



# Mind your health

2025 MIND HEALTH REPORT

# Mind health is making headlines

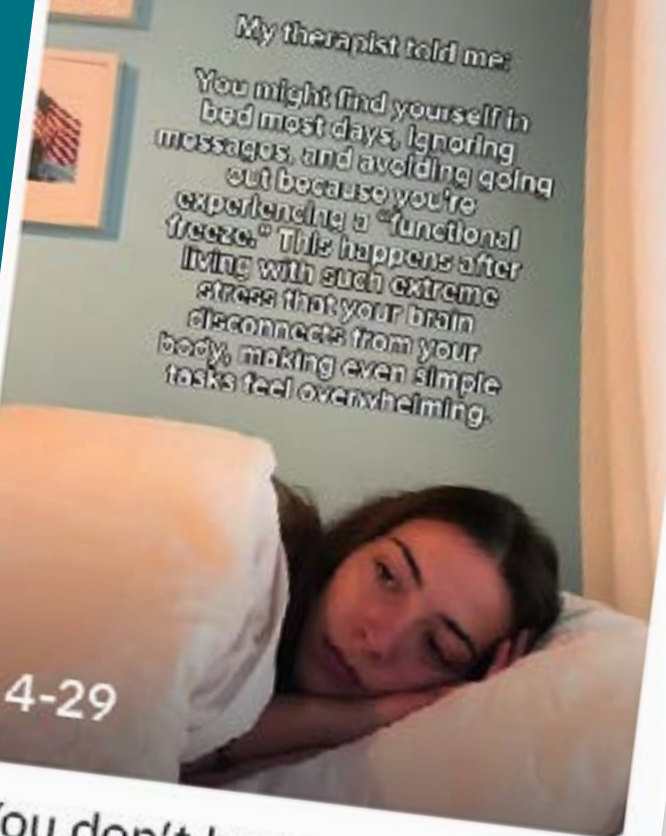
Mind health continues to be a pressing issue in society, and extensively covered by media outlets and social media influencers. This year's report explores the data, offering key insights and analysis on people's mind health in life and at work.

## Mental health support for youth

SCCH community mental health manager Adam Stefano said local young people will decide exactly how the model will look. "This will be a service that is led by young people to deliver the program includes a mental health nurse, psychologist, youth counselors, health nurse, psychologist and drug counselors.

Harvard Business Review  
<https://hbr.org> > 2024 > 04 > 5-strategies-for-improving-mental-health-at-work  
**5 Strategies for Improving Mental Health at Work - Harvard Busine...**

The author, who wrote a book on mental health and work last year, explores several key points in implementing a culture of well-being. She also makes



4-29  
You don't have to fight alone #mentalhealth... chillanxiety...



2023-12-19  
So many people struggle with their mental health



2023-9-12  
gatopan\_m... 474 OK



9-17  
IF YOU ARE

## Why mental health news

U.S. sur...  
By Amy Nr...  
Created: Octo...



9-17  
Men Opened Up About Mental Health | Cut

3 things a therapist will not ask you but so badly wants to.

therapyjeff 5M

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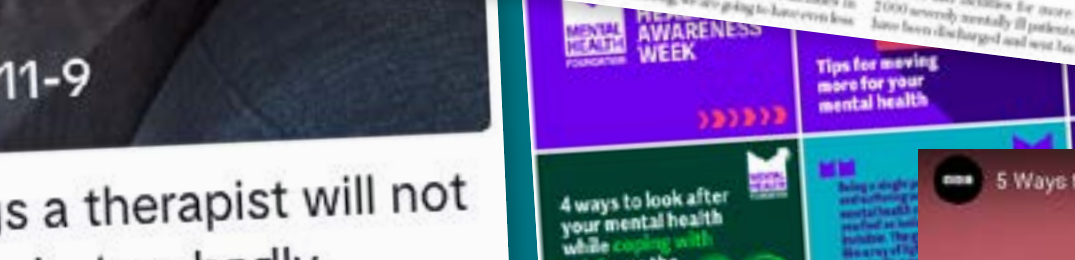
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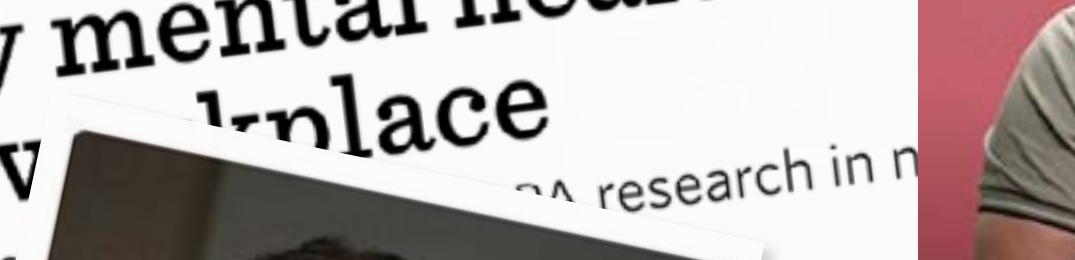
Addressing mental health in the workplace



3 things a therapist will not ask you but so badly wants to.



Mental Health Globally



Love you, ma



MENTAL HEALTH IN EMPLOYMENT GET OUT ASAP

## Mental Health Awareness Month

ones you can count on—choose quality over quantity. According to Getch, there is a biological response when we reach out and help others. Volunteering is a wonderful way to make new connections around a shared idea or cause. Other roads to happiness include some tried and true daily practices.

Happiness Habits:  
1. Acknowledge the good. Even in the roughest patches, look for the good. You may find it in the unexpected, such as kindness from a stranger.  
2. Practice gratitude. Focusing on the positives in life rather than entertaining negative thoughts can have a profound impact on your overall well-being. Developing a habit of thankfulness will help you

Why Depression is Contagious

What Signals Are You Sending?

South Africa

4 ways to look after your mental health while coping with grief over the holidays

5 Ways to help someone struggling with their mental health | Mental Health S...

Addressing mental health in the workplace

Addressing mental health in the workplace

5 Strategies for Improving Mental Health at Work



Anxiety | Talking about mental health - Episode 2



Your Health is

2023-11

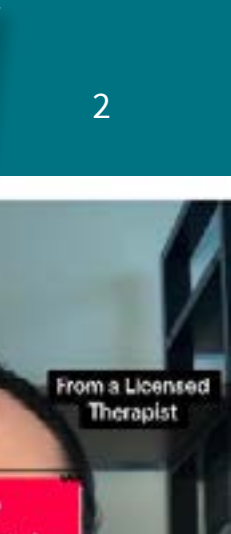
Signs of mental health is

Why Rich Men Have More Sons

Procrastination 5 Strategies to Get Started

Crash a Party. Lie a Little. The Rewards of Misbehaving

Why Rich Men Have More Sons



Your Health is

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Why Rich Men Have More Sons



## 3 questions to **Patrick Cohen**

*CEO AXA Europe and Health*

### **What are the key takeaways from this year's Mind Health Study?**

The mind health state of the population remains a concern: 1 in 3 people suffers from a mind health condition, with daily struggles like financial and job insecurity being the biggest drain. Our study shows that we are not all equal when it comes to Mind Health: women struggle more than men and young adults more than older generations.

Especially for the young, the excessive use of social media is a Mind Health trap that drives isolation and depression rather than creating connections.

**“Work environments that promote mind health and support their people with prevention and remediation solutions are far more likely to reduce absenteeism, create team engagement and retain their talents.”**

The workplace also plays a pivotal role with work-related stress impacting 8 out of 10 people. Lastly, we deal with a hidden crisis because many still underestimate the problem or suffer in silence – raising awareness and discussing openly will remain key and at AXA, we are committed to leading the debate and offering solutions.

### **How can companies help address the issue?**

Employers can make a difference by offering solutions and investing in their employees' mind health. Work environments that promote mind health and support their people with prevention and remediation solutions are far more likely to reduce absenteeism, create team engagement and retain their talents.

There is a demand among employees: 52% look at their workplace to be part of the solution yet less than half of all businesses have Mind Health policies in place. Helping them to get through challenging times with paid leave, extended coverage to mental health therapies, and access to external consultation services demonstrates a commitment to the holistic well-being of the workforce.

### **What does AXA do to help?**

As a leading global health insurer, we are working on all fronts. We empower people to understand and manage their own mental health, which is why we have developed the Mind Health Self-Check: a free and anonymous online tool that gives people a personalized Mind Health score and recommendations. We also help companies to better support their employees, for example through the AXA Mind Health Odyssey, an online training tool to increase mental health literacy at the workplace.

Finally, we ensure access to mental health care by providing coverage and direct support through our own clinics. At AXA, we hold the conviction that there is a path to getting better for everyone who is willing to make an effort - let's walk this path together! ■

# 5 key takeaways

1. Mind health is still a top priority issue worldwide

32%



The overall percentage of participants experiencing at least one mental health condition remains steady at one in three.

2. Young adults report higher rates of mental health problems compared to older generations

57%



of 18-24-year-olds fall into the "languishing" or "struggling" categories.

This rate is almost twice as high as for over 55-year-olds (29%).

3. Digital apps and AI-powered services to support mind health are gaining momentum

In total, 41%



of respondents turn to online sources such as websites, social media and forums for support with their mind health.

However, there is a generational divide with younger people more likely to gravitate towards online sources (46% for under-35s vs 33% among 55 and older).

4. Work is impacting mind health: either as a source of support or a source of concern

53%



of employees report above-average stress levels.

5. Companies have an opportunity to better protect their employees' mind health

Only 47%



of workplaces have mental health policies.

