



Improving your emotional health

















Your emotional and mental well-being is essential for overall health and happiness. How you feel and think affects how you live your life every day – in your personal and work life. **Take steps to take care of your emotional health.**

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Answering the following questions may help you reflect on how you are doing with your emotional health. Then, tally your scores for each question. You may consider taking further steps to improve in certain areas. You may also consider reaching out for additional help and support from a mental health professional.

NEVER - 1 POINT	RARELY - 2 POINTS	SOMETIMES - 3 POINTS	USUALLY - 4 POINTS
 I follow healthy, self-care habits that include healthy eating, exercise and quality sleep. SCORE: <input type="text"/>	 I adapt to change in a positive way. SCORE: <input type="text"/>	 When I experience a personal crisis or loss, or I am grieving something, I reach out to talk to caring friends or a support agency. SCORE: <input type="text"/>	 I avoid using alcohol or non-prescription drugs to cope with stress. SCORE: <input type="text"/>
 I give myself credit when I accomplish good things. SCORE: <input type="text"/>	 I take time to reflect on my beliefs and principles that are important to me. SCORE: <input type="text"/>	 I communicate effectively, share my views and listen to others with empathy. SCORE: <input type="text"/>	 I continuously work to strengthen existing relationships and seek out new relationships. SCORE: <input type="text"/>
 When something goes wrong, I forgive myself if it is something within my control, figure out what went wrong, and try to do better next time. SCORE: <input type="text"/>	 I set priorities and say "no" to new tasks that would overwhelm me. SCORE: <input type="text"/>		 I volunteer or do acts of caring without expecting anything in return. SCORE: <input type="text"/>
 When good things happen, I feel grateful and hold on to those positive emotions for a while. SCORE: <input type="text"/>	 I do relaxation exercises on a regular basis, such as mindfulness, meditation, yoga, tai chi, etc. SCORE: <input type="text"/>		
	 I feel supported and respected by my friends and family. SCORE: <input type="text"/>		

TOTAL SCORE:

Score of 37 - 56: Your answers indicate that you are taking lots of positive steps to achieve emotional health. You may want to check for lower scores on individual questions to see if there are areas you want to work on further.

Score of 18 - 36: Overall, your behaviors that support emotional health are good, but there may be room for improvement. Work on taking small steps to help enhance your emotional health.

Score of 17 and below: Your answers show some potential concern for your emotional health. Review and reflect on those areas in which you scored lower. Then, set some achievable goals to work on to make some improvements.

Note: Although completing this emotional health self-assessment may help you reflect on, and take steps to improve, your emotional health, it is not a diagnostic tool. This tool is not intended to replace advice you receive from a health professional. If you have concerns about your emotional and mental well-being, reach out to a health professional.

Source: National Institutes of Health