

## Your Wellbeing Summary

Report Guide

Mental Well-Being Awareness

### Excellent 3 traits

- Happiness
- Optimism
- Anger

### Typical 2 traits

- Seasonal Mood Swings
- Social Rejection

### Poor 5 traits

- Post traumatic stress disorder
- Self Esteem
- Anxiety

## Traits in Depth

### Excellent Tendencies 3 traits

Conclusion

#### Keep up the good work!

You have excellent tendency to be happy, positive affect and extremely high resilience. However, make all efforts to keep your mental health well balanced by being mindful of your lifestyle choices and the environment you choose to thrive in.

3/10



#### Happiness

Your genetic tendency for happiness is...



#### Optimism

Your genetic tendency for optimism is...



#### Anger

Your genetic tendency for anger is excellent...

### Typical Tendencies 3 traits

Conclusion

#### Good Going

Good going your genes are in your favor! You may need some help balancing the external factors like your surroundings and circumstances.

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#### Social Rejection

Your response to social rejection is likely to be average.



#### Seasonal Mood Swings

You are likely to experience average changes in mood...

### Poor Tendencies 3 traits

Conclusion

#### Need Some Work

Needs some work, this are tendencies you have to be mindful and aware about it, be extra cautious and take all measures to safeguard your mental health. Now that you know your genetic tendencies, you will have gear up and take actionable interventions and efforts to emerge victorious and not fall prey to a mental illness. Good luck!

5/10



#### Post traumatic stress disorder

You have greater likelihood of suffering from Post...



#### Self Esteem

You have a poor sense of self esteem



#### Anxiety

You have greater likelihood of being anxious



#### Resilience

You tend to have lower resilience



#### Depression

You have greater likelihood of suffering from Depression

### A few tips to bear in mind to maintain your mental health

- Connect with people
- Exercise or be physically active
- Try learning a new skill
- Find a sense of purpose
- Get enough sleep
- Have a well-balanced diet
- Be mindful of the present, don't fret over the past or future



## Roadmap

Here are some pointers to bear in mind while being mindful and aware about your mental well-being. Mental health awareness should be your top priority and access to your genetic mental well-being tendencies will empower you to take informed decisions. Awareness about your genetic mental health tendencies will dramatically improve your overall wellness.