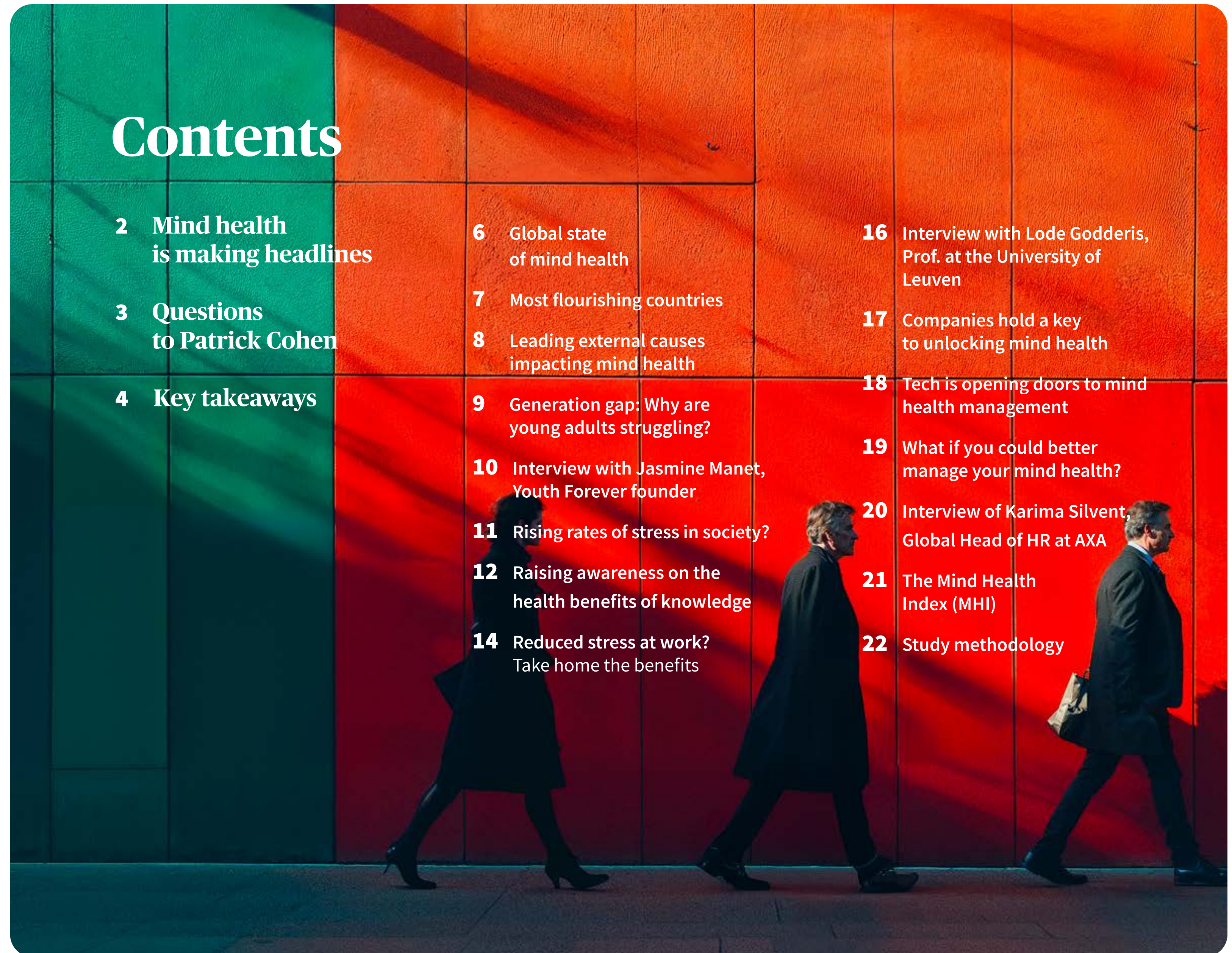
# About the AXA Mind Health Study

This 5<sup>th</sup> edition of the annual AXA Mind Health Study charts the mental wellbeing of people worldwide.

The results are shown in the Mind Health Index (MHI). This proactive tool assesses and promotes mental wellbeing. It provides a way of gauging people’s current mental state through four categories:

 <b>Flourishing</b>	 <b>Getting by</b>
 <b>Languishing</b>	 <b>Struggling</b>

The aim of the study is to amplify the conversation around mind health and uncover opportunities for individuals, healthcare professionals and policymakers to take action for a better global mind health. See detailed methodology p.20.



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# Global state of mind health

## Flourishing

Flourishing represents the pinnacle of good mind health. Classified by a Mind Health Index score greater than 75.

25%

## Getting by

Getting by describes those who may have some areas of good wellbeing but not enough to reach the state of flourishing. Those getting by may experience a dampened sense of wellbeing compared to those who are flourishing.

32%

## Languishing

Languishing represents the absence of positive wellbeing. If you are languishing you are not functioning at full capacity, you may feel unmotivated and struggle to focus. Those who are languishing are at an increased risk of developing mental illness.

29%

## Struggling

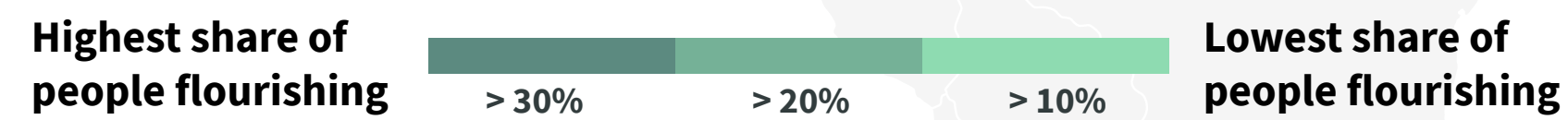
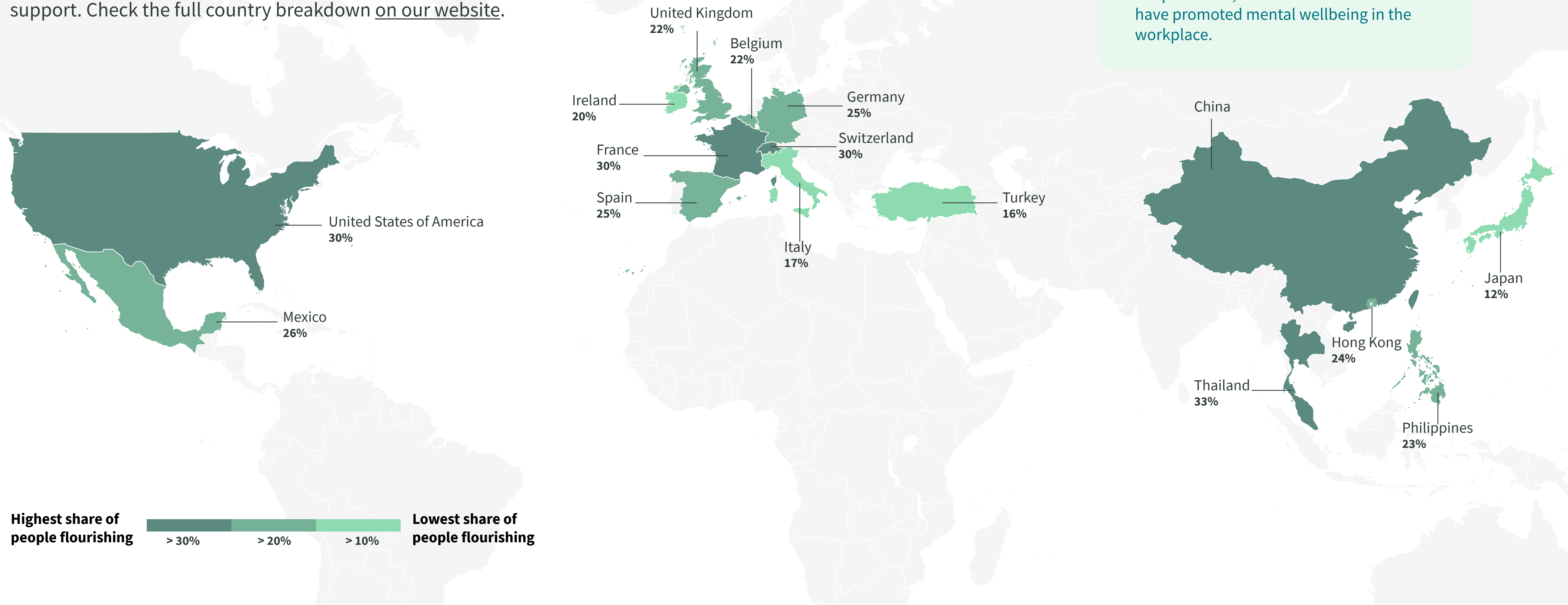
The absence of wellbeing in most areas is likely to result in struggling and difficulty. Struggling is associated with emotional distress and psychosocial impairment.

14%

# Most flourishing countries

The AXA Mind Health Index reveals stark contrasts in the levels of mental wellbeing across the globe, caused by localized influences. For example, China is the country with the highest percentage of flourishing people, closely followed by Thailand, France and the US. People in countries such as the UK and Japan are most in need of support. Check the full country breakdown [on our website](#).

**37%**  
**of Chinese respondents**  
are flourishing, which is the highest rate among the countries surveyed. Mind health awareness grew in China during the pandemic, while Chinese businesses have promoted mental wellbeing in the workplace.



# Leading external causes impacting mind health

The survey highlighted the leading external factors that impact mind health. By understanding the underlying sources of tension and anxiety, people can take steps to improve their mental wellbeing – e.g. with financial planning, reducing time spent on news apps or taking up new activities to grow in person social networks.

## DISPARITY BETWEEN GENDERS

**23%**  
of women are flourishing  
vs 27% of men

**57%**  
of women worry  
about future uncertainty  
in a rapidly changing world  
vs 48% of men

## MAIN FACTORS NEGATIVELY IMPACTING MENTAL HEALTH

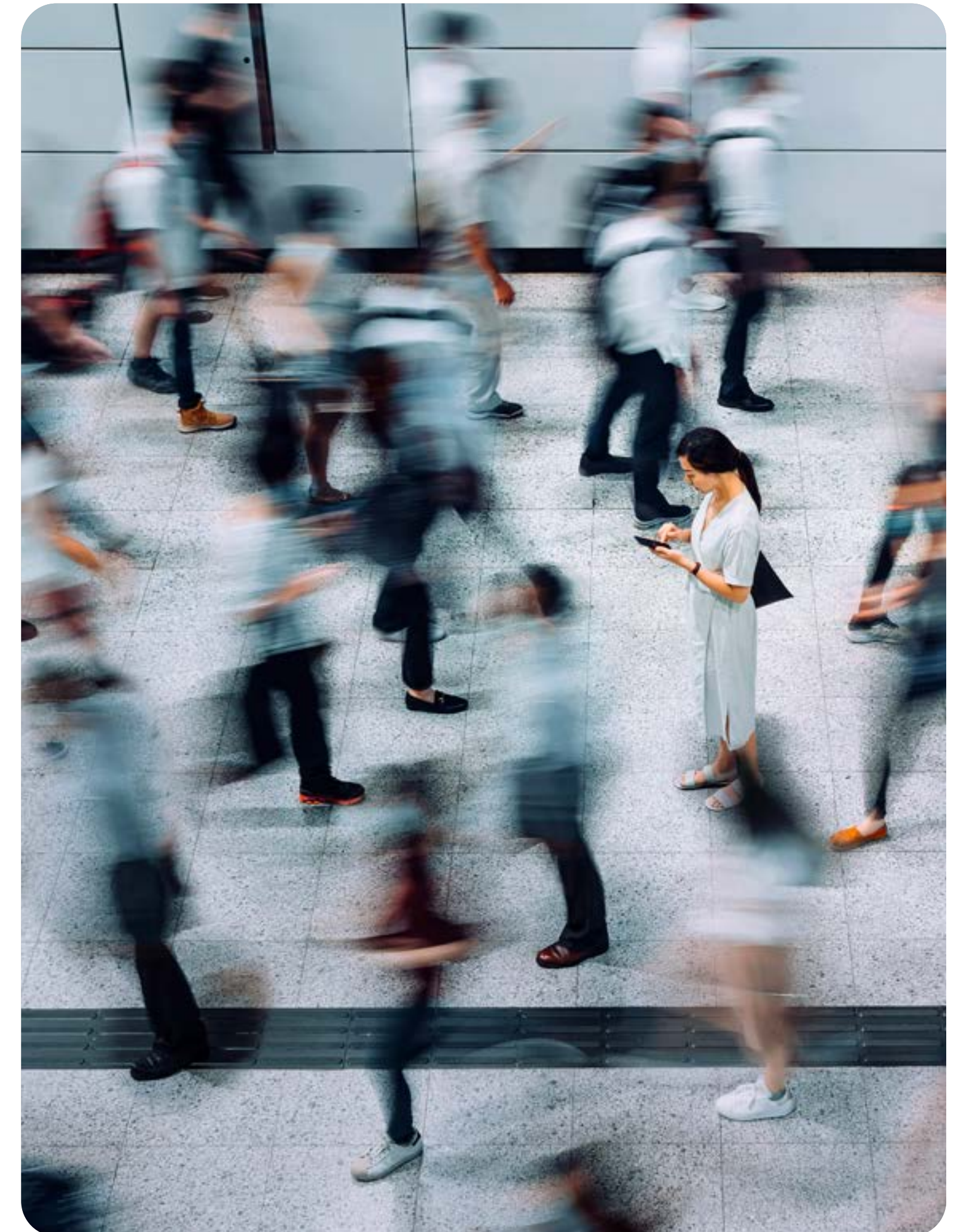
**Financial instability and job insecurity** 53%

