

NEURO-WELLBEING AND BALANCE

Survey Results

Assessment of mental clarity, emotional self-regulation, energy, sleep, support, adaptability, and recovery after stress.

1 WHO PARTICIPATED IN THE SURVEY?

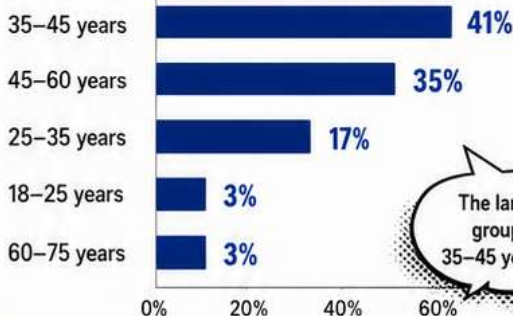
83%
women

17%
men

Women
predominate in
the sample.



2 AGE STRUCTURE



The largest
group is
35-45 years old.

3 OVERALL NEURO-WELLBEING BALANCE

70%

average realized
balance

24%

55%

21%

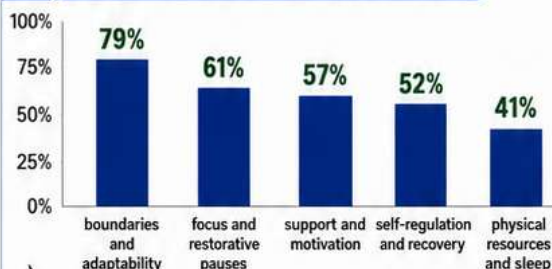
24% — high balance

55% — moderate balance

21% — low balance

A moderate
level of
neuro-wellbeing
predominates.

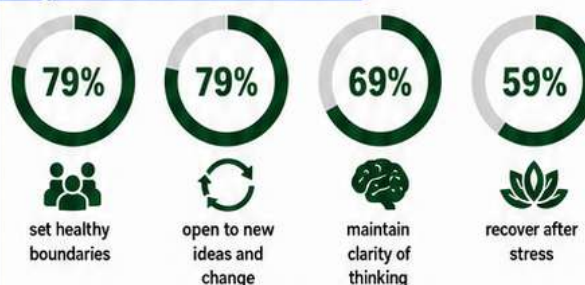
4 MAIN COMPONENTS OF BALANCE



The strongest
component is
boundaries and
adaptability.

The weakest is
physical resources
and sleep.

5 STRONGEST ASPECTS



Boundaries, adaptability, and cognitive
clarity are the best developed.

6 DEVELOPMENT AREAS



35%
have
sufficient
physical
energy



45%
manage
emotions
without
overload



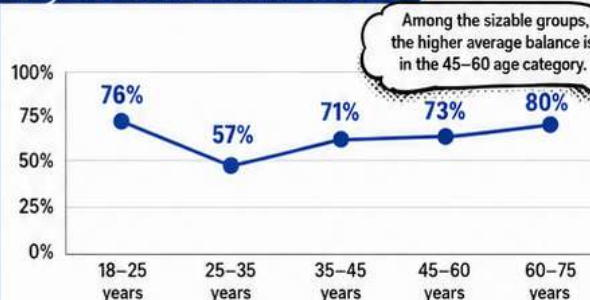
48%
have
quality and
sufficient
sleep



52%
take
mindful
pauses
during the day

Energy, sleep, and daily self-regulation
need the most attention.

7 NEURO-WELLBEING AND AGE



Among the sizable groups,
the higher average balance is
in the 45-60 age category.

MAIN CONCLUSION



The survey shows that respondents' neuro-wellbeing is generally at a moderate level. The strongest areas are the ability to set boundaries, adapt to change, and maintain clarity of thinking. The greatest attention is needed for physical energy, sleep quality, emotional self-regulation, and the habit of taking restorative pauses.

RECOMMENDATION



To strengthen neuro-wellbeing, it is advisable to introduce emotional self-regulation practices, support healthy sleep, restore energy, encourage regular short breaks during the day, and develop a supportive environment.