



Wellbeing Self-Assessment

Good mental wellbeing – some people call it happiness – is about more than avoiding mental health problems. It means feeling good and functioning well.

To get your wellbeing score, go through the following statement and circle the score that best describes your thought and feelings over the last two weeks.

	None of the time	Rarely	Some of the time	Often	All of the time
1. I've been feeling optimistic about the future.	1	2	3	4	5
2. I've been feeling useful	1	2	3	4	5
3. I've been feeling relaxed	1	2	3	4	5
4. I've been feeling interested in other people	1	2	3	4	5
5. I've had energy to spare	1	2	3	4	5
6. I've been dealing with problems well	1	2	3	4	5
7. I've been thinking clearly	1	2	3	4	5
8. I've been feeling good about myself	1	2	3	4	5
9. I've been feeling close to other people	1	2	3	4	5
10. I've been feeling confident	1	2	3	4	5
11. I've been able to make up my own mind about things	1	2	3	4	5
12. I've been feeling loved	1	2	3	4	5
13. I've been interested in new things	1	2	3	4	5
14. I've been feeling cheerful	1	2	3	4	5

Total of each column + ____ + ____ + ____ + ____ + ____ =

Grand Total _____

Scoring:

0-32 points: Your wellbeing score is very low.

32-40 points: Your wellbeing score is below average.

40-59 points: Your wellbeing score is average

59-70 points: Good news! Your wellbeing score is above average.

Please note: This screening tool is only for adults. It is not a diagnostic instrument and is only to be used by you if you are 18 years or older. You are encouraged to share your results with your Best Care EAP counselor or with a physician or health care provider. Methodist Health System dba Best Care EAP, disclaims any liability, loss or risk incurred as a consequence, directly or indirectly, from the use and application of this screen.



Most people have a score between 41 and 59. There are five evidence-based steps we can all take (no matter what your score was) to improve our mental wellbeing. They are:

- Get active
- Connect with others
- Keep learning
- Be aware of yourself and the world
- Give to others

If you are concerned about your Wellbeing Score, call your Best Care EAP today to speak confidentially with a professional counselor at 402.354.8000 or 800.801.4182.

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