**Uncertainty about the future in a rapidly changing world** 53%

**Constant exposure to negative news in the media** 45%

**Social and political unrest** 42%

**Loneliness and social isolation** 42%





# Generation gap: Why are young adults struggling?

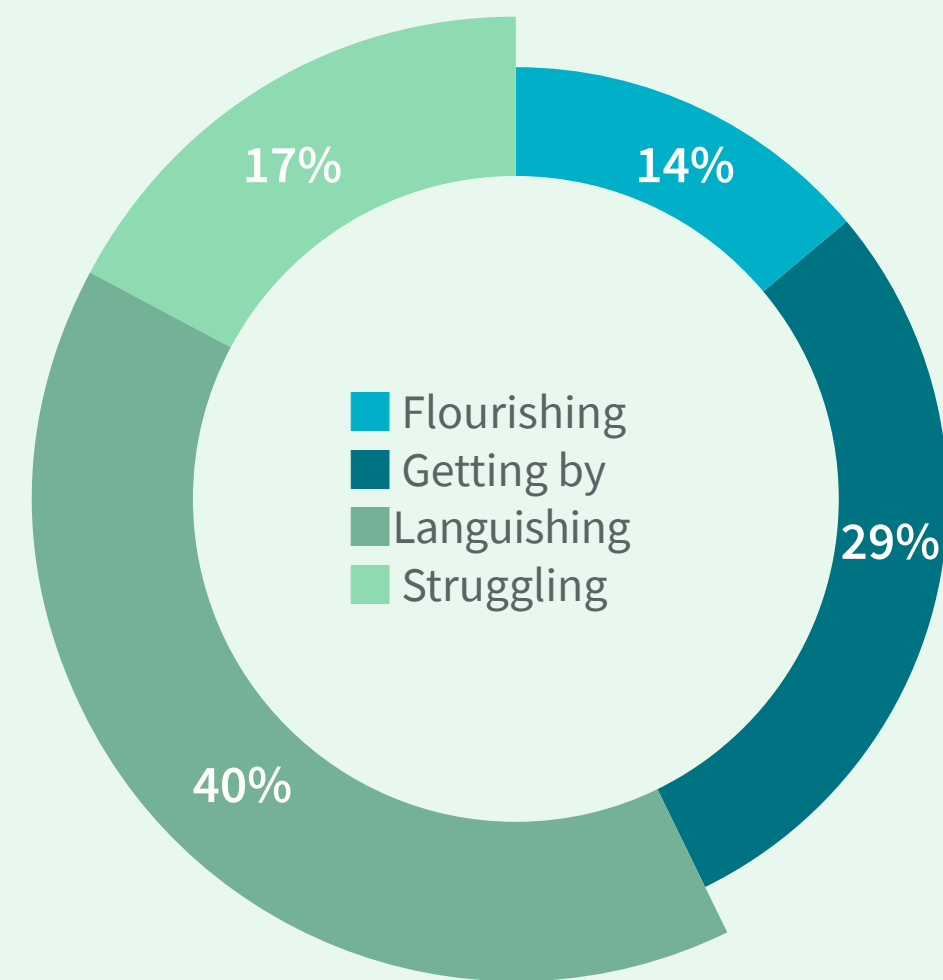
Perhaps the biggest ‘work on’ from the AXA Mind Health Index is the **higher rates of mental health problems reported by young adults in comparison to older generations**. The results suggest that young adults are disproportionately affected by severe or extreme levels of anxiety, stress or depression. Moreover, 44% of young adults currently suffer from a mental health condition.

However, the Index also shows that young people are **more likely to reach out for help**. They are more inclined to share concerns with friends and seek peer support than older adults, who appear more reserved in both their trust and willingness to talk to others.

The generational divide also shows in methods of mind health assistance. Young people are increasingly drawn to digital platforms, social media and AI-powered apps to increase their awareness, access self-help tips and find a community.

The under-24 are also **more likely to try alternative medicine practices** such as acupuncture or herbal remedies, and they are more disposed to self-managing their conditions without professional intervention. Conversely, their elders tend to put their faith in more traditional healthcare professionals and prescription medication.

## HOW YOUNG ADULTS ARE SCORING ON THE INDEX



**42%**  
**of young adults**  
are potentially affected by depression, anxiety or stress at severe or more extreme levels, VS. 25% in the general population.

## YOUTH SPECIFIC MENTAL HEALTH STRESSORS

Loneliness and social isolation

**51%**  
vs 40% across general population

Excessive use of social media & digital devices

**52%**  
vs 36% across general population



## “Gen Z will be pioneers of improved mind health”

— Jasmine Manet, Youth Forever founder

Jasmine Manet, founder of Youth Forever – a nonprofit in France that works with businesses to create inter-generational connections in the workplace – gives a 20-something’s perspective.

### Are you surprised by the report’s findings?

No, not at all. Stress has become the norm for many young people, with the majority of my age group saying they feel anxious most of the time. The new generation is typically the most affected by the global context. For example, the COVID-19 pandemic had an outsized effect on our mind health, education, finances, career progression... Yet, I am optimistic about Gen Z. We are not victims. I agree with experts who predicts my generation will be on average happier, richer and better educated than those before.

