



### Mind Assessment

The following mental health assessment comes from CarePatron.com and is intended to be used as an introductory tool for engaging questions that allow us to begin to understand our mind’s wellbeing. While this is just one dimension to the wellbeing of our mind we felt it to be beneficial to use a trusted tool from the medical field rather than creating one. If at any point during this assessment or exploring the resource page you feel as though you may cause harm to yourself please dial or text 988 to be connected with a mental health support person or contact the Colorado Crisis Services at 1-844-493-8255 or text “TALK” to 38255.

Name:	Date:	
Education:	Age:	Gender:

Question	Answer Options	Answer
<b>How often do you feel overwhelmed or stressed?</b>	Never, Rarely, Sometimes, Often, Always	
<b>How often do you feel sad or depressed?</b>	Never, Rarely, Sometimes, Often, Always	
<b>How often do you feel anxious or worried?</b>	Never, Rarely, Sometimes, Often, Always	
<b>How often do you feel irritable or angry?</b>	Never, Rarely, Sometimes, Often, Always	
<b>How often do you feel lonely or isolated?</b>	Never, Rarely, Sometimes, Often, Always	
<b>How often do you have trouble sleeping?</b>	Never, Rarely, Sometimes, Often, Always	
<b>How often do you feel tired or fatigued?</b>	Never, Rarely, Sometimes, Often, Always	

<b>How often do you feel a lack of interest or pleasure in activities you used to enjoy?</b>	Never, Rarely, Sometimes, Often, Always	
<b>How often do you have trouble concentrating or focusing?</b>	Never, Rarely, Sometimes, Often, Always	
<b>Have you experienced any major life changes or stressors recently (e.g., job loss, relationship issues, health problems)?</b>	Yes or No?	
<b>Have you sought professional help for your mental health before?</b>	Yes or No?	
<b>If you answered yes to the previous question, did it help?</b>	Yes, No, or NIA?	
<b>Do you have a support system (e.g., friends, family, therapist)?</b>	Yes or No?	
<b>Are you currently taking any medications for mental health issues?</b>	Yes or No?	
<b>Do you engage in any self-care activities (e.g., exercise, meditation, hobbies)?</b>	Yes or No?	
<b>If you answered yes to the previous question, what are some self-care activities that you enjoy doing?</b>		

**READ THE  
INTERPRETATION**

## **Result interpretation:**

The results of this worksheet are meant to give you a general sense of your mental well-being.

If you answered "Never" or "Rarely" to most of the questions, it suggests that you are likely experiencing good mental health. However, if you answered "Sometimes," "Often," or "Always" to several questions, it may indicate that you are experiencing some mental health challenges and could benefit from additional support.

If you answered "Yes" to the question about major life changes or stressors, it suggests that you are currently dealing with some challenges that may be impacting your mental health.

If you answered "No" to the question about seeking professional help for mental health issues, it may indicate that you have not yet received the support you need to manage your mental health challenges.

If you answered "No" to the question about having a support system, it may indicate that you would benefit from building a support system of friends, family, or a mental health professional.

If you answered "Yes" to the question about taking medications for mental health issues, it suggests that you are currently receiving treatment for your mental health challenges.

If you answered "No" to the question about engaging in self-care activities, it may indicate that you are not prioritizing your mental health and could benefit from incorporating self-care into your routine.

## **Remember this:**

It's important to note that this worksheet is not meant to provide a clinical diagnosis, and if you are experiencing persistent, recurring, or severe mental health symptoms, it's important to seek support from a mental health professional.

Another assessment that can be taken focuses upon four characteristics of mental health: Ability to enjoy life, Resilience, Self-actualization, and Flexibility. The Canadian Mental Health Association offers the following examples for each of these for areas -

*Ability to enjoy life* You've just become engaged. You join your friends and family in celebrating the future you are planning with your partner. You realize that life before and after your marriage will bring challenges, but worries about problems that may crop up do not dim the joy you feel.

*Resilience* Due to changes in the marketplace, you are suddenly laid off from a job you love. You are shocked and angry, but those emotions fade quickly as you put the event in perspective. You gather solid references, revamp your resume and begin your job search.

*Balance* An old friend confronts you, saying you never have time for him. You are taken aback and give excuses of overwork. Then you look at it from their point of view, and realize you have been letting that relationship and other personal interests slide. You make a commitment to restore the balance.

*Self-actualization* While working full-time at an undemanding job, you take a night course in a field that has always intrigued you. You realize your talents and interests lie with this other area. You consult your teacher for advice and begin pursuing a new career path.

*Flexibility* The love of your life has walked out. You are devastated and feel like all your plans for the future have been ruined. After grieving for a time, you begin to see that your expectations of the relationship and of your partner were unrealistic. Gradually, you reconsider what you want and expect from a partner.

If you'd like to take the Mental Health Meter you can do so [on-line here](#).