

How would you describe your current emotional state? Are there specific moments at work when these feelings peak?"

Do deadlines or workload feel manageable, or do they create chronic pressure?"

<https://ocastaengage.com/blog/70-questions-to-ask-employees-about-their-mental-health>Direct Well-being Questions

- **What word best describes your state of mind right now?**
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- **How would you rate your level of happiness at work?**13
- **In a typical week, how often do you feel stressed out?**13
- **Have your sleeping habits changed since you started work here?**2
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Observation-Based Questions

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- **"You appear to be upset about something. Are you comfortable telling me about what you are going through?"**5
- **"I noticed you are not speaking up in meetings as much as you used to. You also seem to be spending more breaks alone. Is everything okay**

Workload and Pressure

- **What is your current workload like?**8
- **What has been taking most of your time lately?**8
- **What task have you been putting on hold for some time?**8
- **"I see that you are under a lot of pressure with this project. What are you doing to cope with stress and how can I help?**

Mood sad question

- Is there anything specific that's causing you distress?
- Are there any tasks or responsibilities that you find particularly challenging?
- Have your personal relationships suffered as a result of work?
- How would you describe your mood lately?
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Have your sleeping habits changed? Do you wake up and fall asleep at regular times?

When you sleep, how would you describe the quality of your rest?

Has your appetite increased or decreased recently?

Are you having trouble focusing at work or school?

Can you concentrate on the things you want to do?

Do you find pleasure in things that usually make you happy?

Are you socializing with your friends as much as you usually do?

How much time are you spending with your family?

Are you withdrawing or pulling away from those around you who matter?

Are you maintaining a healthy balance between leisure, your career, physical activity, self-care, and those you care about?

Are you neglecting other things that matter to you?

How relaxed do you feel most of the time, on a scale of 1 to 10? Is this the same, more, or less than usual?

How do you feel most of the time? Anxious? Content? Sad? Irritable? Happy?

What are your energy levels like when you finish your day?

Are there any changes in your tiredness levels?

Are you experiencing any extreme emotions or mood swings right now? If yes, what's triggering these?

<https://gdpi.hitbullseye.com/MBA/Psychometric-Sample-Test.php>

<https://positivepsychology.com/common-therapy-questions/>

<https://ocastaengage.com/blog/70-questions-to-ask-employees-about-their-mental-health>

https://psychiatry.duke.edu/sites/default/files/2023-02/MFQ_Adult%20Self-Report%20-%20Long.pdf

<https://www.workhuman.com/blog/employee-survey-questions-work-environment/>

