

How are you doing?

A quick quiz & some tips on how to be happier

Male	<input type="checkbox"/>
Female	<input type="checkbox"/>
Age:

Read each statement below, then circle A, B, or C - the one that best describes you...	A	B	C
Get moving Sports or exercise that lasts for 30 minutes and is enough to make you warm and slightly out of breath	Less than 3 times a week	3 to 4 times a week	5 or more times a week
Practice 5 a day 5 daily servings of fruit and vegetables – preferably organic – and lots of whole grains	Hardly ever	At least 3 times a week	5 or more times a week
Drink alcohol only in moderation Alcohol is a depressant and a contributor to liver disease. (NOTE: One unit is one small glass of wine, or a half-pint of beer, or a pub measure of spirits)	Men +20 units/wk Women + 14 units/wk	Men 11- 20 units/wk Women 5-14 units/wk	Men 0-10 units/wk Women 0-5 units/wk
Learn new skills Take a class, a course, a qualification - for pleasure, to meet people or to improve your work skills	None in the last 12 months	One new skill in the last year	More than one new skill in the last year
Do something creative Get lost in a hobby – sing, dance, act, write, paint, cook, compose, knit, create, design, make, build, draw...	Less than 3 times a week	3 times a week	More than 3 times a week
Get involved & make a contribution Belong to a group or organisation in the community e.g. sports club, social group or faith community	Not a member of any club or group	Belong to at least one group and meet monthly	Belong to more than one group; meet weekly
Keep in touch with friends & loved ones Call, visit, spend time together; surprise someone with a letter or a postcard saying 'You're important to me!'	Rarely see or speak to friends or family	See or speak to friends or family once a week	See friends or family more than once a week
Care for others Do good deeds – help people less well-off, volunteer in the community – volunteers live longer!	Less than once a month	Once a month or so	At least once a week
Value yourself & others Everyone – including YOU - has something to offer and is entitled to respect	Disagree	Agree	Strongly agree
Talk about your feelings Share your feelings with friends, family or a help-line. Remember, it's good to talk!	Never share my feelings	Hardly ever share feelings	Usually share my feelings
Take a break Make time to unwind. Practice relaxation. Yoga, reading, listening to classical music or meditation – do these on your own.	Less than 3 times a week	At least 3 times a week	More than 3 times a week
Ask for help Turn to friends, family, local services or prayer when you need to	Hardly ever	Sometimes	Often
Grow green things Dig a garden, work on an allotment or grow house plants	Don't do green things	Have some plants &/or a garden	Have house plants & garden
Get out more Cut your TV viewing by half and get into the great outdoors – take a walk in the park, climb a tree, paddle in a pool...	Watch over 15 hours a week/ no fresh air activity	Watch 5- 15 hours a week/ fresh air activity weekly	Watch 5 hours a week or less/ fresh air activity daily
Add up your total for each column & then turn the page to see how you did!			

How did you score?

Mostly A's ... mmm...

Starting to wilt!?

When times are difficult, sometimes all we can do is survive. Take one day at a time and don't be too hard on yourself. Don't be afraid to press the pause button and take time out if you need it. If you think you need more help, contact your GP. If you have an existing long-term mental health problem, clarify and confirm the care you need from others (including friends, family and professionals) when you're feeling well... so that when you're not so well, you are supported in a way that you feel works best for you.

Mostly B's... keep up the great work!

You're blossoming!

You are doing all the right things and probably enjoying your life as a result. Be aware that you need to continue to make time for the things that are important in your life. If there are any areas where you scored A, work on moving into the B or C zones.

Mostly C's... congratulations!

You're flourishing!

You don't need us to tell you that you are doing what is needed to make life the best it can be right now. To keep it that way, look at the chart and see if there are any areas that you are not covering and work out with a friend how to fill in the gaps. Keep smiling!