### Are young people more aware of mind health’s importance?

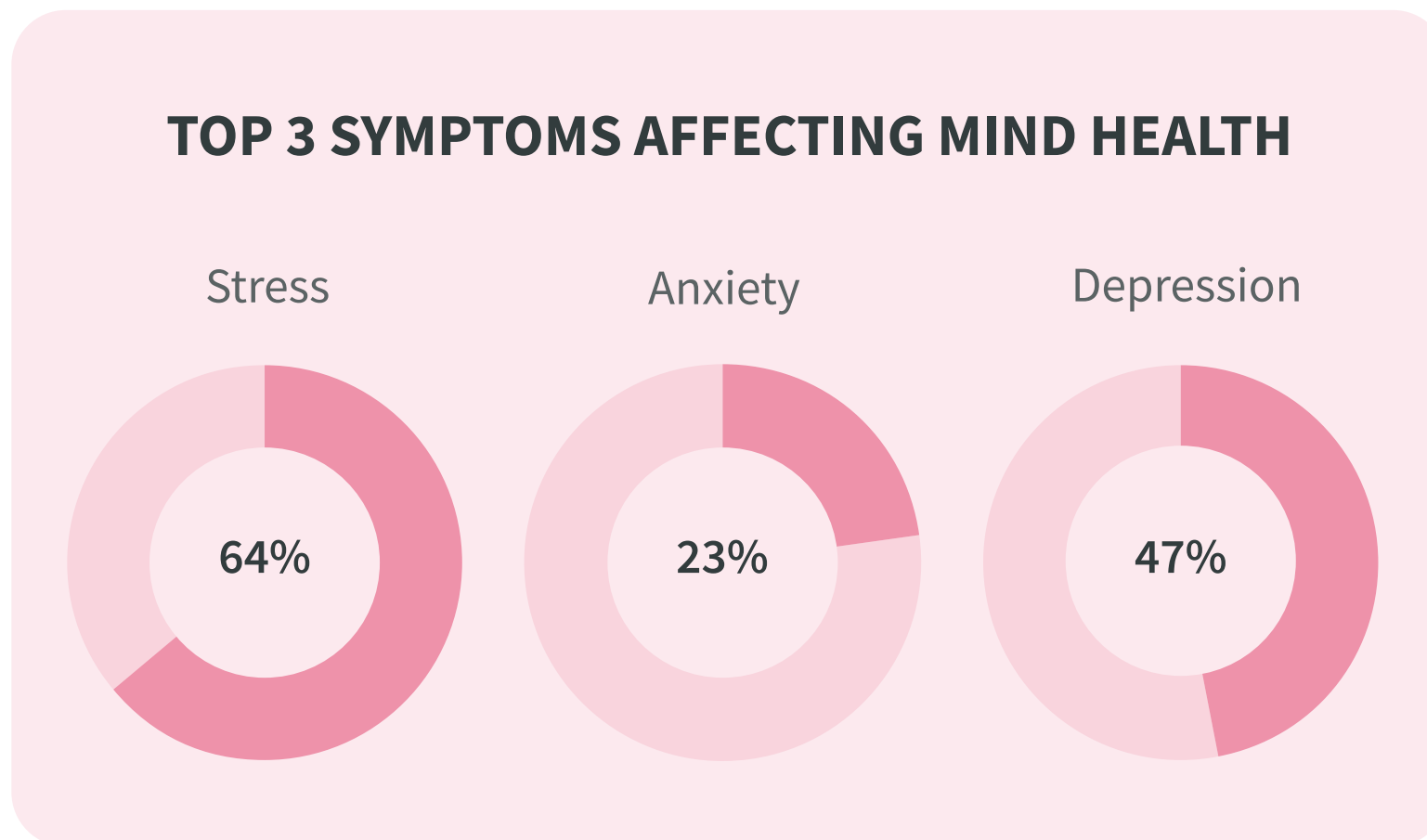
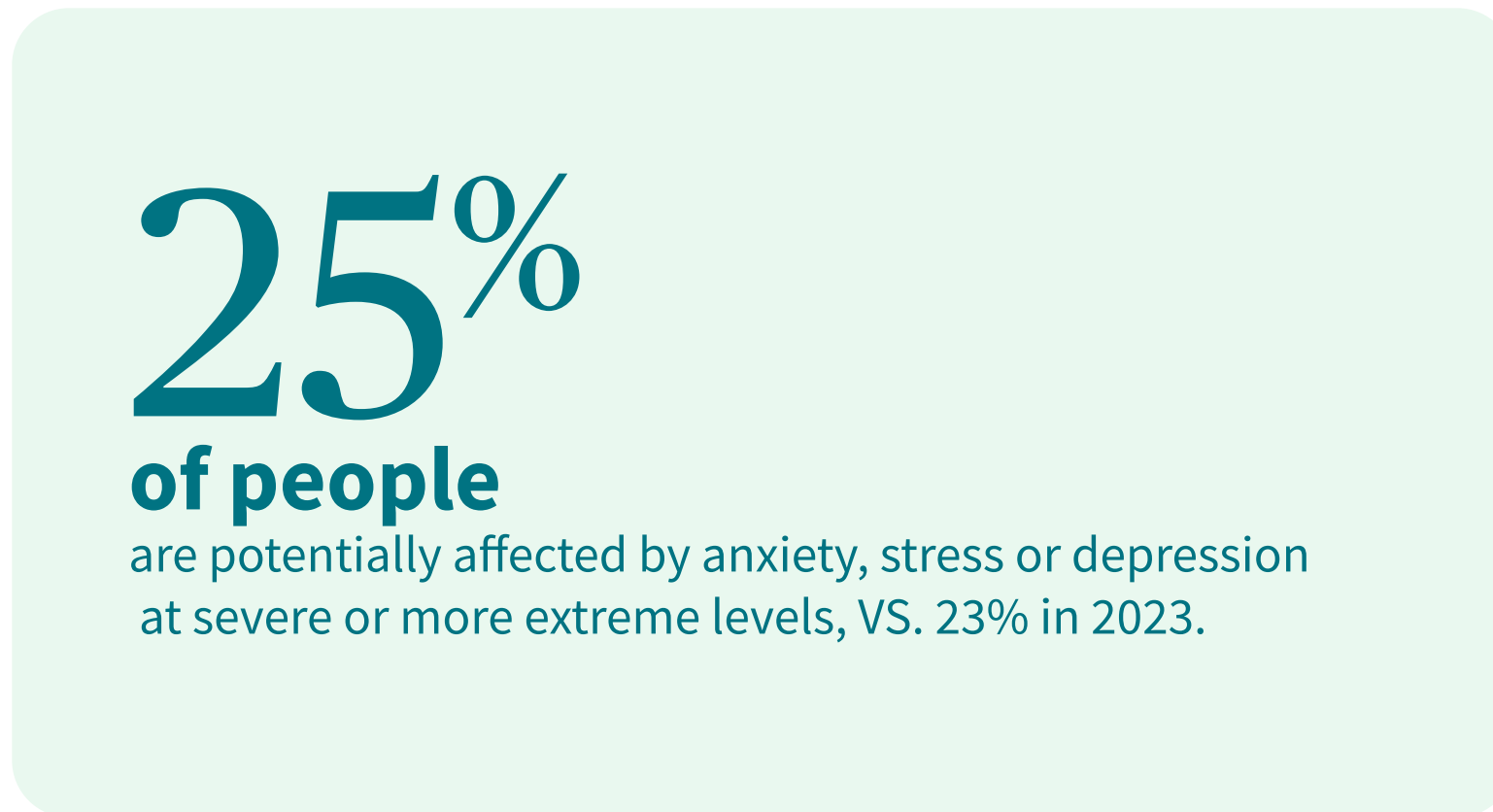
Absolutely. And ironically the generation most aware is the most affected. Many experts point the finger at social media for making Gen Z sick. Psychology professor Jean Twenge coined the phrase “iGen” referring to “Internet, No In-Person, Insecure, Irreligious, Insulated, Indefinite, Inclusive, and Independent.” I think we should add Inspirational. Gen Z will be the pioneers who make mind health an open topic of conversation in society - for everyone’s benefit.

### What support do young people need to manage their mental health?

The key words here are information and care. For me, information means growing awareness by providing verified content. It also means creating dialogue and ending taboos. Care is more holistic, involving access to healthcare professionals and support from friends, family and everyone that young people interact with offline and online. However, to succeed, both information and care need to transcend the personal sphere and infiltrate schools and the workplace. Parents, teachers, students and coworkers need to work together to create a safe space for mental health support. ■

# Rising rates of stress in society?

The findings show that a quarter of individuals are potentially affected by anxiety, stress or depression at severe or more extreme levels. Digging deeper into the numbers, it's interesting to note that **people who show symptoms of severe stress often underestimate their condition**. This imbalance would suggest that improved awareness around mind health could result in more people taking steps to either self-manage their stress or seek professional help.



Percentage based on responses to the question 'Please indicate the extent to which each statement applies to you in the past week' among the general population.



“The world around us can be complex, but we all have the potential to keep our mind healthy”

— **Claudio Gienal**, Chief transformation officer for AXA European Markets and Health

“Taking care of our Mental Health starts with us. The world around us can be tough, but we all have the potential to keep our mind healthy and it’s our personal responsibility to put in the necessary work and self-discipline. Sticking to regular routines, making thoughtful decisions, and actively taking care of ourselves, can help us draw on our inner strength.

However, it’s important to recognize that self-care doesn’t mean we’re alone. Sharing one’s challenges with good friends or seeking professional help when conditions are severe are not signs of weakness but a testament of one’s commitment to mental well-being.

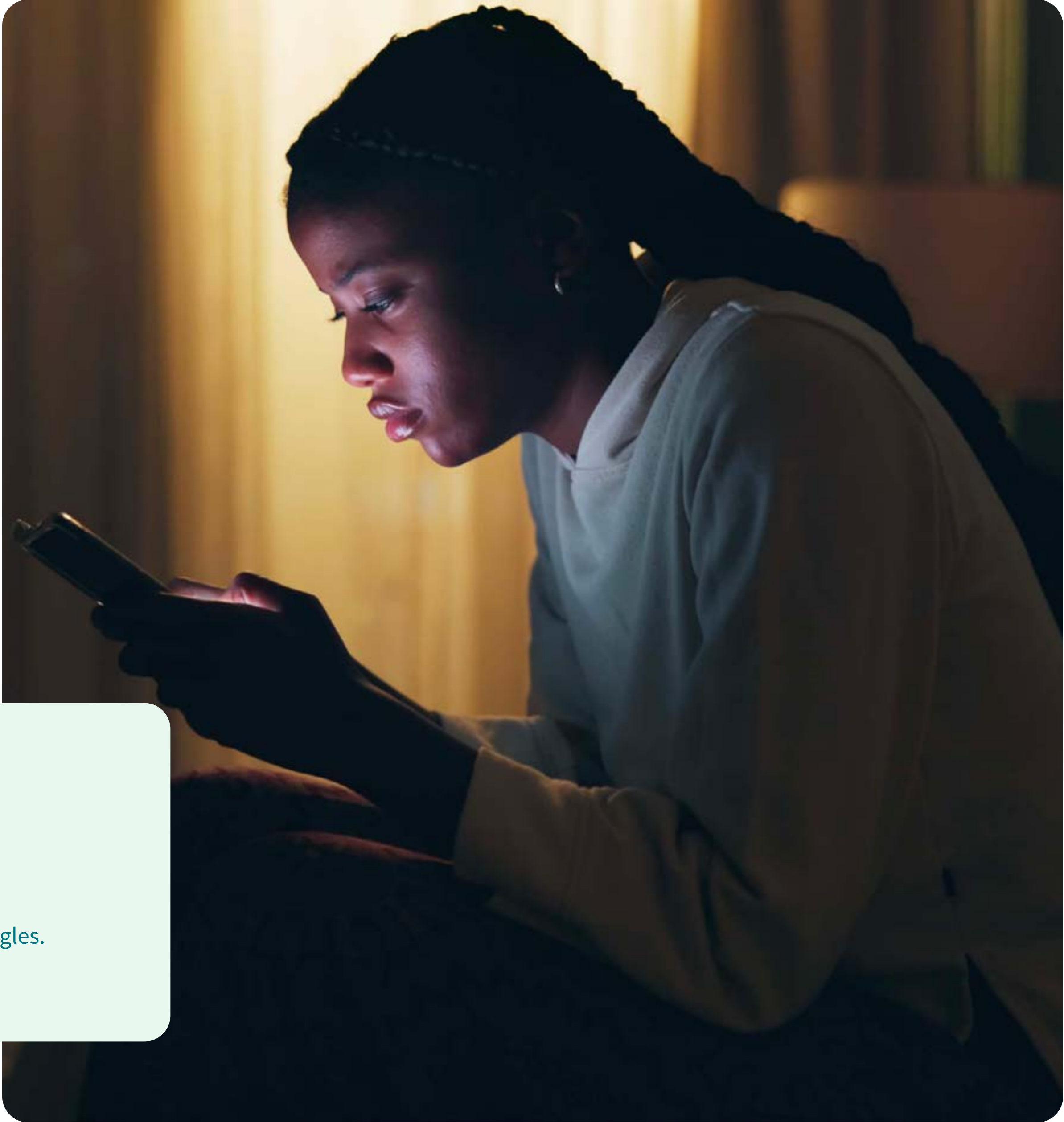
An approach rooted in self-empowerment and personal accountability puts us in the driver’s seat of our mental well-being while recognizing that professional guidance can provide the necessary tools and support to navigate difficult situations. The journey towards mental well-being can be challenging, but it’s within reach for everyone who is willing to undertake it with determination and consistency.”

# Raising awareness on the health benefits of knowledge

The AXA Mind Health Index reveals a direct link between how well we understand mind health and how well we feel in our everyday lives. **People who perceive themselves as well-informed about mental health matters are substantially more likely to experience flourishing mind health** than those who do not consider themselves informed. Among the flourishing population, 75% consider themselves well-informed, whereas only 59% of the struggling population perceive themselves as well-informed about mind health conditions. **This is why increasing awareness around this topic is crucial.**

Strengthening this connection between awareness and wellbeing offers a pathway to improving mind health in the global population – or at least slowing its decline in low-scoring geographies. The increasingly substantial role of digital platforms as a trusted source of information could translate into higher levels of mind health – especially among younger people, who tend to use them more. However, not all sources of information are equal – and the rise of awareness risks a surge in resources that are not reliable or scientifically validated.

