

Post- Assessment

1. How are you feeling after completing a mental health promoting practice?



2. How are you feeling an hour after completing the practice?



3. How did it make you feel to do this activity while being socially distant from others?



4. How do you feel about continuing your chosen activity?



5. How are you feeling after completing an hour of a creative activity? If not completed, leave blank.



6. How are you feeling after completing an hour of being out in nature? If not completed, leave blank.



7. How are you feeling after completing an activity you enjoyed?



8. How do you feel after trying an activity that you have not done before?

