

Key findings



Globally most people have been feeling stressed

Just over three in five (62%) on average across 31 countries, say they have felt stressed to the point where it had an impact on their daily life at least once. Levels of reported stress range from a high of 76% in Türkiye to a low of 44% in Japan.



Mental health is still the number one concern

Our latest [Health Service Report](#) finds 45% cite mental health as one of the main health issues facing their nation. Cancer is second with 38% and stress follows with 31% mentioning it across 31 countries.



Young women are struggling the most

Gen Z females are the most likely cohort to say they experience low points, with 40% at a global level saying they have felt depressed to the point that they felt sad or hopeless almost every day for a couple of weeks or more, several times.



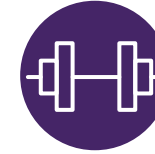
Health of mind and body seen as equal...

Just over three in four (76%) say mental and physical health are equally important, with a majority in all 31 countries saying this is the case. While mind and body are seen as equal, people are more likely to say they often think about their physical (72%) versus their mental wellbeing (60%).



Younger generations missing work due to stress

A majority (54%, Global Country Average) of Gen Z say they have felt stressed to the point that they could not go to work during the past year; the figure for Millennials is slightly lower (47%). More generally, older people are less likely to report feeling stressed on each element asked about in our survey.



...But healthcare systems seen to prioritise physical issues

The public believe the emphasis by healthcare professionals is often still on the body. 41% say physical health is treated as more important than mental health by their country's current healthcare system, 13% say mental health is treated as more important and 31% say both are treated equally.