



Understanding the Global Mind to Nurture Every Child's Potential

The world is facing a quiet crisis, one that cannot be ignored.

According to the 2024 *Mental State of the World Report*, a comprehensive study of mental wellbeing across 64 countries, global mental health—especially among young people—has not recovered since its dramatic decline during the COVID-19 pandemic. What many hoped would be a temporary disruption has instead solidified into a new baseline of distress.

Despite the easing of lockdowns and a return to “normal life,” the data paints a sobering picture. Across the Internet-enabled global population, mental health has not rebounded. If anything, the impact of long-term stressors—such as increased screen time, social disconnection, and the rise of remote life—continues to shape a generation's lived experience.

The Global Mind Project: A Mirror to Our Times

The *Global Mind Project* provides valuable insight into the mental architecture of today's populations. Using the Mental Health Quotient (MHQ), it measures six key dimensions:

- **Mood & Outlook** - The ability to manage and regulate your emotions effectively and to have a constructive or optimistic outlook for the future
- **Social Self** - How you interact with, relate to and see yourself with respect to others
- **Adaptability & Resilience** - Your ability to shift your behaviour and outlook in response to changing circumstances and cope with the challenges and setbacks that you encounter
- **Drive & Motivation** - Your ability to work towards achieving your desired goals and to initiate, persevere and complete activities in your daily life.
- **Cognition** - Your ability to perform basic cognitive functions, make sense of complex sets of events and



situations and display a longer-term perspectives in your thoughts and behaviour

- **Mind-Body Connection** - The regulation of the balance between your mind and body.

While Adaptability & Resilience and Drive & Motivation scored relatively high, the lowest scores emerged consistently in Mood & Outlook and Social Self—two areas closely tied to emotional regulation and interpersonal connection.

One trend is unmistakable: across all regions, younger generations are struggling the most, while older adults—those raised in a more tactile, socially grounded world—continue to report stable and healthier mental wellbeing.

To find out more please go to:
<https://mentalstateoftheworld.report/>

The Data Is Clear:

We Need Upstream Solutions

Clinical care alone cannot solve this crisis. The scale and complexity of the mental health decline demand upstream interventions—those that prevent the erosion of mental wellbeing in the first place.

Mindful-Touch Education is one of these solutions. It is practical. It is rooted in research. And most importantly, it brings human connection back to the heart of learning.

By starting early—in schools, in classrooms, in relationships—we can help children and young adults reconnect with themselves and with each other. We can build resilience before breakdown begins.

Because every child deserves more than survival.

They deserve to feel safe, supported, and ready to thrive.

A Preventative Solution:
Mindful-Touch Education



Among adults aged 18–34, the average global mental health score (MHQ) has fallen to just 38—far below the normative threshold of 100. Nearly 41% of this group experience symptoms so severe they interfere with daily functioning, including obsessive thoughts, emotional numbness, and profound social withdrawal.

This isn't a localized issue—it transcends geography and levels of healthcare spending. The cause is systemic: the rise of disembodied living, shrinking real-world interaction, and overreliance on digital communication has quietly reshaped how young people connect to themselves, to others, and to the world.

At Mindful-Touch Education (MTed), we see this not only as a crisis—but as a call to innovate.

MTed offers a preventative, embodied, and scalable approach to emotional and mental health: one that addresses the root causes of the current crisis, rather than treating its symptoms after the fact.

By reintroducing intentional, safe, and compassionate touch into educational settings, MTed strengthens:

- Nervous system regulation
- Social-emotional learning
- Focus, empathy, and resilience

Grounded in neuroscience, developmental psychology, and somatic education, MTed helps restore the foundational human experiences—touch, co-regulation, and embodied presence—that are essential for healthy development and thriving communities.