



Take this Fun quiz to see how you are doing. You can do it again in a few months and you can check out your progress.



FUN QUIZ - HOW ARE YOU DOING?

Tick the box which most fits for you on average

	Just surviving	Well done	Great
Physical activity that lasts for 30 minutes and is enough to make you warm and at least slightly out of breath	Less than 3 times a week	3 to 4 times a week	5 or more times a week
Doing something creative that you enjoy such as music, dance, writing, painting, gardening, cooking, woodwork etc	Less than 3 times a week	3 times a week	More than 3 times a week
Learning a new skill – for pleasure to make new friends or to improve your chances of a job	None in the last 12 months	One new skill	More than one new skill
Getting involved such as joining a club or a faith community being a volunteer	Not a member or volunteer	Member of one or a volunteer	More than one and a volunteer
Keeping in touch with family and friends	No meetings with friends or family in an average week	At least one meeting	More than one meeting
Accepting yourself and others. Everyone, including yourself is entitled to respect and everyone has something to offer	Disagree	Agree	Agree strongly
Talking about it Better to share your feelings with friends, family or a helpline	Hardly ever share my feelings	Sometimes share my feelings	Usually share my feelings
Being a good listener rather than offering advice, let people work things out as they talk, avoid making judgements and check from time to time that you've understood	Never do this	Sometimes do this	Usually do this
Drinking in moderation Recommended levels are up to 21 units for women and up to 28 units for men. (A unit is one small glass of wine, or half a pint of beer or a pub measure of spirits.	More than recommended levels and/ or binge drinking	Less than or the same as the recommended levels	At least two alcohol free nights a week, no more than recommended
Avoiding illegal drugs Using illegal drugs can trigger mental health problems	Use illegal drugs	Never use	Never use
Asking for help when you need it be it from friends, family or local services	Hardly ever	Sometimes	Usually
Relaxing – try to make time for yourself to unwind such as reading, listening to music, meditation, prayer	Less than 3 times a week	Manage this at least 3 times a week	More than 3 times a week
Total How many boxes did you tick in the column?			

This quiz has been adapted from the NELH website with mentality – promoting your own health section. www.nelh.nhs.uk/nsf/mentalhealth/whatworks/expertpatient/selfhelp.htm

Scores

This is a fun quiz and is aims to give an idea about 12 things we can do to ensure we get the best out of our lives. Add up how many boxes you ticked in each column and read the section in which you scored most.

Mostly just surviving

When times are difficult, it is sometimes all we can do to survive. **Take one day at a time and don't be too hard on yourself.** Take time out if you need it. If you have a long-term mental health problem, try to plan the care you need with your key worker and others for when you're less ill. If you think you need more help contact your GP.

Mostly well done

You are doing all the right things and are probably enjoying your life as a result. Beware to make more time for the things that are important in life.

Mostly great

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 you are not covering and work out with a friend how to fill in the gaps.