**Taking your Mental/Emotional Health Pulse**

**Directions -** complete the survey and assess your results

Most of the time Sometimes Not very often

1. I like who I am. \_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_



1. I’m aware of my strengths and my limits \_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_



1. I can accept criticism \_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_



1. I can accept praise \_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_



1. I feel comfortable being alone \_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_



1. I’m able to get along with others \_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_



1. I share my feelings with others in respectful

and honest ways. \_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_



1. I have people in my life whom I care about

and who care about me \_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_



1. I believe I can affect what happens in my life \_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_



1. I can usually handle my schoolwork load \_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_



1. I’m aware of the different things that can

cause stress in my life \_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_



1. When stress builds up, I have ways to help



relieve it \_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_

1. I can accept and respond positively to change \_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_



1. I can resolve conflicts with others in safe and

healthy ways \_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_



1. I’m able to resist peer pressure from others \_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_



1. In the end, my opinion of myself is more



important than what others think of me \_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_

1. Talking with other people helps me to learn

and work out problems \_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_



1. I feel confident making decisions \_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_



1. I find my life and activities interesting \_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_



1. I can be patient when something I want will



take time \_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_

1. I have a positive outlook \_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_



1. I am able to handle disappointments and

setbacks \_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_



1. I can take responsibility for my choices and

actions \_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_



1. I learn from my mistakes \_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_



1. I have people and places I can go for help

and support \_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_



**Risk Assessment Score:**

Number of “Most of the Time” answers \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_x4=\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_



Number of “Sometimes” answers \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_x2=\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_



Number of “Not very often” answers \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_x1=\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_



**How Did you Score?**

**75-100** Your emotional health is very good. You can learn how to keep it that way.

**50-75** Your emotional health is good, and you have room to make it better. Can you see any

areas on which you could improve?

**25-50** Your emotional health is okay, but you can definitely use what you’ll be learning in this

class to improve it.

**Directions - After completing the Mental/Emotional Health inventory, answer the following questions. Use detailed and complete sentences.**

1. **How did you score on the Inventory? Do you think that it is an accurate portrayal of your mental/emotional health? Why or why not?**

My emotional health is good according to the test. I believe that it’s a somewhat okay representation of my mental health since I feel fine most of the time.

1. **What is your biggest strength regarding your mental/emotional health? Explain your answer.**

I think my biggest strength regarding my mental health is just talking to others and see what I can do to help myself.

1. **What do you think that your biggest issue is with mental/emotional health? Explain your answer.**

My biggest issue regarding mental health is not valuing myself as much as I should.

1. **What do you anticipate you will learn about in this unit? What topics should be covered?**

I’m intrigued to learn about symptoms and solutions to mental illnesses.

1. **What are some examples of challenges/setbacks that teenagers might face on a daily basis? Explain your answer.**

Teenagers are still trying who they are and it is difficult due to society. Society has painted an image of what a typical teen should look like, but some people who think that is not who they want to be and strive to be different fear of being judged.