

How are you feeling?

This mental wellbeing survey is based on the Emotional Needs and Resources approach, which says that we have to meet 12 Emotional Needs in order to be mentally well. This approach provides a useful way to talk about and take care of your own, and others', mental health. This questionnaire consists of 15 questions to cover all aspects of the 12 Emotional Needs.

There are 4 groups of Emotional Needs:

Needs that help my body feel content

Looking after your body by:

- eating and drinking healthy and tasty things
- getting enough sleep
- moving your body by exercising, dancing or any other ways you like to get moving

Needs that help me feel connected

Feeling like you:

- have people around you to talk about your feelings with
- are part of a group
- have at least one person (or animal!) who accepts you for who you are
- give and get good attention with people and things around you (including technology!)

Needs that help me feel calm and in control

Feeling like you:

- can make choices in your life
- feel safe
- get time to yourself when you need to

Needs that help me feel 'I can'

Feeling like you:

- have things you want to achieve or take care of when you get out of bed in the morning
- are respected by the groups you are part of,
- are challenged to get good at something (including things you do as hobbies, with friends and family or at school.)

Tick a box for each question on the other side of this sheet, where 3 says that you completely agree with the statement, -3 says that you completely disagree with the statement, 0 says that you feel neutral. For example, if I was answering the question 'I feel listened to', and I feel that most of the time I am listened to, but not as much as I'd like, I might answer a 1 or 2. There are no right or wrong answers.

	-3 (Not at all)	-2	-1	0	1	2	3 (Very much so)
Most of the time, I feel free from worry							
I get to make enough choices in my life							
I get enough attention from other people							
I give other people enough attention							
I feel listened to							
I feel I belong to the groups I'm part of							
I can get time to myself when I need to							
I feel that I have a close relationship, one where I feel accepted for who I am							
I can make and keep friendships							
I feel that things I do are valued by others							
I feel I can do things well when I try							
The things I spend my time doing are important to me							
I feel I move my body enough							
The food I eat makes me feel happy and healthy							
I feel rested after I sleep							