

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:

The Physical Needs

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 give me a sense of achievement and value

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.)
- are noticed and appreciated for the things you contribute

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 part of a wider community', and I feel that most of the time I am part of a community, 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)
I feel secure in all major areas of my life, such as home or work							
I feel in control of my life most of the time							
I feel I receive enough attention							
I feel I give enough attention							
I feel I have a status that is acknowledged							
I feel part of a wider community							
I can obtain privacy when I need to							
I have a close relationship in my life, one where I feel physically and/or emotionally accepted for who I am by at least one person or animal							
I feel I have an emotional connection to others							
I feel that my efforts are valued							
I am achieving and stretched in at least one major area of my life							
I have a sense of meaning and purpose in my life							
I feel that I am doing enough movement							
I feel that I get energy, nutrition and pleasure from my diet							
I feel rested after sleep							