

Mental Health Quiz

Totally
disagree
1

Mostly
Disagree
2

Not
Sure
3

Totally
Agree
4

Totally
Agree
5

STEP 1: Rate each statement on a scale of 1-5, depending on how much you agree (1 - totally disagree, 5 - totally agree). Make a note of the score.

STEP 2: Add up your score for each section: A + B + C . Record them in the blank spaces on the next page

STEP 3: Plot each section's score (C) on the Fitness Wheel and join up to reveal your profile.

Support Network:

- A) I have a great support network of family and friends.
- B) I feel comfortable asking my support network for help when I need it.

Body Confidence:

- A) I am totally relaxed and happy with how my body currently looks and feels.
- B) Although there are areas I would like to improve, I am confident and flaunt what I've got.

Relationship:

- A) I am happy with my current relationship status.
- B) I am happy with the amount of time I invest in my relationships.

Attitude to Exercise:

- A) I enjoy exercise and try to include it in my weekly schedule.
- B) I am generally in good health.

Work:

- A) I am happy with the number of hours I spend working and thinking about work daily.
- B) Although my job challenges me, I do not feel overworked.

Relaxation:

- A) I schedule in "me time" every week in my diary.
- B) I am happy with the amount of time I get for "myself" each week.

Motivation:

- A) When my alarm goes off on a morning I get straight out of bed.
- B) When I have a task to complete I easily focus on this until it is done, I rarely procrastinate.

Stress:

- A) I do not allow the little things in life to stress me out.
- B) Although I have a busy life outside of work, I do not feel high levels of stress at home.

Scores

Relationships: A... + B.... =

Motivation: A... + B.... =

Stress: A... + B.... =

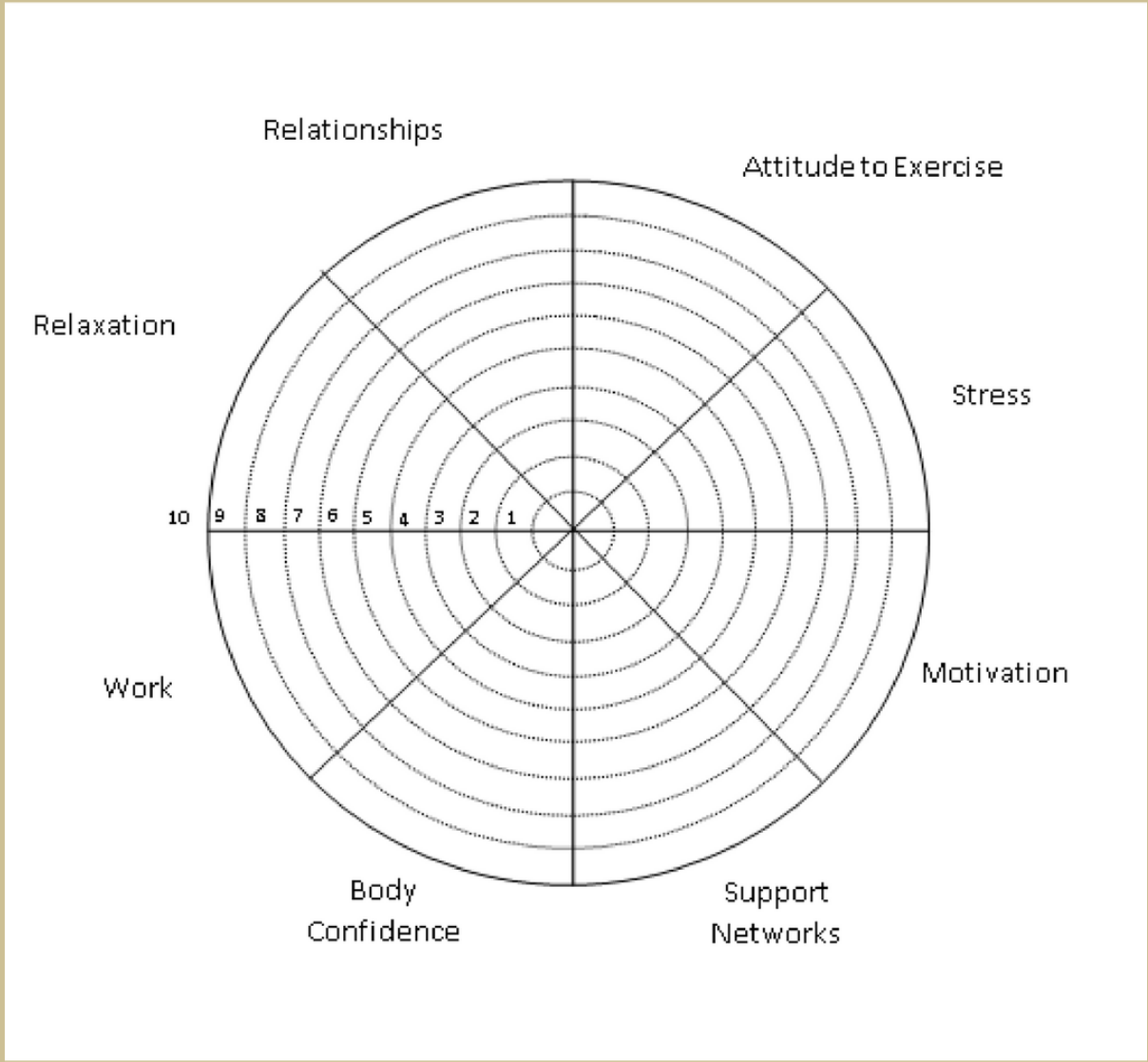
Body Confidence: A... + B.... =

Work: A... + B.... =

Support Network: A... + B.... =

Attitude to Exercise: A... + B.... =

Relaxation: A... + B.... =



What does it mean?

Perfectly round...

Congratulations – you have mastered the unique art of balancing your life! You are "Mentally Fit". Re-do the test in 6 months to keep on track.

Small but round...

This shape of Wheel would usually suggest that you're satisfied with very few, if any, areas of your life. Just like the shape of your Wheel, you may feel life is hemming you in, and that little is going well.

Action: Consider which two areas might have the biggest impact on your happiness and focus on improving those scores. Sometimes we need to take a good hard look at our lives and implement change. This is a wake up call.

Pretty uneven...

You're in for a bumpy ride but don't worry, this shape of Wheel is very common. Some areas might score highly, with other areas receiving scores of four and under.

This is because we often prioritise areas such as work and relationships (Pleasing other people), leaving little time for fun and fitness/relaxation/me time.

Action: Consider where to let go of one thing you do in a high scoring area to make room for an action related to a low scoring area.

Alternatively, rather than seeing friends every evening or weekend, what could you do to improve your fitness or personal growth? One area might come down in score, but with one area coming up as a result, you're achieving a broader sense of balance.

No resemblance to a wheel whatsoever...

Well, the good news is that there's definitely room for improvement. It might be that some areas of your life are scoring low but that, actually, you're quite happy with them. If this is the case, re-adjust your score so that it's higher and reflects your overall level of satisfaction, then re-assess the shape of your Wheel.

If this is not the case, and things are genuinely out of the sync for you, then something needs to change.

Perhaps you feel tied-in to a certain responsibility which leaves little space for other areas in your life. Each day may feel like a struggle. It can be hard to know where to start with changing things. But, with a little focus, planning, and prioritisation, things can improve fairly quickly.