

How Happy Are You?

Instructions: Answer these seven questions and think about your personal happiness.

1. How often do you share your feelings with people you know and work with?



Once a day

Once a week

Once a month

Not Often

I Never Share My Feelings

2. How often do you do kind things for others?



Once a day

Once a week

Once a month

Not Often

I Never Share My Feelings

3. How often do you do at least 20 minutes of physical exercise?



Once a day

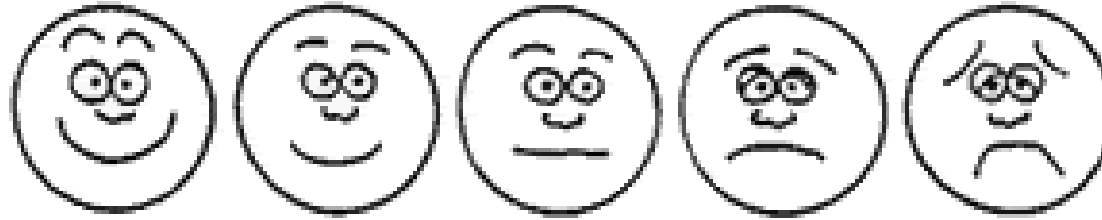
Once a week

Once a month

Not Often

I Never Exercise

4. How do you feel about your strengths and talents?



A.

B.

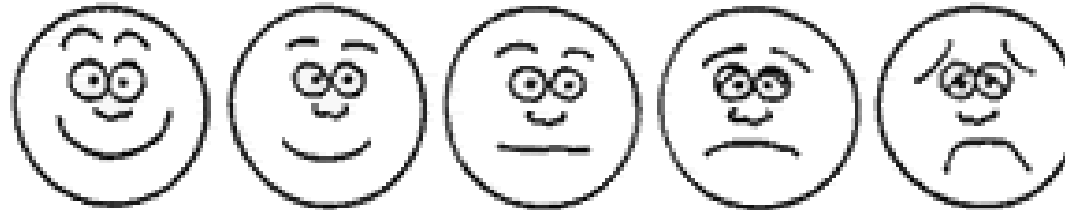
C.

D.

E.

- A. I have strengths and talents and use them to make my life better.
- B. I know what my strengths and talents are.
- C. I sometimes feel like I have strengths or talents.
- D. I often feel I do not have strengths and talents.
- E. I never feel like I have strengths or talents.

5. I engage in activities that I like and that challenge me.



Once a day

Once a week

Once a month

Not Often

I Never Do activities I Like

6. When I think about my friends, family and coworkers, I am filled with gratitude and joy.



Absolutely Agree Somewhat Agree Not Sure Somewhat Disagree Disagree

7. I am optimistic and hopeful about the future.



Absolutely Agree Somewhat Agree Not Sure Somewhat Disagree Disagree

How Did You Do? If you answered with mostly smiley faces, you are probably living a happy life! Did you answer with a few frowny faces? That's ok! This just means it might be time to add more happiness to your life. Having "mental health" means feeling happy. It is important to think about your mental health and try to add happiness to each and every day. If you want to improve your mental health, there are people who can help! You can talk to a therapist, a social worker or a counselor. If you are feeling down, you can always reach out to someone you know for support. Sharing your feelings is the first step to feeling happier.