

Pre- Assessment

Assess your overall mental health before beginning a mental health promoting practice. Then, after completing the practice, re-assess your mental health to see the difference. Use our scale to answer the following questions. The separate handout is available in the link below.



Excited

Happy

Neutral

Unhappy

Sad

1. How are you feeling today?



2. How have you been feeling over the past two days?



3. How have you been feeling since social distancing started in March 2020?



4. How do you feel when you are alone because you are social distancing during this pandemic?



5. How do you usually feel in the morning?



6. How do you usually feel in the evening?



7. How do you feel about continuing school online?



8. How do you feel when you are doing something physically active?



9. How do you feel when you are outside in nature?



10. How do you feel after doing some form of meditation practice?



12. How does your body physically feel right now?