**69%**  
**feel well-informed**  
 about factors contributing to mind health struggles.  
 Only 19% feel very well informed.



## Raising awareness on the **health benefits of knowledge**



“We believe that employers can take a much bigger role in raising awareness on mental health and breaking down taboos”

— Nils Reich,  
CEO Health

“The survey reveals the workplace ranks last as a source of information, but this should be much higher as employees expect this support from the workplace. Just as workplace safety courses are mandatory, mental health literacy should be core to employee education. At AXA, we developed the Mind Health Odyssey online program with medical and HR experts to address this need.”

### HOW DO PEOPLE ACCESS INFORMATION ON MENTAL HEALTH?

<b>Healthcare professionals</b> (doctors, therapists, counselors)	<b>52%</b>
<b>Online sources</b> (websites, blogs, forums)	<b>41%</b>
<b>Family and friends</b>	<b>36%</b>
<b>Social media</b>	<b>31%</b>
<b>Television and other media outlets</b>	<b>26%</b>
<b>Books and printed materials</b>	<b>22%</b>
<b>Workplace or educational programs</b>	<b>14%</b>

# Reduced stress at work?

## Take home the benefits

Work-related stress significantly impacts mind health and job performance, with over **half of employees reporting above-average stress levels**, particularly among younger workers.

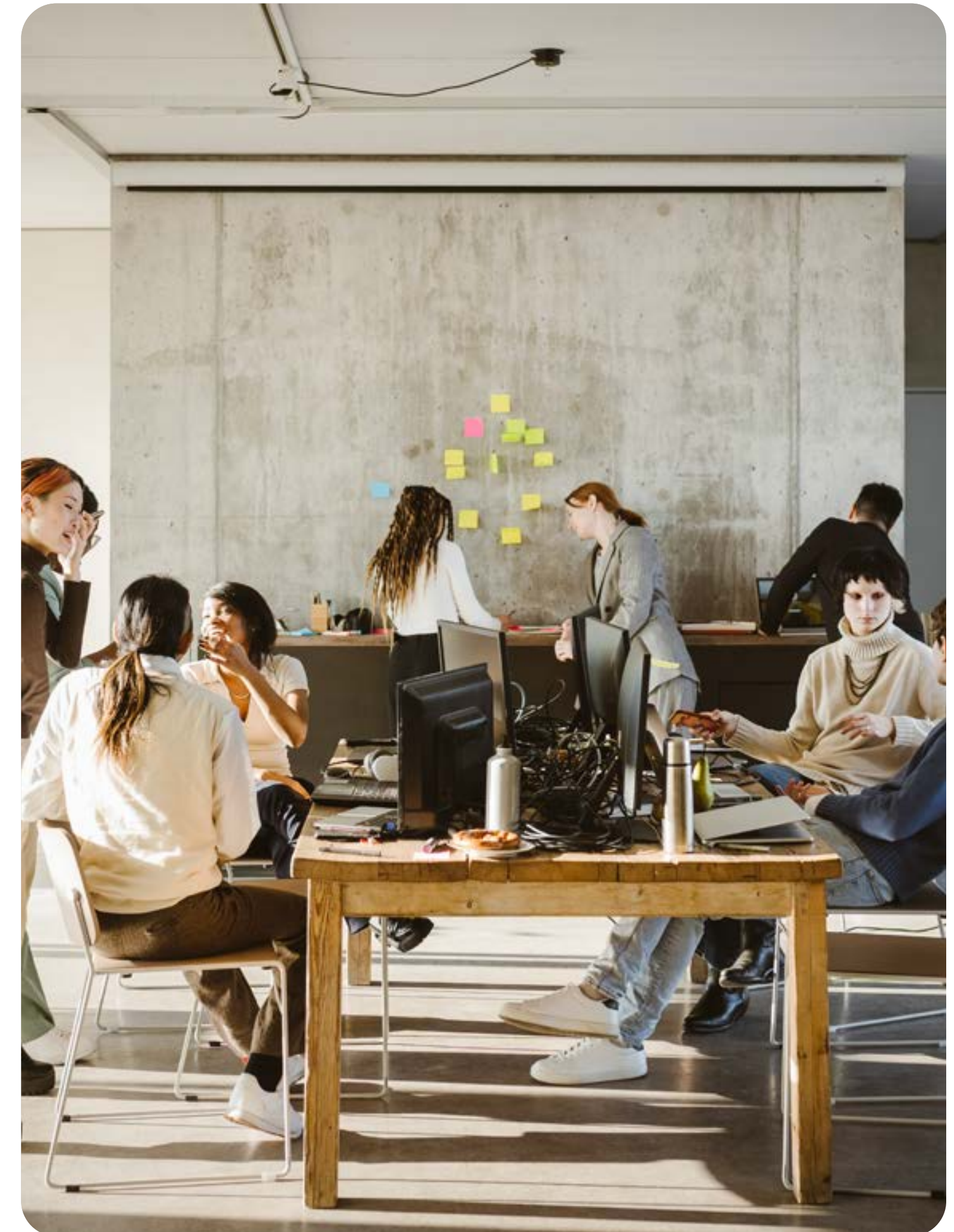
Businesses seeking to support the mind health of their people have numerous entry points for reducing work-related stress. Salary concerns (54%), workload and deadlines (52%), and worries about work-life balance (51%) were top of the list among respondents.

The results of the survey show that **work-related stress can have consequences beyond the office environment**, with employees sharing difficulties in sleeping, alongside physical symptoms such as headaches and muscle tension. Irritability and mood swings may increase, while motivation and productivity wane. Additionally, two out of five employees (41%) reported that the lack of access to mental health resources as a factor negatively impacting their mind health, further emphasizing the need for improved workplace mental health support.

### WORK-RELATED STRESS IMPACTS IN DAILY LIFE

Difficulty sleeping	38%
Physical symptoms (e.g., headaches, muscle tension)	32%
Increased irritability or mood swings	31%
Decreased motivation or productivity	30%
Difficulty concentrating or making decisions	24%
Changes in appetite	18%
Negative impact on personal relationships	18%
Increased use of substances (e.g., alcohol, caffeine)	12%
Increased absenteeism or lateness	9%

Percentage based on responses to the question "How has work-related stress impacted your daily life?" among the working population.



# Reduced stress at work?

## Take home the benefits



Respondents shared a clear preference for lifestyle-oriented solutions to manage work-related stress – in particular physical activity or exercise, taking time off or using vacation days, and practicing stress-reduction techniques such as mindfulness or meditation.

**27%**  
**of respondents**  
 have been on sick leave for problems related to mental/psychological health, VS. 23% in 2023. Among 18 to 24 year-olds, they are 42%.

### ACTIONS PLANNED TO MANAGE WORK-RELATED STRESS

Base : Working population with work-related stress (n = 10,517)

Increase physical activity or exercise	33%
Take time off or use vacation days	32%
Practice stress-reduction techniques (e.g., mindfulness, meditation)	27%
Improve time management and organizational skills	23%
Seek professional mental health support (e.g., therapy, counseling)	16%
Seek support from colleagues or peers	15%
Consider changing job roles or seeking new employment	15%
Speak to a manager or HR about my workload	11%
Use workplace mental health resources (e.g., Employee Assistance Programs)	11%



# “Workplace stress isn't just an individual challenge but a collective phenomenon”

— **Lode Godderis**, Professor for the Centre for Environment and Health at the University of Leuven

A headline finding from the AXA Mind Health Index is that more than half of employees report above-average stress levels, while 12% experience severe stress levels due to their work. Professor Dr Lode Godderis, from the Centre for Environment and Health at the University of Leuven and recipient of a grant from the AXA Research Fund, offers his response as an expert in the impact of work on employee health.

## **Should we consider mind health as a growing concern in workplace environments?**

These statistics are deeply concerning. A considerable amount of the workforce is operating under conditions that could lead to burnout or other mental health conditions. We're seeing a clear pattern where workplace stress isn't just an individual challenge but a collective phenomenon that affects organizational health and productivity. This data should serve as a wake-up call for businesses to recognize mind health as a critical priority requiring systematic intervention and prevention strategies.

## **What more can companies do to prevent mind health challenges at work?**

Companies need to adopt a proactive approach rather than rely on reactive solutions. Most importantly, there needs to be a fundamental shift in corporate culture – one that prioritizes

psychological safety and openly acknowledges mental health challenges. Consider flexible working arrangements that accommodate different circumstances. Can performance metrics be modified so they take into account not just productivity but also sustainable work practices and employee wellbeing?

## **Should managers and colleagues play a bigger role in supporting employees' mental health?**

Absolutely. They are often the first line of defense in identifying and addressing mental health challenges. Their crucial role must be carefully defined and backed with proper training and resources. Managers should be equipped to have meaningful conversations, recognize warning signs of stress and burnout, and know how to direct team members to professional support. Collaboration between colleagues should be fostered to promote mutual understanding, including peer support programs and ally networks. ■



# Companies hold a key to unlocking mind health

A significant divide exists in the workplace, with just **under half of companies putting policies in place to support mental wellbeing** of their people, according to the AXA Mind Health Index. Larger organizations are far more likely to offer support than smaller enterprises.

The survey shows that **half of employees would appreciate mind health support from employers** – a figure that rises among younger people, managers and those reporting high levels of work-related stress. This presents an opportunity for employers to establish comprehensive mind health training and awareness campaigns at every level of the organization.

In companies with mental health policies in place, the proportion of people “struggling” is divided by two (8% vs. 16%), and they are more likely to flourish or getting by than those without (63% vs. 53%). At the same time, we should celebrate the positive impact of employment on the mind health of workers around the world. **For many people, work is a valuable source of self-esteem,** accomplishment, friendship and everyday structure, which make a discernible difference to their quality of life.

**52%**  
**of employees**

expect mental health support from their employer.

## MIND HEALTH SUPPORT EXPECTATION BY AGE



Percentage of respondents answering yes to the question "Do you expect mental health support from your employer?" among working population.



# Tech is opening doors to mind health management

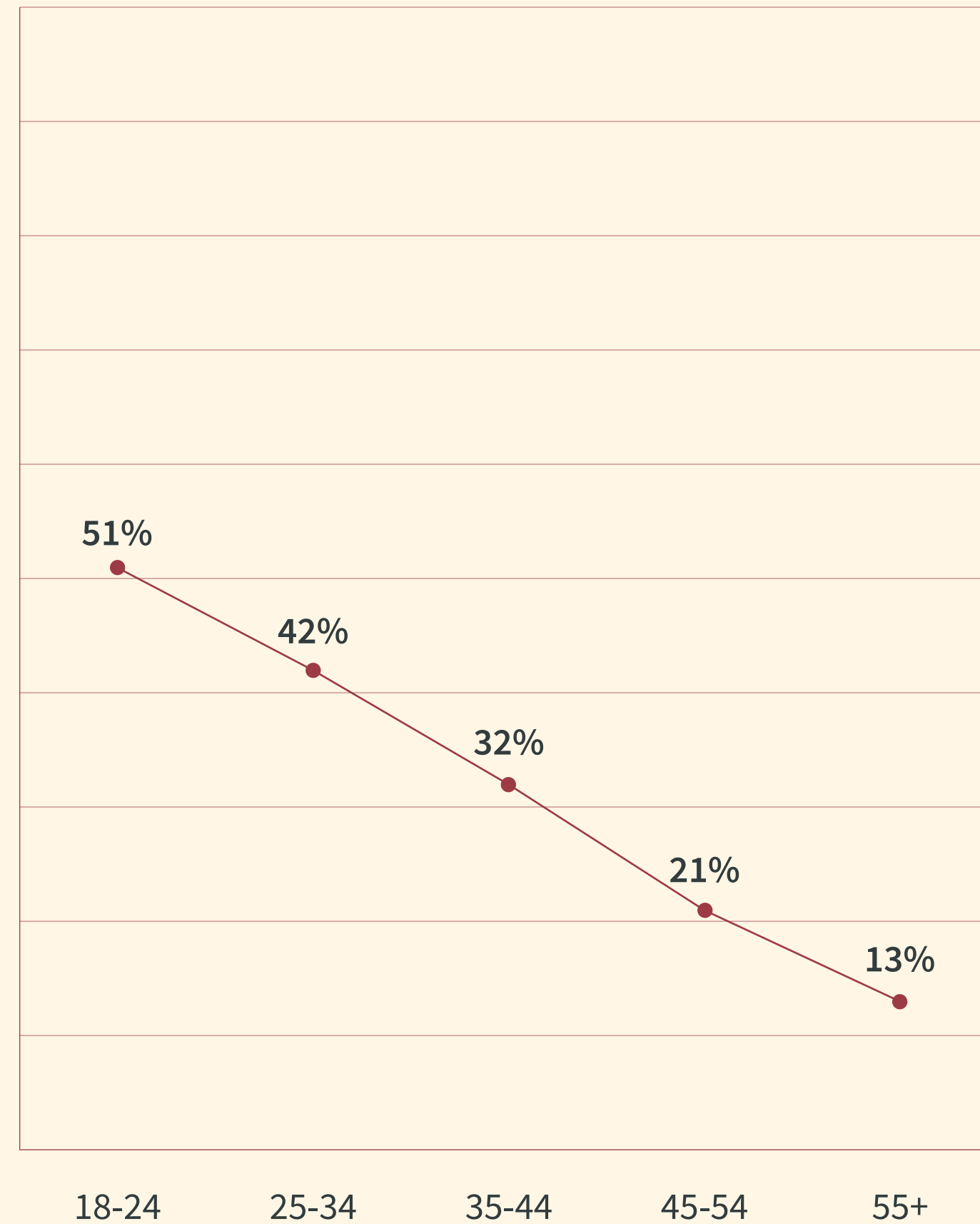
The rise in adoption of digital apps and AI-powered services is an emerging trend from the AXA Mind Health Index. There is a **growing market of affordable, expert-led apps to improve emotional wellbeing** and help overcome some of the traditional barriers to healthcare.

The use of technology in mind health management is especially evident among younger generations, with **half of 18–24-year-olds having already turned to online therapy**.

Conversely, adults over 55 years are more likely to use exercise, hobbies and spending time with friends and family to manage their mind health, rather than digital services.



### USE OF DIGITAL APP ACCORDING TO RESPONDENT'S AGE



**Sandrine Coulange,**  
Chief Operations Officer,  
Health at AXA

“We observe a significant rise in demand for mental health and sick leave.”

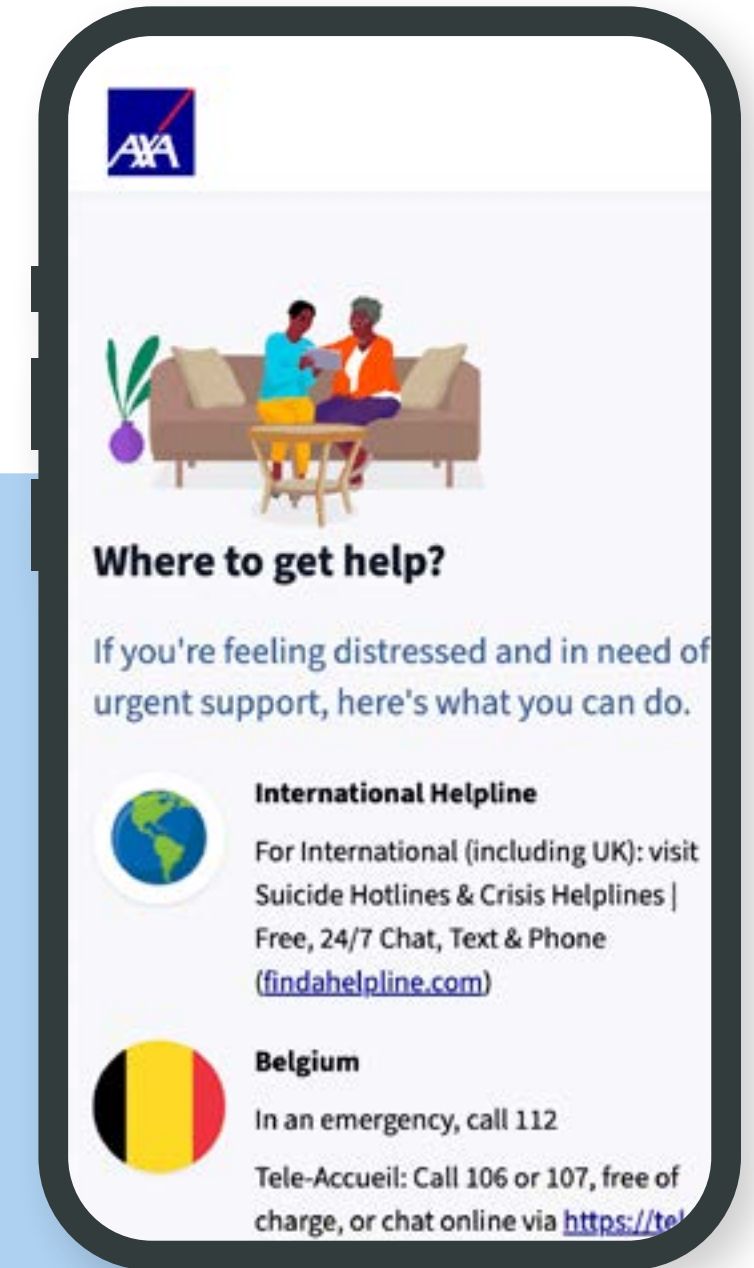
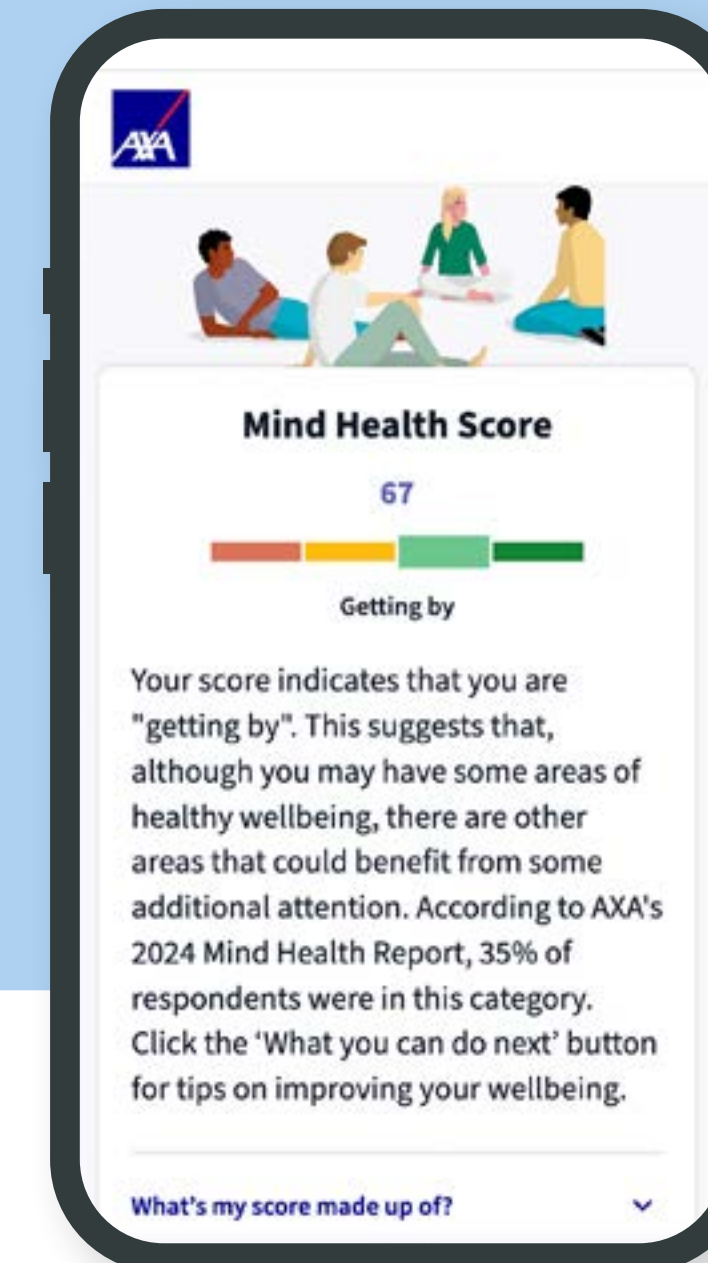
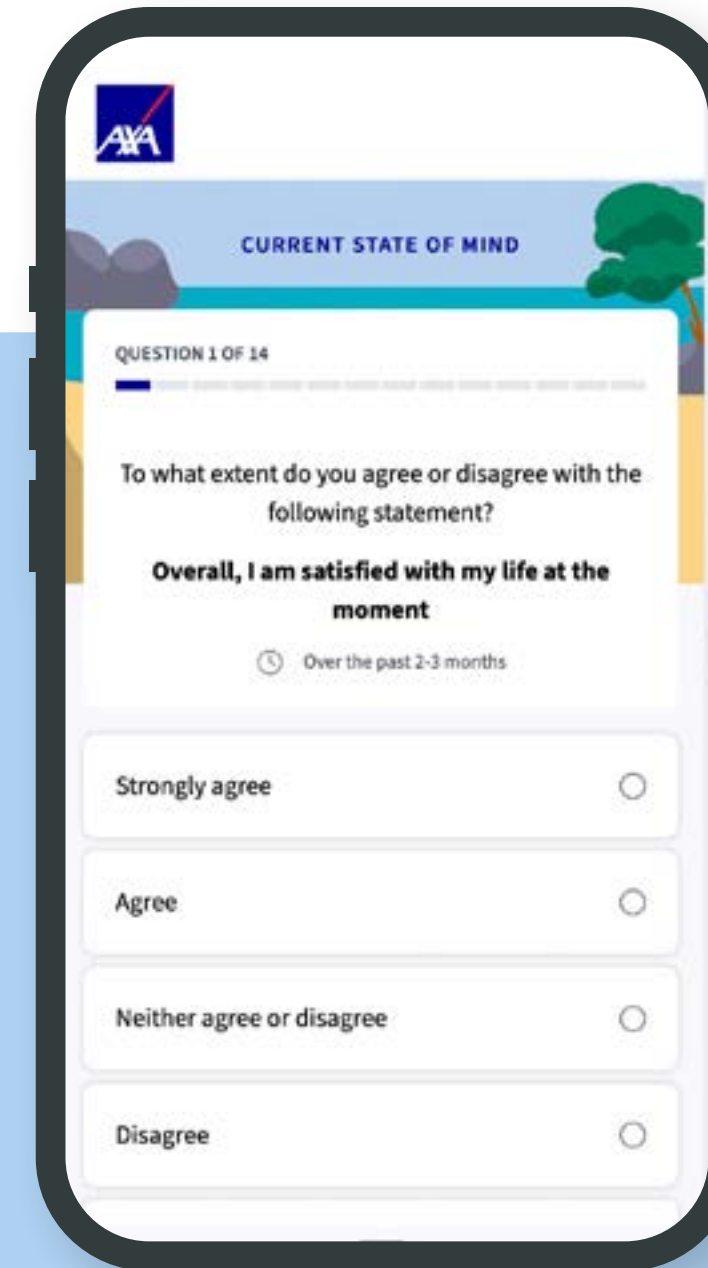
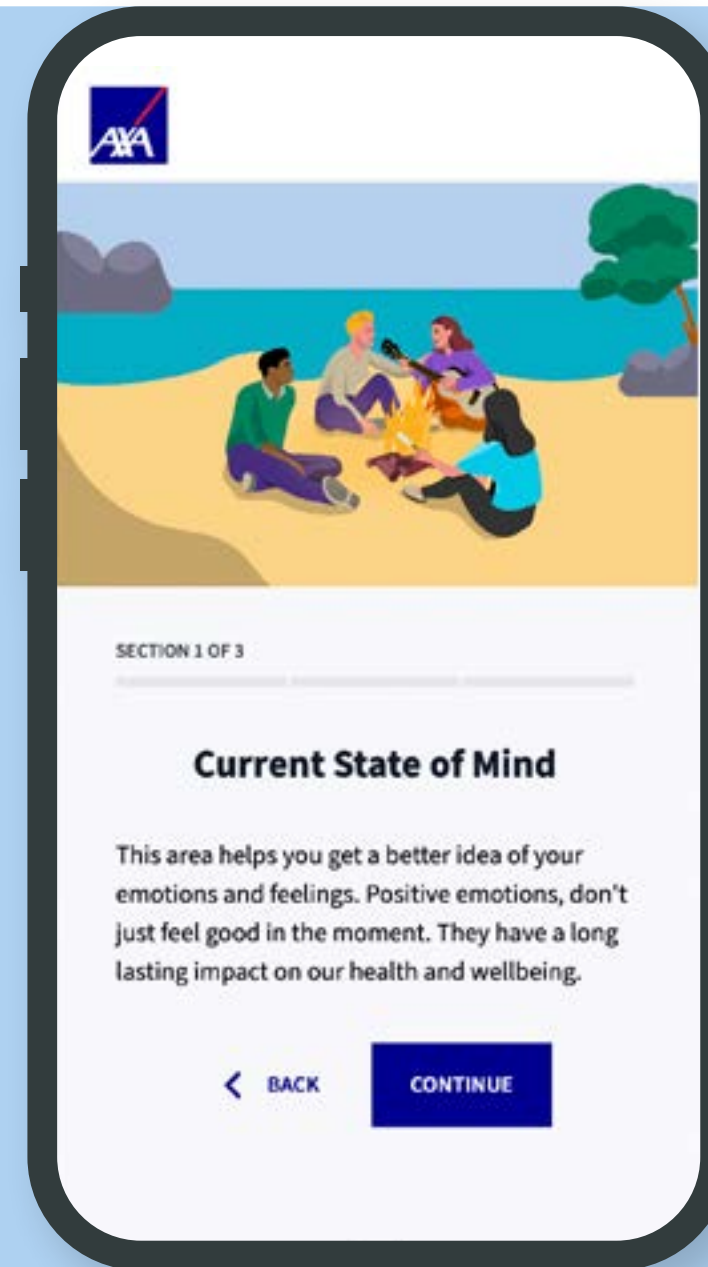
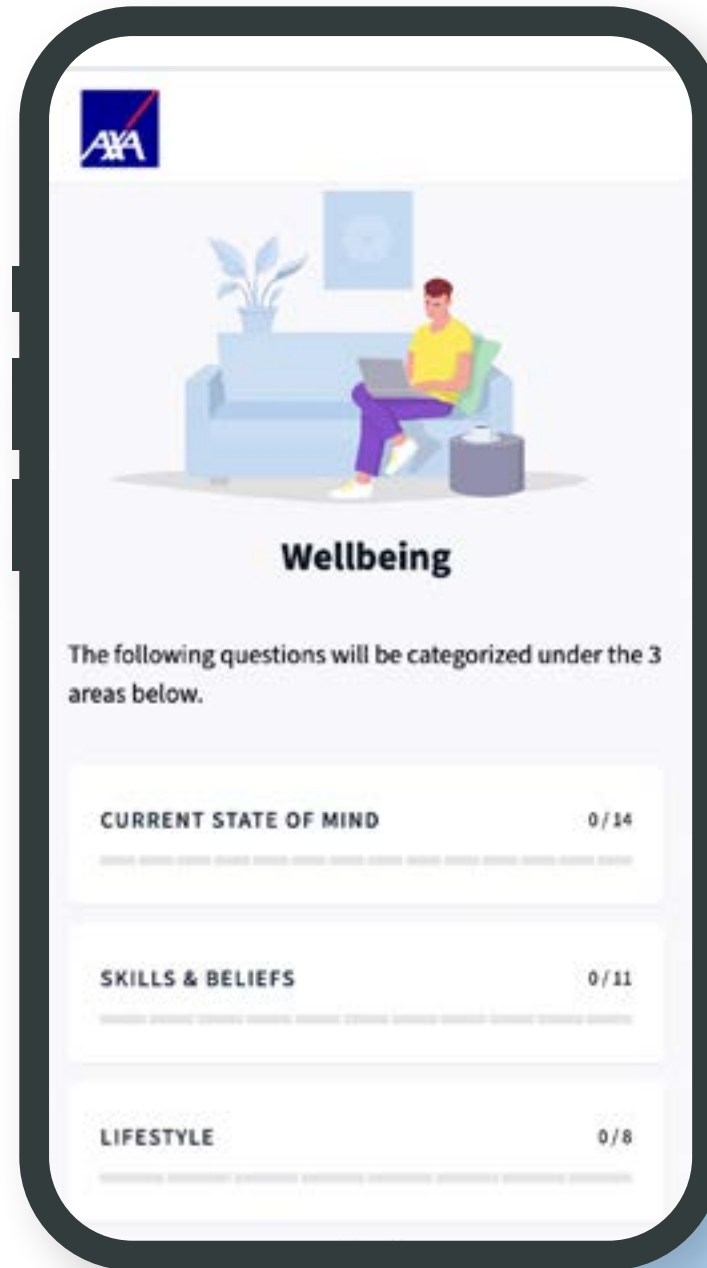
“In some countries, the amount spent on mental health-related consultations has more than tripled since 2019. That is why employers and customers have an aligned interest for insurers to offer early support systems before conditions escalate. Digital solutions that are properly validated and evidence-based can be part of the solution to improve access while making the funding of mental health more sustainable in the long run.”

# What if you could better manage your mind health?

The AXA Mind Health Index shows that people often overestimate their level of mental wellbeing. As many as seven out of ten people who might be suffering from mind health issues still perceive their mental health as good or average.

We recently launched the [AXA Mind Health Self-Check](#) to help individuals understand their mind health and identify areas for potential improvement. You simply need to answer a short series of questions about your state of mind, skills, beliefs, and lifestyle to gain clear insights into your emotional health.

It's free, anonymous, confidential, available in ten languages and based on research from 200 scientific studies. Shine a light on your mind health – in just five minutes. Check in on your mental wellbeing at [mindhealthselfcheck.axa.com](https://mindhealthselfcheck.axa.com)





# “Building the resilience to deal with the unexpected is critical both for our organization and for each individual”

— Karima Silvent, Global Head of HR at AXA

## Are mental health policies the only tools companies can leverage to foster a healthy workplace?

The 2025 Mind Health report confirms the worrying trends we have observed over recent years that work-related stress increasingly impacts mental health and job performance.

Mental health policies are a first step for employers committed to demonstrating their investment in the wellbeing of their employees. However, the effectiveness of these policies requires a broader shift towards a workplace culture that recognizes the need to support wellbeing by providing services, raising awareness of mental and physical health and investing in the critical relationship between managers and their team members. To support awareness and open discussions, we have created a series of videos aimed at managers (but open to all) that shine a light on common mental health challenges. Regular communication about mental wellbeing also raises awareness of the support we have for anyone struggling, such as our 24/7 employee support line available to all of our employees. Maintaining a healthy, engaged workforce requires honest conversations about workload, day-to-day pressures, an awareness of mental health topics, flexibility and a commitment to continuous improvement. I am convinced that this challenge should be openly discussed and addressed by the top management.

## How can organizations integrate self-care activities like exercise and mindfulness into their workplace and corporate culture to improve employee well-being?

Mental health is held in balance by an intricate mix of physical, mental, and social well-being and I believe that as employers we are obliged to consider our impact on, and contribution to, this balance. Starting with awareness and training we show our commitment to well-being, and give our employees the tools to preserve and improve their physical and mental health. One of our key flagship actions at AXA is our ‘Healthy You’ days, where we encourage employees to actively participate in learning and to take advantage of the medical check ups we offer to all employees. Last year, ‘Sleep’ was a key focus for training and raised awareness on a vital element of maintaining good overall health. Another example is our “Invest in You” days, where we educate employees on a financial topic. By helping them to better manage their finances, we contribute to their financial health and overall wellbeing in the long term.

