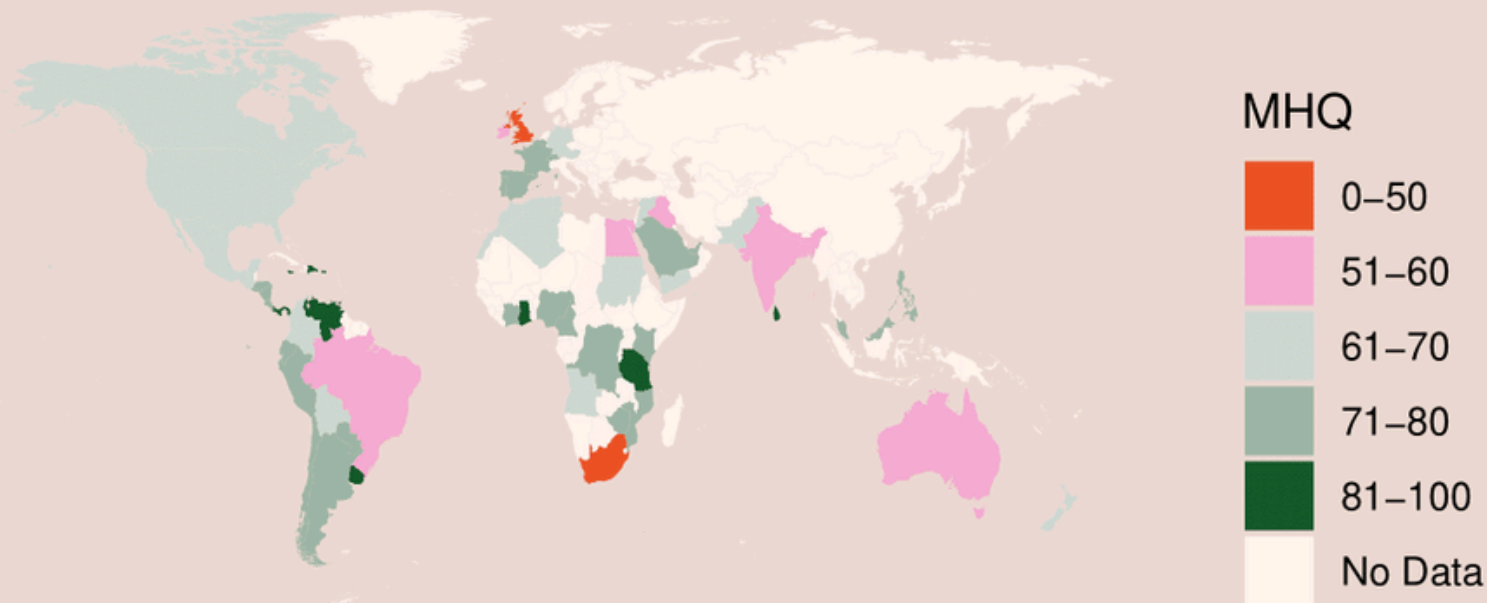
# IT'S ALL ABOUT MENTAL HEALTH

## WHAT IS MENTAL WELLBEING AND WHAT DOES THE MHQ TELL YOU ?

Mental wellbeing is the ability to handle life and its various stresses and challenges. The MHQ is therefore a snapshot of your self-perception along various dimensions of mental function that determine your mental wellbeing. It is not a measure of happiness or life satisfaction. You could, for example, be experiencing very difficult or sad circumstances in your life but nonetheless have all the capabilities to cope as best as one could, and therefore have a high level of mental wellbeing.



## AVERAGE MHQ SCORE



## THE SIX DIMENSIONS OF MENTAL HEALTH IN THE MHQ

Your ability to manage and regulate your emotions effectively and to have a constructive or optimistic outlook for the future.

### ADAPTABILITY AND RESILIENCE

How you interact with, relate to and see yourself with respect to others.

### DRIVE AND MOTIVATION

The regulation of the balance between your mind and body.

### COGNITION

### MOOD AND OUTLOOK

Your ability to shift your behaviour and outlook in response to changing circumstances and cope with the challenges and setbacks that you encounter.

