

# Emotional Wellness Check: Explore Your Current State of Mind and Body for a Happier You

**Feeling Anxious or on Edge? Experiencing Heightened Stress, Tension, and Irritability, or Feeling Fatigued and Overwhelmed? Take Our Questionnaire to Gain Insight into Your Emotional and Physical Well-being.**

*Please consider each question carefully and select the response that best reflects your experiences.*

This questionnaire is designed to help you gain insight into your emotional and physical well-being. By answering these questions, you'll be able to identify whether you're experiencing common symptoms associated with feeling anxious or on edge, heightened stress, tension, irritability, fatigue, or overwhelm. After completing the questionnaire, you'll have a clearer understanding of your current state and whether seeking support or further exploration of your feelings may be beneficial.

## 1. Physical Symptoms:

- Do you frequently experience muscle tension or tightness?
- Are headaches or migraines a common occurrence for you?
- Do you often feel fatigued or exhausted, even after adequate rest?
- Have you noticed any digestive issues, such as stomach aches or nausea?
- Do you experience an increased heart rate or palpitations during stressful situations?
- Are you having difficulty sleeping or experiencing insomnia?
- Have you noticed any changes in your appetite, such as overeating or loss of appetite?

## 2. Emotional Symptoms:

- Do you find yourself becoming easily irritated or frustrated?
- Are mood swings or emotional volatility a regular occurrence for you?
- Do you often feel on edge or easily agitated?
- Are you experiencing difficulty concentrating or focusing on tasks?
- Do you frequently feel overwhelmed or out of control?
- Are you particularly sensitive to criticism or perceive slights more intensely?
- Do you engage in negative self-talk or experience increased self-criticism?

### 3. Cognitive Symptoms:

- Do you frequently experience racing thoughts or mind chatter?
- Are you finding it challenging to make decisions or process information?
- Have you noticed any memory problems or forgetfulness?
- Do you often feel scattered or disorganized in your thoughts?
- Are you having difficulty prioritizing tasks or managing your time effectively?
- Do you find yourself engaging in negative or catastrophic thinking patterns?
- Are you struggling to relax or quiet your mind?

### 4. Behavioural Symptoms:

- Do you tend to avoid social situations or responsibilities when feeling overwhelmed?
- Have you noticed an increase in coping mechanisms such as substance use or avoidance behaviours?
- Do you experience restlessness or fidgeting during stressful times?
- Have you withdrawn from activities or relationships recently?
- Do you engage in impulsive or reckless behaviour?
- Are you finding it challenging to set boundaries or assert yourself?
- Have you been relying more on unhealthy coping mechanisms, such as overeating or excessive screen time?

**Let's Assess Your Results:** Add up the number of "Yes" responses from each section to gauge your current level of irritability and overwhelm.

- **0-3 "Yes" responses: Mild symptoms** – You're managing well, but it's still worth keeping an eye on your well-being.
- **4-6 "Yes" responses: Moderate symptoms** – It's a sign that things might be getting a bit overwhelming. Consider seeking some support to help you navigate through.
- **7 or more "Yes" responses: Severe symptoms** – It seems like you're really feeling the strain. It's important to reach out for support sooner rather than later.

If you've identified with many of the symptoms mentioned above and find that they're impacting your daily life, it may be beneficial to seek support from a therapist or mental health professional. Remember, you're not alone, and help is available to guide you towards a more balanced and resilient state of mind."