

# Mental Wellness Assessment

What's the State of Your Mental Wellness?



Mental wellness can be impacted by a wide range of factors — from stress exposure and sleep quality, to the balance between hormones, neurotransmitters and the bacteria in your gut. It may be helpful to gauge your overall exposure to mental wellness stressors using the simple questionnaire below. This questionnaire has been effectively utilized for several years, in a range of clinical trials, to measure stress levels, mental wellness, and the degree of biochemical balance (or imbalance) in research subjects.

## "In general, how often do you ..."

Often  
Occasionally  
Rarely

### Directions:

\* Circle the appropriate answer to each question.

\* Each answer of "Rarely" is worth two (2) points.

\* Each answer of "Occasionally" is worth one (1) point.

\* Each answer of "Often" is worth zero (0) points.

- |  |   |   |   |
|--|---|---|---|
| 1. ...experience stressful situations?                                       | 0 | 1 | 2 |
| 2. ...feel tired or fatigued?  | 0 | 1 | 2 |
| 3. ...get less than eight hours of sleep?                                    | 0 | 1 | 2 |
| 4. ...feel anxious or depressed?   | 0 | 1 | 2 |
| 5. ...feel overwhelmed or confused?  | 0 | 1 | 2 |
| 6. ...have a low sex drive?  | 0 | 1 | 2 |
| 7. ...put on weight around the belly?  | 0 | 1 | 2 |
| 8. ...diet to lose weight?   | 0 | 1 | 2 |
| 9. ...get "stressed out" by choosing the foods you eat?                      | 0 | 1 | 2 |
| 10. ...crave carbohydrates (sugar, sweets, bread, or other "comfort" foods)? | 0 | 1 | 2 |
| 11. ...experience problems concentrating?                                    | 0 | 1 | 2 |
| 12. ...experience tension headaches?   | 0 | 1 | 2 |
| 13. ...experience digestive problems such as gas, bloating or heartburn?     | 0 | 1 | 2 |
| 14. ...get sick or catch colds/flu?  | 0 | 1 | 2 |

**SUBTOTAL (add above numbers #1-#14)** \_\_\_\_\_

**15. Add one point from the subtotal for each of the words that closely describes how you have been feeling over the past two weeks.**

- |           |   |           |   |           |
|-----------|---|-----------|---|-----------|
| Lively    | 1 | Cheerful  | 1 |           |
| Active    | 1 | Alert     | 1 |           |
| Energetic | 1 | Motivated | 1 | + (     ) |

**TOTAL (add total for #15 to total for #1-#14)** \_\_\_\_\_

# Mental Wellness Assessment Results

## Where are you on the Mental Wellness Continuum?



**Directions:** Use the scoring index below to convert your total assessment calculation and reveal your position on the Amare Mental Wellness Continuum. Circle your continuum score and refer to the information below for an overview of your results.

### Mental Wellness Scoring Index

<b>Total Assessment Calculation:</b>	0	1-4	5-8	9-12	13-16	17-20	21-24	25-28	29-32	33-34
<b>MW Continuum Score:</b>	1	2	3	4	5	6	7	8	9	10
<b>Key Indicators</b>	<b>LOW</b> (Disease State)  Depression      Arthritis Anxiety          Fibro Diabetes          CFS Obesity            Dementia Heart Disease    ADD Autoimmune      Alzheimer's			<b>MEDIUM</b> (Typical)  Fatigue            Congestion Tension            URTIs Joint/Muscle Pain      Sad Brain Fog          Headaches Bloated            Acne Chubby             Eczema				<b>HIGH</b> (Optimized)  Energetic          Rarely Sick Calmness          Flexible Happy              Lean Sharp               Strong Creative            Resilient Clear Skin          Have Vigor		

### Low Vigor

The bad news is that you're almost definitely suffering from an overactive stress response, chronically disrupted mental wellness and a low state of vigor — and you need to take immediate steps to regain control. The good news is that you're not alone. There are literally millions of people in the same situation. The best news of all is that there are plenty of very effective, natural lifestyle interventions that can help rebalance your biochemistry and restore your mental wellness.

Since your Mental Wellness Index score puts you in the "Low" category, it's important for you to do whatever you can to bring yourself back toward balance. This means that you'll want to follow a coordinated program incorporating as many "rebalancing" strategies as possible.

The bottom line is that living in the 21st century brings with it a certain amount of unavoidable stress, and with that stress comes a certain degree of disrupted mental wellness. It's how we deal with that stress and what we do to restore balance that can make all the difference when it comes to our long-term mental wellness and how we feel on a daily basis.

### Medium Vigor

Congratulations! Your "Medium" Mental Wellness Index score indicates that like millions of others, you have a standard (but not ideal) level of modern-day stress exposure and are at moderate risk for reduced vigor and lower mental wellness. You should incorporate anti-stress and balancing strategies into your lifestyle whenever possible to maintain (and improve) your mental wellness — but don't stress out about it!

Since your Mental Wellness Index puts you in the "Medium" category, it's important for you to do whatever you can to bring yourself back toward balance. This means that you'll want to follow a coordinated program incorporating as many "rebalancing" strategies as possible. Consider the fact that virtually anybody who experiences stress on a regular basis, gets less than eight hours of sleep each night, or has imbalances in their gut-brain axis is at risk for mental wellness challenges.

### High Vigor

You're cool as a cucumber and have either a very low level of stress exposure or a tremendous ability to deal effectively with incoming stressors (resilience). Keep doing what you're doing!

Consider the fact that virtually anybody who experiences stress on a regular basis, gets less than eight hours of sleep each night, or has imbalances in their gut-brain axis is at risk for mental wellness challenges.

Each of us can benefit from targeted steps to maintain (or restore) our balance and improve our individual state of mental wellness. Neither a person's stress levels nor the body's response to stress is a constant. Sometimes, your approach to mental wellness needs to be more focused (such as during times of particularly high stress). At other times, you'll have less stress in your life and can withstand the situation you're in with more ease (such as during a vacation).

### Looking to Improve Your Results?

Your mental wellness can be greatly improved by supplementation and simple lifestyle changes. Contact the person who provided you with this assessment for more information.

For more information, contact: