

## 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 15 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 a reason to get out of bed in the morning, 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 or work.

Tick a box for each question on the other side of this sheet, where 3 indicates that you completely agree with the statement, -3 indicates that you completely disagree with the statement, 0 indicates 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							