

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:

The Physical Needs

These are to do with feeling like your body is looked after, feeling like you move your body enough (which doesn't have to just be 'exercise', it can be things like dancing, vigorously hoovering or walking to and from school), like you wake up feeling rested after sleep and feeling like the food and drink you consume gives you energy, nutrition and pleasure.

Needs that help me feel connected

These are to do with feeling like you have people you can talk about feelings with, giving and receiving positive attention with people and things around you (including technology!), feeling like you can make and keep friendships and relationships with people around you, and feeling accepted for who you are – these connections can also come from animals as well as humans!

Needs that help me feel calm and in control

These are to do with feeling looked after, feeling safe and secure across your life, feeling like you are able to make enough choices in your life, and feeling able to take time to yourself when you need to.

Needs that give me a sense of achievement and value

These are to do with feeling appreciated and noticed for the things you contribute, feeling like you spend your time doing things that are important to you, having a reason to get out of bed in the morning, and feeling senses of achievement and growth in your activities. This can be from things like your hobbies, in your friendships or your family, or at school, college 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 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							