

Assessing our mental health is not as simple as measuring our physical health. There are no scales or endurance tests that rate mental fitness. But with the help of CMHA's Mental Health Meter, you can reflect on your unique strengths and identify areas where your level of mental fitness could be improved to help you cope with all of life's ups and downs. Upon completion, please see the reverse side for scoring information.

Disclaimer: This is not a scientific test. Information provided is not a substitute for professional advice. If you feel that you may need advice, please consult a qualified health care professional.



Please circle the number of each of the statements below that you agree with:

Ability to enjoy life:		Balance	
1. I tend to live in the moments & appreciate the now.		13. I have time for my hobbies.	
2. I often dwell on past experiences and day dream about different outcomes.		14. There aren't enough hours in the day to accomplish everything I want to do.	
3. I recognize that some things can't be changed.		15. My friends often complain that they never see me.	
4. My feelings of happiness are often overshadowed by worry about the future.		16. If life is a juggling act, then I think I'm a pretty good juggler.	
5. My home is a comfortable and pleasant place.		17. I practice a relaxation technique regularly.	
6. I worry a lot about my friends and family.		18. Focusing on work will get me where I need to be.	
Total Score in this category:		Total Score in this category:	

Resilience		Self-Actualization	
7. When life gets tough I retreat from friends & family.		19. Compliments make me uncomfortable.	
8. When I'm under serious stress I can't lead a normal life.		20. When people say I have positive qualities, I have a hard time believing what they are saying.	
9. I believe that I can learn from difficult times.		21. I have good self-esteem.	
10. After an emotional upheaval, I feel guilty to feel happy.		22. I know what my strengths are and I work to develop them.	
11. I exercise and eat right regularly, even when life gets busy or stressful.		23. Taking chances is risky but it is worth the risk.	
12. I have a great support network.		24. I feel that I am reaching my potential.	
Total Score in this category:		Total Score in this category:	

25.. I believe that I cope well with change.			
26.. I'm often frustrated when other people don't share my point of view.			
27. Life is smoother when I keep my emotions level at all times.			
28. I accept things the way they are, even if I don't like them.			
29. I don't always know what to expect from people.			
30. My problems are usually caused by other people.		Total Score in this category:	

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Making the Mental Health Meter Work for You

Use the following scoring information to determine a total for each category.

Add one point for each of the following statements that you agreed with: 1, 3, 5, 13, 16, 17,

Add one point for each of the following statements that you: 2, 4, 6, 14, 15, 18,

Ability to enjoy life:	Balance
If you scored less than 3 points, your enjoyment of life is being diminished by anxiety and worry. Some of your concerns are based on real problems, but many are “what ifs” and “maybes”.	If you scored less than 3 points, your life is out of balance. Whether it’s work, family or personal interests, one or more aspects of your life are being neglected.
If you scored 3-6 points, your ability to enjoy life is good to excellent. The higher your score, the stronger your capability to live in the moment and accept that there are some things you cannot predict or change.	If you scored 3-6 points, your life has a fair to good degree of balance. The higher your score, the stronger your realization that there are many facets to your life that are important to you and deserving of your interest and attention.
Resilience	Self-Actualization
If you scored less than 3 points, your resilience may be too low. You isolate yourself during tough times, and the lack of support and other perspectives means you tend to stay focused on the negative.	If you scored less than 3 points, you are lacking in self esteem. You tend not to trust other people’s good opinions of your abilities and talents, nor do you feel that you could truly make more of your life.
If you scored 3-6 points, your resilience is good to excellent. The higher your score, the more strongly you feel that even though life can be full of tough times, it’s important to keep your perspective.	If you scored 3-6 points, you have a good to high degree of self-actualization. The higher your score, the more you are able to value your own unique strengths and potential, and work to develop them to enhance your life.
Flexibility	
If you scored less than 3 points, you are not as flexible as you could be in your opinions or expectations. This rigidity can create a strong sense of frustration.	If you scored 3-6 points, you have a fair to good level of flexibility. The higher your score, the stronger your belief that change is a fact of life, and that seeing things from other points of view helps you adapt to change and make the most of your life and the people in it.

This resource tool has been adapted from CMHA National. For more information on this tool or other similar resources, please visit: www.cmha.ca

For additional information, please visit our website, social media pages or contact the local CMHA of NB office in your area!
nb.cmha.ca / @CMHANB