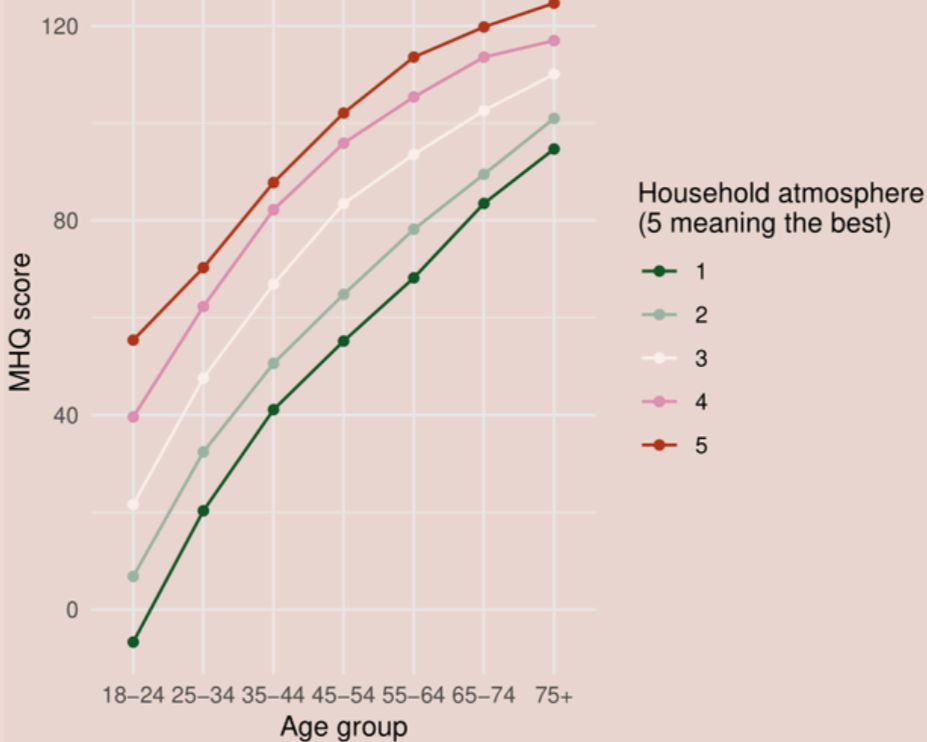
### SOCIAL SELF

Your ability to work towards achieving your desired goals and to initiate, persevere and complete activities in your daily life.

### MIND-BODY CONNECTION

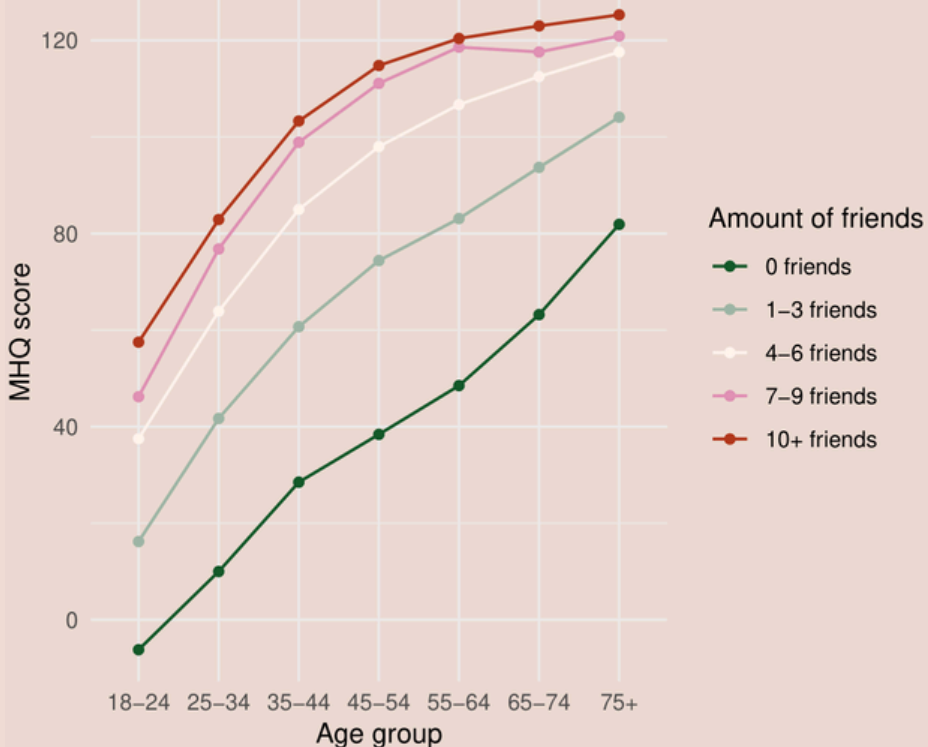
Your ability to perform basic cognitive functions, make sense of complex sets of events and situations and display a longer-term perspective in your thoughts and behavior.

