

Holistic Living – Mental Health Self Assessment Questionnaire

Instructions: This questionnaire is for self reflection only and is not a diagnosis.

Rate each statement for the past 2 weeks:

0 = Not at all | 1 = Several days | 2 = More than half the days | 3 = Nearly every day

1. Feeling down, depressed, or hopeless.
2. Little interest or pleasure in activities.
3. Feeling nervous, anxious, or on edge.
4. Difficulty relaxing.
5. Feeling tired or low energy.
6. Trouble sleeping or oversleeping.
7. Worrying too much about many things.
8. Difficulty controlling worry.
9. Feeling bad about yourself.
10. Trouble concentrating.

--- Self Analysis Guide ---

Add your scores to understand the emotional pattern:

0–7 : Balanced emotional state — preventive wellness recommended.

8–14 : Mild stress or emotional fatigue — reflection advised.

15–20: Moderate strain — expert guidance can be helpful.

21–30: Significant stress — consider talking to a professional.

This guide is NOT a diagnosis. If your score concerns you, expert support is encouraged.

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