Mental Health Self-Assessment

The goal of this assessment is to help evaluate your mental health and well-being, reflect on your needs, and improve your lifestyle.

Please choose the option that best describes the number of times you have engaged in the following over the last 4 months.

|  |
| --- |
| 0 = I did not do this |
| 1 = I did this a few times (Once or twice a week) |
| 2 = I did this sometimes (3 or 4 times a week) |
| 3 = I did this often (5 or 7 times a week) |

Physical

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 0 | 1 | 2 | 3 | Exercised for a total of 75 mins each week |
| 0 | 1 | 2 | 3 | Ate 3 healthful meals a day |
| 0 | 1 | 2 | 3 | Got 7-9 hours of sleep every night |
| 0 | 1 | 2 | 3 | Took care of personal hygiene daily (e.g., shower, brush your teeth, groom, etc.) |
| 0 | 1 | 2 | 3 | Listened to your body and rest when needed |

Social

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 0 | 1 | 2 | 3 | Spent time with and/or keep in touch with friends and loved ones |
| 0 | 1 | 2 | 3 | Checked in with close neighbors |
| 0 | 1 | 2 | 3 | Asked others for help when needed |
| 0 | 1 | 2 | 3 | Had a positive/uplifting conversation |
| 0 | 1 | 2 | 3 | Listened to others without judgment |

Psychological

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 0 | 1 | 2 | 3 | Took a one-hour break from work/schoolwork each day |
| 0 | 1 | 2 | 3 | Participated in hobbies or interests 2-3 times a week |
| 0 | 1 | 2 | 3 | Laughed at least once a day |
| 0 | 1 | 2 | 3 | Felt and expressed my emotions in a healthy way |
| 0 | 1 | 2 | 3 | Was able to focus on everyday tasks |

**(Overall Score: 39-45)**

***TIPS:*** Your score is excellent. Keep it up! Staying mentally healthy is just like trying to stay in shape - consistency is key. Keep setting time aside for yourself and your needs and motivate others to improve as well!

**(Overall Score: 31-38)**

***TIPS:*** Your score is above average. There is always room for improvement! Small adjustments can go a long way. Try to adjust one thing at a time, for example, start going to bed earlier, check up on an old friend, or eat 2 healthful meals a day.

Small Adjustments = Big results

**(Overall Score: 24-30)**

***TIPS:*** Your score is average. You may not have realized your needs yet. Although it may be easier said than done, acknowledge your feelings. This is the first step for major improvements, such as changing negative thinking and developing a strong support system around yourself! Create a positive environment for yourself!

**(Overall Score: 18-23)**

***TIPS:*** This is a below score. You should start by creating a new routine! Be willing to make changes in your life schedule, trust the resources around you, stay connected with family and friends, and take care of your body. It is very important to put your own well-being first.

**(Overall Score: 0-17)**

***TIPS:*** Your score needs work. Luckily, reflecting on your needs and evaluating your mental health is the first step to improving your lifestyle! Start by phoning a friend. You should phone a friend! Don’t be afraid to ask for help or start the conversation. Seeking help makes it easier for you! Just because no one else can heal the inner you, does not mean you need to do this alone.

It is okay not to be okay.