## MHQ AND HOUSEHOLD ATMOSPHERE

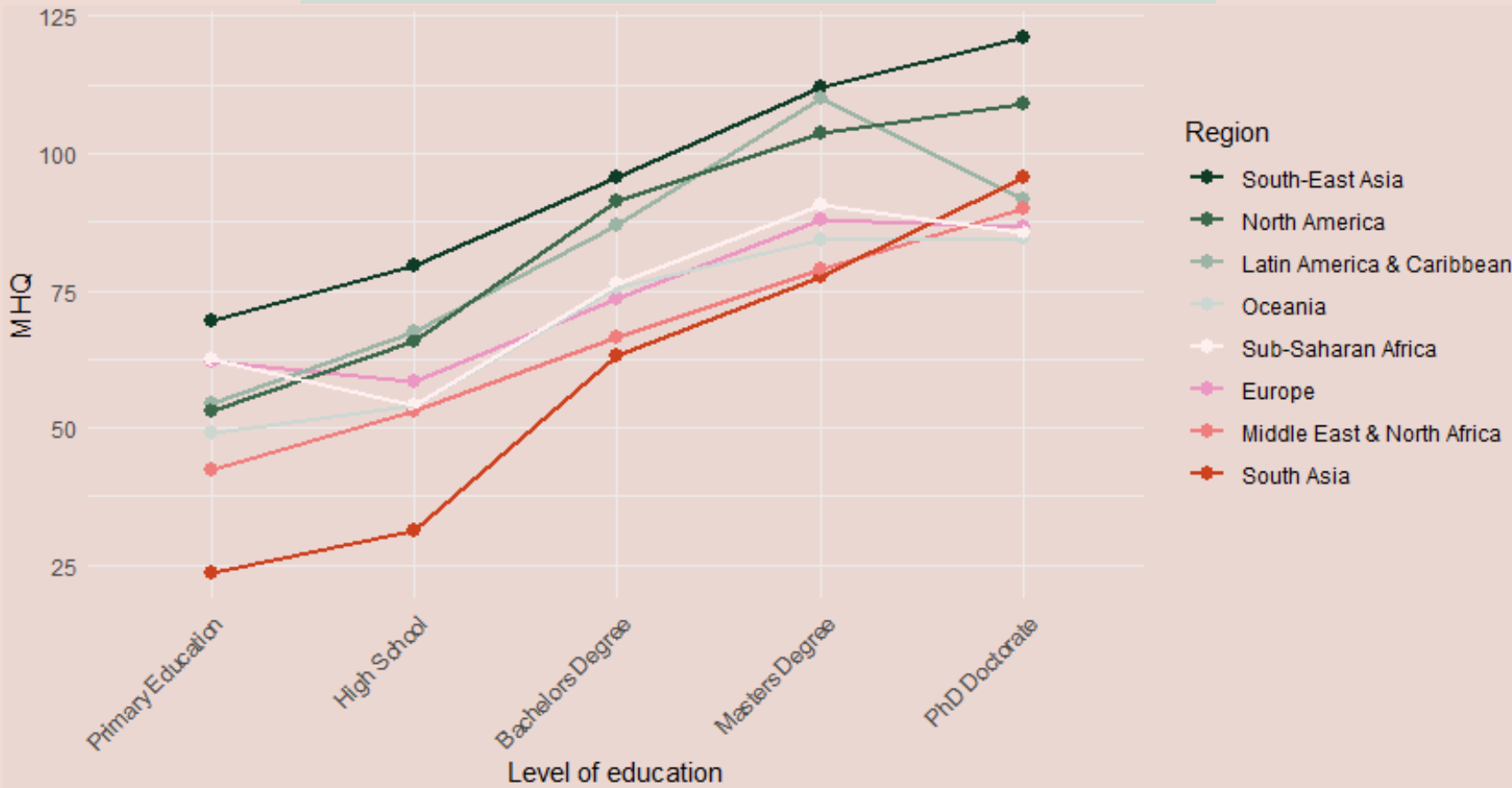


If you do not look carefully, you might think that the left and right diagrams are the same. Both show how relationships (or lack thereof) affect our mental wellbeing throughout our lives. Their similarity only emphasises the importance of both growing up in a loving household and having friends who are close to us. The left graph shows a rather reasonable correlation, that the better the family atmosphere you grew up in, the better your ability to handle life. Meanwhile, from the graph on the right, one can draw the interesting and non-obvious conclusion that the more friends you have, the better your MHQ score — and this applies to all age groups.

## MHQ AND NUMBER OF CLOSE FRIENDS



## MHQ AND EDUCATION FOR REGIONS



Education shapes the foundation of human development, and its impact is vividly illustrated in this chart. As education levels rise — from primary school to doctoral degrees — so do MHQ scores, revealing the transformative power of learning. However, the data also highlights stark regional disparities: while North America and Europe lead with consistently high MHQ values, regions like Sub-Saharan Africa and South Asia struggle to keep pace. This striking visualization emphasizes the urgent need for equitable access to education, inspiring action to bridge these gaps and unlock the potential of every individual worldwide.