By demonstrating our commitment to health and wellbeing, we encourage our employees and leaders to get involved and invest personally in these topics. Beyond raising awareness and increasing knowledge, we offer time and flexibility to our employees who are facing difficult situations (including those that are not work related), so that our people and leaders see our dedication to mind health and understand that support is available. For example, we recently launched a global benefit that gives paid leave to employees with caring responsibilities, as we are mindful of the extra mental load that caregivers carry. Building the resilience to deal with the unexpected is critical both for our organization and for every individual, and our goal is to ensure that our employees are equipped with the tools and time required for self-care. ■

# The Mind Health Index (MHI)

The Mind Health Index (MHI) is a proactive tool for assessing and promoting mental wellbeing. As an integral part of the AXA Study of Mind Health and Wellbeing, it provides a way of gauging people’s current mental state.

## How the Index is built

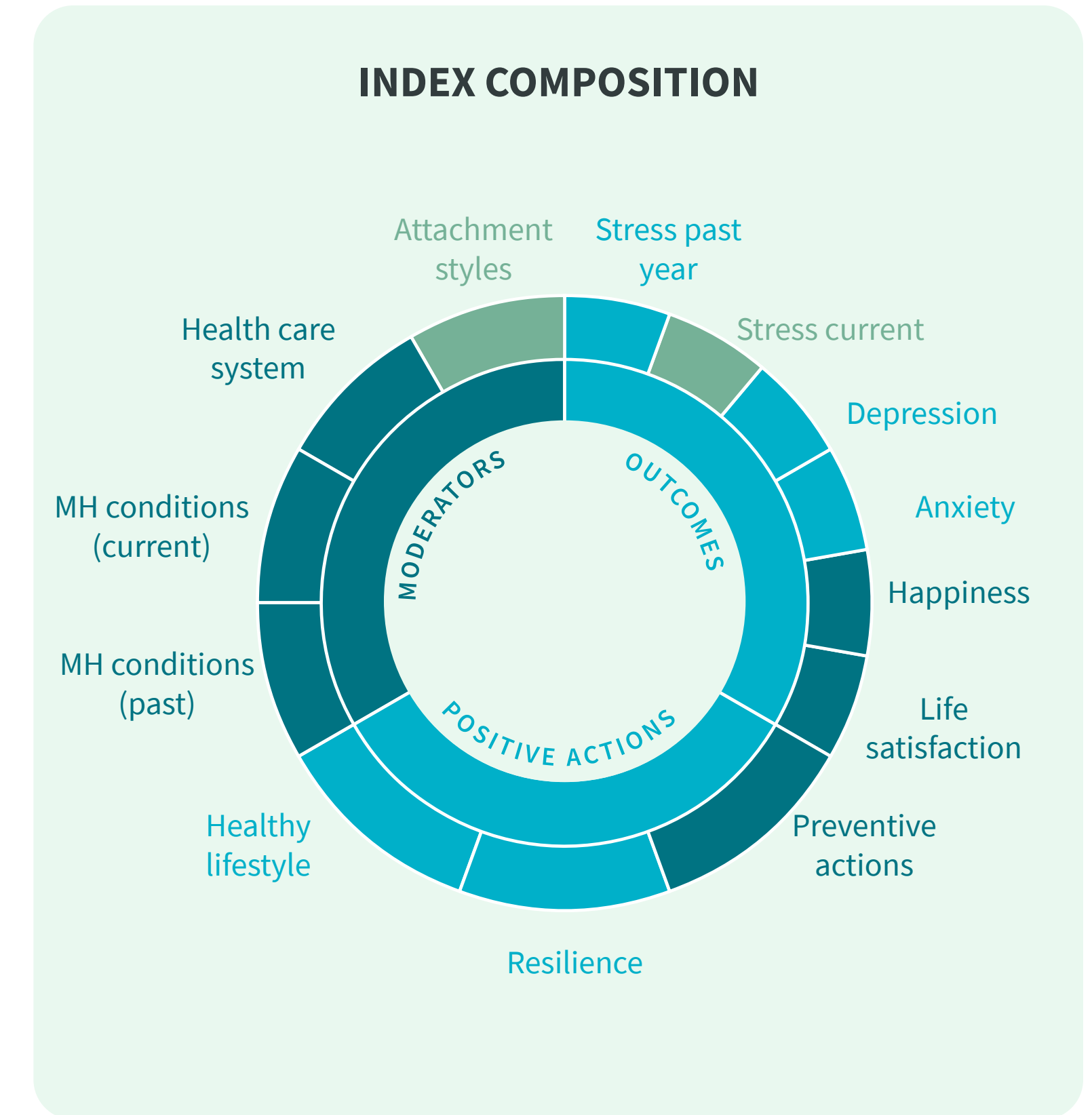
Every year, we publish a white paper to detail the methodology. In summary, the index is based on 50 questions related to thirteen separate factors affecting mind health. These factors appear in the outer circle of the MHI wheel (see above) and fall into three categories:

- **Moderators:** These are generally areas where people have little control – the quality of their local healthcare system, for example, or current and past mental health conditions.
- **Positive actions:** These are actions that people can take to improve their mental wellbeing – developing the skills needed to promote self-acceptance and self-efficacy, for example.
- **Outcomes:** These are the results of positive actions plus moderators – they may be positive (life satisfaction, happiness) or negative (anxiety, stress, depression). In the chart to the left, segments marked in red indicate where overall mind health has declined since our 2022 study, light blue where results are unchanged and aqua where mind health has improved over the past year.

## From struggling to flourishing

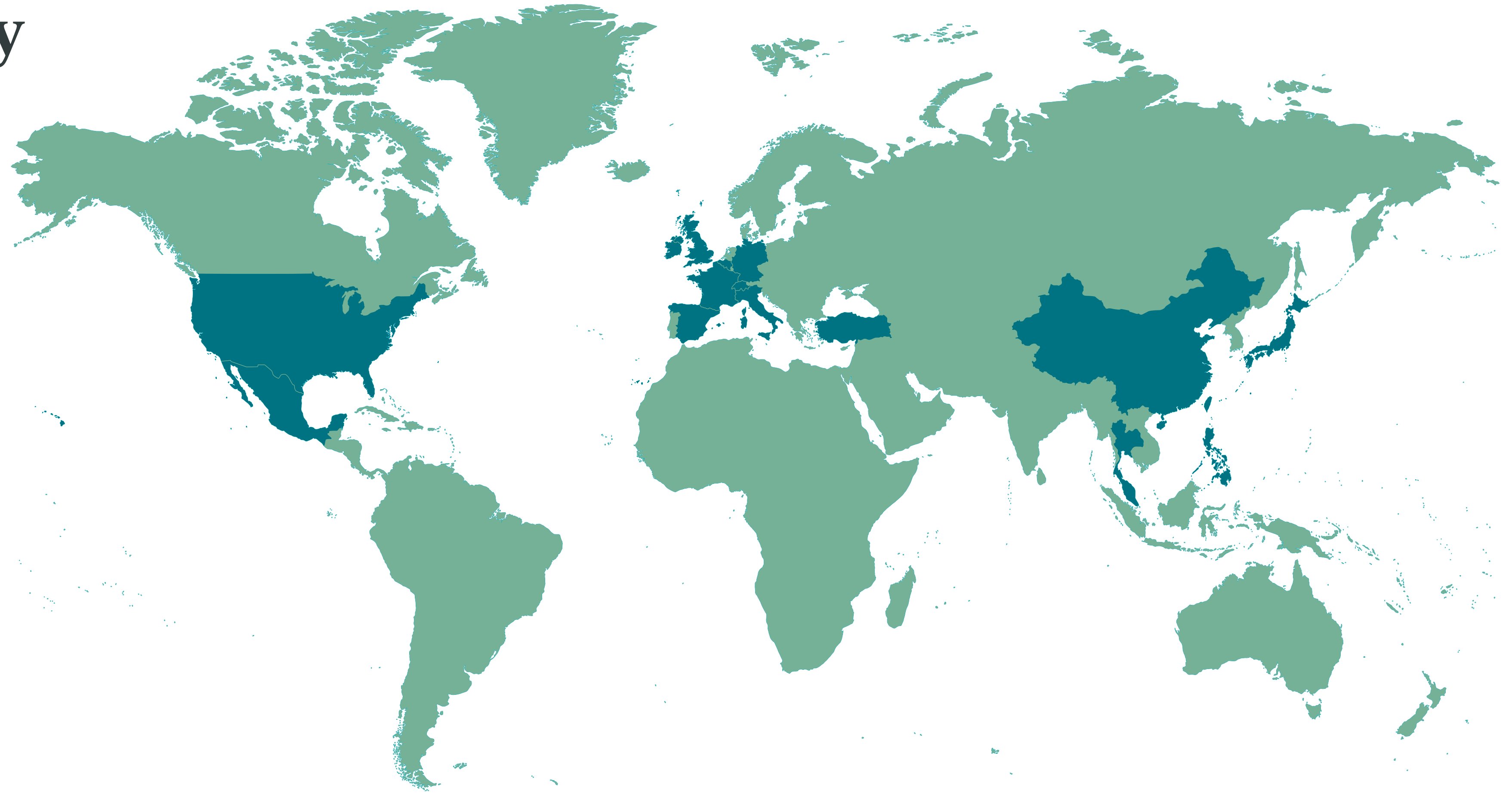
The index then places people in one of four categories – from struggling mentally on one end to flourishing at the top.

- **Struggling:** The absence of wellbeing in most areas is likely to result in struggling and difficulty. Struggling is associated with emotional distress and psychosocial impairment.
- **Languishing:** Languishing represents the absence of positive wellbeing. If you are languishing you are not functioning at full capacity, you may feel unmotivated and struggle to focus. Those who are languishing are at an increased risk of developing mental illness.
- **Getting by:** Getting by describes those who may have some areas of good wellbeing but not enough to reach the state of flourishing. Those getting by may experience a dampened sense of wellbeing compared to those who are flourishing.
- **Flourishing:** Flourishing represents the pinnacle of good mind health. Classified by a Mind Health Index score greater than 75. Flourishing individuals do well across a range of mental wellbeing determinants and outcomes.



# Study methodology

The AXA Mind Health Index survey is carried out jointly with Ipsos France. Online interviews were conducted between October 8<sup>th</sup> to November 11<sup>th</sup> 2024 and in 16 countries. A quota method was applied to gender, age, occupation and region. Furthermore, the data is weighted so that each country's sample composition best reflects the demographic profile of the adult population (18- 75yo) according to the most recent census data.



**16**  
countries

**17,000**  
respondents

**18-75**  
years old





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