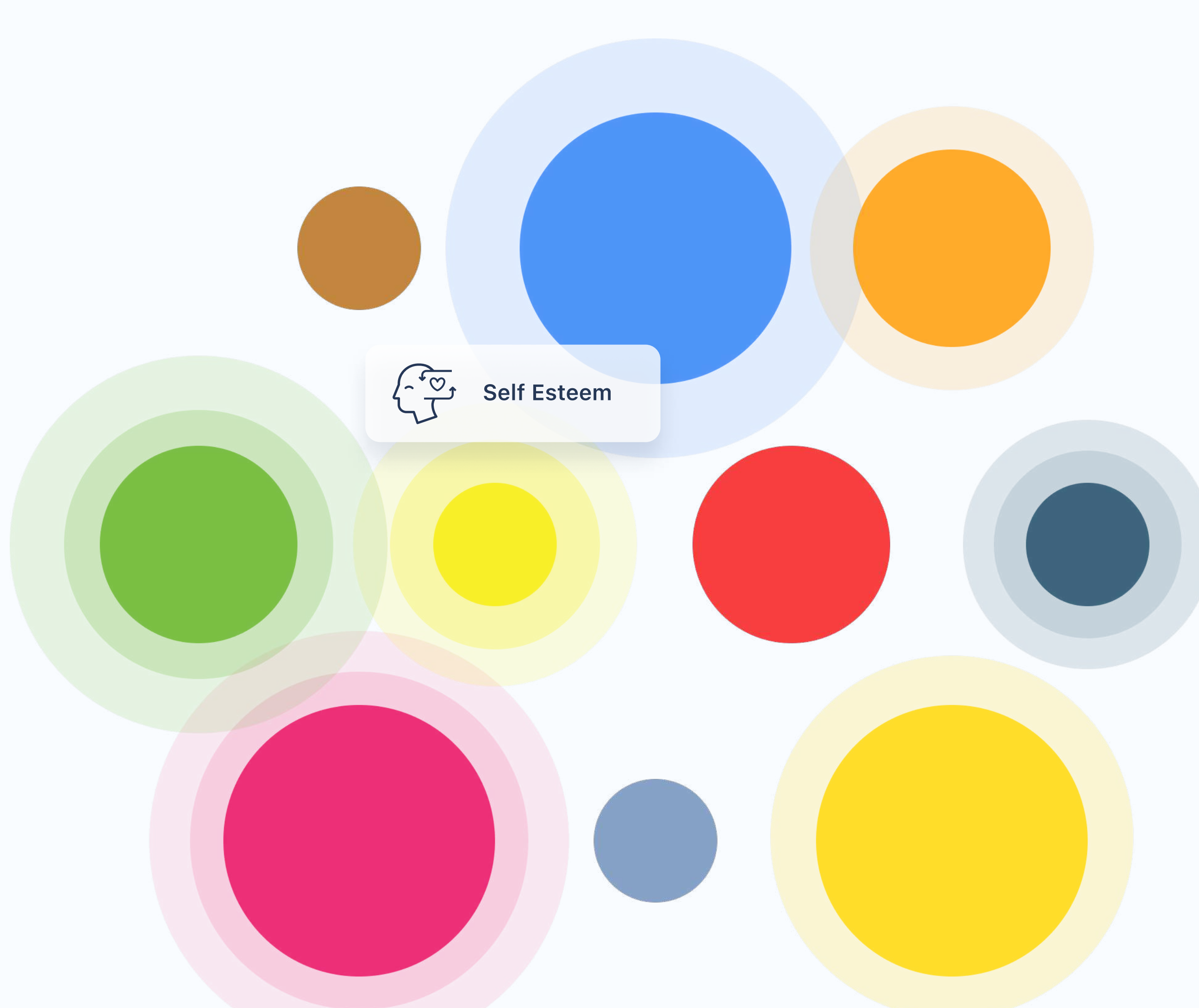
### Resources

[www.nimh.nih.gov](http://www.nimh.nih.gov)  
[www.mentalhealth.gov](http://www.mentalhealth.gov)

[www.mentalhealthfirstaid.org](http://www.mentalhealthfirstaid.org)  
[www.nhs.uk](http://www.nhs.uk)

- Knowledge of how to seek mental health information
- Attitudes that facilitate recognition and help-seeking
- Knowledge about professional help  
EFG gene is implicated in trait by means of OPL Pathway hence making it crucial for studying trait  
2. EFG gene is implicated in trait by means of OPL Pathway hence making it crucial for studying
- Knowledge about self-help
- Knowledge about causes
- Ability to recognize psychological distress

## Colours and You



### Did you know that apart from genetics, colors may be affecting your emotions and mental health?

Colors have been studied to be impactful tools to signal action, modulate mood and also influence psychological reactions. They may also influence an individual's mental and physical well-being. Perceptions of color have been subjective however some effects of color have a universal elucidation.

Here is your customized 'DNA and Color' visualization which represents traits with maximum impact on your mental health as per your genetics. Every trait has been tagged with a specific color which symbolizes and reflects emotions and mood based on the 'Color Theory'. You can use this visualization to enhance the good traits or to take action for the poor traits.

Warm colors influence and modulate positive emotions of love, comfort as well as feelings of anger and vengeance. Cool colors are often associated with calmness, control and determination along with sadness and loneliness

Tip: Use this color map to enhance the good traits or to take action for the poor traits.

**Red**  
Positive attributes  
Survival, Love, Passion, Power  
Negative attributes  
Anger, Aggression, Danger

**Brown**  
Positive attributes  
Dependability, Reliability, Steadfastness, Earthiness  
Negative attributes  
Scared, Confused, Submissive, Social rejection, Weak, Insignificant, Discouraged

**Blue**  
Positive attributes  
Productivity, Calmness, Stability  
Negative attributes  
Depression, Sadness, Aloofness

**Green**  
Positive attributes  
Hope, Strength, Trust, Pensive, Resilience  
Negative attributes  
Stagnation, Boredom, Blandness

**Pink**  
Positive attributes  
Happiness, Warmth, Tranquility  
Negative attributes  
Inhibition, Physical Weakness

**Yellow**  
Positive attributes  
Optimism, Self-esteem, Extraversion, Creativity  
Negative attributes  
Fear, Irrationality, Fragility

**Gray**  
Positive attributes  
Neutrality  
Negative attributes  
Anxiety, Stress, Lack of energy