

Emotional Wellness Quiz

TO LIVE WELL IS TO BE WELL.

Purpose: Evaluate your emotional health and coping mechanisms.

HOW DO YOU COPE WITH DIFFICULT EMOTIONS?

- A) I AVOID THEM OR DISTRACT MYSELF
- B) I TALK TO FRIENDS OR FAMILY
- C) I ENGAGE IN ACTIVITIES THAT HELP ME PROCESS MY FEELINGS
- D) I HAVE A CONSISTENT COPING STRATEGY THAT WORKS FOR ME

DO YOU HAVE A SUPPORT SYSTEM?

- A) NO, I FEEL ALONE
- B) I HAVE A FEW PEOPLE I CAN REACH OUT TO
- C) I HAVE A GOOD SUPPORT NETWORK OF FRIENDS AND FAMILY
- D) I HAVE A STRONG AND RELIABLE SUPPORT SYSTEM THAT I RELY ON

HOW OFTEN DO YOU ENGAGE IN ACTIVITIES THAT BRING YOU JOY?

- A) RARELY
- B) OCCASIONALLY
- C) A FEW TIMES A WEEK
- D) DAILY

HOW DO YOU HANDLE STRESS?

- A) I FEEL OVERWHELMED & STRUGGLE TO MANAGE IT
- B) I TRY SOME RELAXATION TECHNIQUES BUT OFTEN FIND IT HARD
- C) I HAVE A FEW EFFECTIVE STRATEGIES I USE TO MANAGE STRESS
- D) I HAVE A SOLID ROUTINE THAT HELPS ME MANAGE STRESS EFFECTIVELY

HOW OFTEN DO YOU PRACTICE SELF-CARE?

- A) NEVER
- B) ONCE A WEEK
- C) A FEW TIMES A WEEK
- D) DAILY

HOW COMFORTABLE ARE YOU EXPRESSING YOUR EMOTIONS?

- A) VERY UNCOMFORTABLE
- B) SOMEWHAT UNCOMFORTABLE
- C) COMFORTABLE WITH CLOSE FRIENDS/FAMILY
- D) VERY COMFORTABLE, I EXPRESS MY EMOTIONS OPENLY

DO YOU SET BOUNDARIES TO PROTECT YOUR EMOTIONAL WELL-BEING?

- A) NO, I FIND IT HARD TO SAY NO
- B) OCCASIONALLY, BUT I STRUGGLE WITH IT
- C) YES, I TRY TO SET BOUNDARIES WHEN NEEDED
- D) YES, I CONSISTENTLY SET AND MAINTAIN HEALTHY BOUNDARIES

HOW OFTEN DO YOU REFLECT ON YOUR EMOTIONAL HEALTH?

- A) NEVER
- B) OCCASIONALLY
- C) REGULARLY
- D) OFTEN, I KEEP A JOURNAL OR HAVE DISCUSSIONS

Scoring & Reflection

Mostly A's: Areas for Improvement

You may benefit from exploring healthier coping mechanisms and developing a stronger support system. Consider reaching out to friends or a mental health professional for guidance.

Mostly B's: Moderate Awareness

You have some awareness of your emotional health but may want to deepen your coping strategies. Think about ways to incorporate more joy and self-care into your routine.

Mostly C's: Good Practices

You're on a positive path with your emotional wellness! Continue to build on these strengths and consider sharing your insights with others.

Mostly D's: Excellent Emotional Health

You prioritize your emotional well-being and have effective coping mechanisms. Keep nurturing your emotional health and consider mentoring others on their journeys.

TO LIVE WELL.