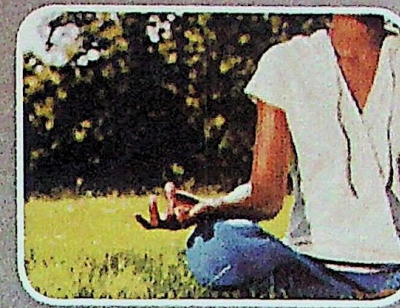
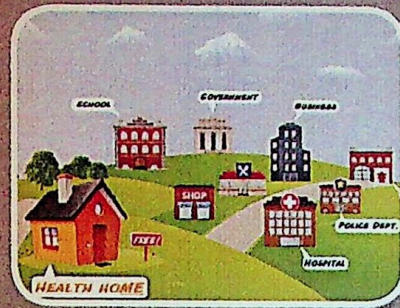
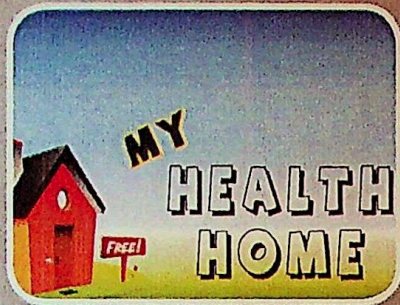


Emotional Wellbeing



A Tool to Help You Maintain a Healthy Emotional Wellbeing

My Emotional Wellbeing

Name:

Start Date:

Completion Date:

Everyone goes through difficult times in life- it is a struggle to deal with loss, death and more. Life is tough - it is normal to feel down at certain times. What is important is that you distinguish between periods of feeling down and debilitating, recurrent long term changes to your mood, in your behavior or your thinking.

Mental health is a vital component to your wellbeing. The World Health Organization recognizes mental health as the ability to cope with the normal stresses of life, to work productively and fruitfully, and to contribute positively to your community. Mental health is affected by both biological factors (i.e. changes in your central nervous system, medications, illnesses, family history etc.) and the social environment you live in (i.e. losses, traumatic events, stress etc.)

The good news is that there is help available to you if you need it. And there are ways to maintain and improve your mental wellbeing. Use the tool below to help get you moving in the right direction.

The tool below is not meant to serve as a diagnostic tool or any type of mental health counseling. The tool below is meant to help you maintain good mental wellbeing, identify concerns and help you take action to address these. This tool was reviewed by a licensed mental health professional.

I want to maintain a positive mental wellbeing.

I work to maintain positive mental wellness by:

- | | | | | |
|--|---|---|--------------------------------|-------------------------------------|
| <input type="checkbox"/> Participating in physical activity | <input type="checkbox"/> Eating a nutritious diet including Omega 3's | | | |
| <input type="checkbox"/> Surrounding myself in an emotionally enriched environment | <input type="checkbox"/> Practicing stress reducing techniques | | | |
| <input type="checkbox"/> Maintaining healthy relationships with others | <input type="checkbox"/> Communicating openly with a trusted health partner | | | |
| <input type="checkbox"/> Getting adequate rest / sleep | <input type="checkbox"/> Practicing self care | | | |
| <input type="checkbox"/> Managing my medications for my health concerns | <input type="checkbox"/> Maintaining a balance in my life | | | |
| <input type="checkbox"/> Maintaining an optimistic attitude that includes: | <input type="checkbox"/> humor | <input type="checkbox"/> creativity | <input type="checkbox"/> faith | <input type="checkbox"/> meditation |
| | <input type="checkbox"/> positive thinking | <input type="checkbox"/> giving to others | <input type="checkbox"/> play | <input type="checkbox"/> other |

I want to assess my mental wellbeing.



Circle your answers below. If you have had several of the feelings below for more than two weeks, contact a licensed mental health professional to discuss these concerns.

Do you feel satisfied with your life?	Yes	No		Do you frequently feel angry or resentful?	Yes	No
Are you in good spirits most of the time?	Yes	No		Are you excessively tired and sleeping too much?	Yes	No
Have you dropped activities, interests or friends?	Yes	No		Do you worry excessively about your health?	Yes	No
Do you have sudden unexpected panic spells?	Yes	No		Do you feel hopeless?	Yes	No
Do you prefer to stay at home, rather than going out and doing new things?	Yes	No		Do you feel on-edge or have physical symptoms like sweating, fast heartbeat, tense muscles for no physical reason?	Yes	No
Do you feel that your life is empty?	Yes	No		Do you have concerns about looking inadequate or fears of criticism or disapproval?	Yes	No
Are you bothered by thoughts that you can't get out of your head?	Yes	No		Are you fearful of being in social situations or talking in front of a group?	Yes	No
Do you have feelings that things around you are strange or unreal?	Yes	No		Are you afraid that something bad is going to happen to you?	Yes	No
Do you often feel helpless or worthless?	Yes	No		Do you often get restless and fidgety?	Yes	No
Do you feel full of energy?	Yes	No		Do you find life exciting?	Yes	No
Do you have trouble concentrating?	Yes	No		Do you frequently feel like crying?	Yes	No

I want to talk with a licensed mental health professional.

How to set up an appointment with a licensed mental health professional.

1. Ask a trusted health partner or health provider for a recommendation or a referral. Use the [Choosing the Right Health Care Provider](#) at www.h3po.org to help you navigate this process.
2. Is this individual registered as an active licensed mental health professional? Search the name of the individual you have been referred to at: <https://fortress.wa.gov/doh/providercredentialsearch/SearchCriteria.aspx>.
3. Find out if mental health counseling and this individual are covered in your health insurance plan. Either check the list of preferred providers or call your insurer and to see if your counselor is covered by your insurance policy.
4. Call and make an appointment. Be prepared for your appointment by completing the [New Patient Forms](#), [Family Health History Tool](#), and your [Wellness Plan](#). Use the [Rx for My Physician Tool](#) to help you discuss your concerns.