1 in 4 people will experience mental distress in some form at some point in their life.

According to Jahoda, there is a strive to achieve optimal living, not achieving optimal living is considered abnormal as it means an individual cannot live their life the way they want to. There are 6 elements to optimal living:

1. A positive attitude towards the self.
2. Growth and development - acknowledging and using personal skills and having self-confidence.
3. Autonomy - taking responsibility for own actions.
4. Environmental competence - can deal with the demands of the environment.
5. Accurate perception of the self and a reasonable view of the world; understanding what is going on around oneself and its impact.
6. Positive inter-personal relationships - able to have caring and intimate relationships with others.