

Well-Being Assessment

Below are some statements about feelings and thoughts. Please choose the option that best describes your experience of each over the last two weeks. Keep a note of your score on each statement and add them up to get an overall wellbeing score at the end.

None of the Time (1) Rarely (2) Some of the time (3) Often (4) All of the time (5)

I've been feeling optimistic about the future..... **1 2 3 4 5**

I've been feeling useful..... **1 2 3 4 5**

I've been feeling relaxed **1 2 3 4 5**

I've been feeling interested in other people..... **1 2 3 4 5**

I've had energy to spare..... **1 2 3 4 5**

I've been dealing with problems well..... **1 2 3 4 5**

I've been thinking clearly..... **1 2 3 4 5**

I've been feeling good about myself..... **1 2 3 4 5**

I've been feeling close to other people..... **1 2 3 4 5**

I've been feeling confident..... **1 2 3 4 5**

I've been able to make up my own mind about things..... **1 2 3 4 5**

I've been feeling loved..... **1 2 3 4 5**

I've been interested in new things..... **1 2 3 4 5**

I've been feeling cheerful..... **1 2 3 4 5**

My Total.....

Well-Being Assessment

Your Well-Being Score

If you scored 14-32

Your wellbeing score is low. We recommend getting in touch with us to discuss accessing support to discuss your mental health and well being.

If you scored 32-40

Your wellbeing score is below average. We would recommend having a look at some of our support options such as our self-help resources on our website. You may also want to get in touch with us to accessing further support.

If you scored 40-59

Your wellbeing score is average. There are always ways in which we can improve our mental wellbeing, how about taking a look at our self-help information on our website?

If you scored 59-70

Your wellbeing score is above average. This is good news! We encourage you to continue to do what it is that is keeping you well.

7 Dimensions of Well-Being

