



KAREN'S DASHBOARD



MANAGING DISEASE



HEALTHY LIVING



WORKPLACE WELLNESS



WELLNESS AT HOME



Emotional Health Assessment

In a perfect world, we would not have any stress or negative feelings. But we all know this is not possible. Therefore, as you work through this assessment, it is important that you do not create an expectation of yourself to achieve a perfect score. Most people receive scores ranging from negative to plus 10 out of 30. The purpose of the assessment is to help you understand what constitutes Emotional Intelligence and to create awareness of the areas for you to work on in order to increase yours. After reviewing your score, check out the **Action Plan** in Healthy Living, Mental-Emotional Health.

[Emotional Health Assessment](#) ▶

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1. I feel my life is balanced between work, rest, and play:
 - a) Most of the time
 - b) Some of the time
 - c) Rarely

2. I feel I have a healthy relationship with my food:
 - a) Yes
 - b) No
 - c) Sometimes



micro video library



journal/notes



tele-lunch & learn



technical support &
suggestions

3. In appropriate situations I can be spontaneous:

- a) Regularly
- b) Occasionally
- c) Rarely
- d) Never

4. I understand and know the need to play, and in my life, I:

- a) Regularly play
- b) Occasionally play
- c) Rarely play
- d) Never play

5. In the course of an average day, I laugh:

- a) Rarely
- b) Occasionally
- c) Regularly

6. I use some form of relaxation, meditation, or prayer:

- a) Rarely
- b) Occasionally
- c) Regularly

7. Do you have a spiritual practice or faith?

- a) Yes
- b) No
- c) Not sure

8. I feel safe and secure in my home and neighborhood:

- a) Yes

b) No

9. I have people whom I am close to and with whom I can share my feelings:

- a) Rarely
- b) Occasionally
- c) Regularly

10. I experience love and affection in my life:

- a) Rarely
- b) Occasionally
- c) Regularly

11. Have you personally ever experienced or witnessed physical, sexual, verbal, or emotional abuse?

- a) Never
- b) Rarely
- c) Occasionally
- d) Regularly

12. I have been able to understand, process, and release previous negative experiences:

- a) Yes
- b) No
- c) Unsure

13. I experience the emotion of joy in my life:

- a) Rarely
- b) Occasionally
- c) Regularly

14. Concerning stress, would you say your stress level is:
- a) High
 - b) Medium
 - c) Low
15. When you encounter a stressful situation, do you:
- a) Capitulate/surrender
 - b) Withdraw
 - c) Compromise/work it out
 - d) Refuse to compromise
16. How often do you worry?
- a) Rarely
 - b) Occasionally
 - c) Frequently
17. Our primary emotions include sadness, fear, anxiety, joy, and anger. On any given day, are you aware of these emotions and able to process them/express them so that your suppression of them does not have a negative effect on your day?
- a) Rarely
 - b) Occasionally
 - c) Regularly
 - d) Not sure
18. I allow myself to cry when experiencing sadness:
- a) Never
 - b) Occasionally
 - c) Frequently
 - d) Always

19. Do you have a sense of feeling trapped and hopeless/scared in your life today?
- a) Yes
 - b) No
 - c) Sometimes
20. Do you suffer from a mental illness, such as depression, chronic anxiety, bipolar disorder, schizophrenia, etc.?
- a) Yes
 - b) No
 - c) Not sure
21. Of the following character/personality traits, which one most describes you?
- a) Driven/pressured to succeed
 - b) Perfectionist/need control
 - c) Stubborn/uncompromising
 - d) Laid-back/relaxed
 - e) Prioritize other's needs over one's own
 - f) Pessimistic/negative
 - g) Optimistic/positive
 - h) Highly motivated/empowered

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