

How are you feeling?

This mental wellbeing measure is based on the Emotional Needs and Resources approach, which says that in order to be mentally well, we must meet, in balance, 12 Emotional Needs. This approach provides a valuable way to talk about and take care of your own, and others', mental wellbeing. This measure consists of 11 questions to cover all aspects of the 12 Emotional Needs.

Broadly, all the Needs can be separated into 4 groups. These are:

Needs that help my body feel content

These are to do with feeling like your body is looked after through eating and drinking healthy and tasty things, getting enough good quality sleep, and moving your body enough - which doesn't have to just be 'exercise', it can be things like dancing, vigorously hoovering or walking to school.

Needs that help me feel connected

These are to do with feeling like you have people around you that you can talk about your feelings with, feeling part of a group, having at least one person (or animal!) who you feel accepts you for who you are, and giving and receiving positive attention with people and things around you (including technology!)

Needs that help me feel calm and in control

These are to do with feeling able to make choices in your life, feeling safe, and being able to get time to yourself when you need to.

Needs that help me feel 'I can'

These are about having things to look forward to in the day, feeling valued and respected by the groups we are in, and feeling challenged and stretched and good at something. This can be from things like your hobbies, in your friendships or your family, or at school.

Tick a box for each question on the other side of this sheet – there are no right or wrong answers:

	Strongly Disagree	Disagree	Slightly Disagree	Slightly Agree	Agree	Strongly Agree
I move my body enough						
I feel rested after I sleep						
The food I eat makes me feel happy and healthy						
I feel able to talk about my feelings and people listen to me						
I feel I get enough good attention from people around me						
I feel I give enough good attention to people around me						
I can get time to myself when I need to						
I feel safe and able to make choices						
I feel I can do things well when I try						
I spend time doing things that are important to me						
I feel that things I do are noticed by others						