

How am I?

Below are some statements about feelings and thoughts. Please choose the option that best describes your experience of each over the last two weeks. Keep a note of your score on each statement and add them up to get an overall wellbeing score at the end.

Statement	None of the time	Rarely	Some of the time	Often	All of the time
I've been feeling optimistic about the future	1	2	3	4	5
I've been feeling useful	1	2	3	4	5
I've been feeling relaxed	1	2	3	4	5
I've been feeling interested in other people	1	2	3	4	5
I've had energy to spare	1	2	3	4	5
I've been dealing with problems well	1	2	3	4	5
I've been thinking clearly	1	2	3	4	5
I've been feeling good about myself	1	2	3	4	5
I've been feeling close to other people	1	2	3	4	5
I've been feeling confident	1	2	3	4	5
I've been able to make up my own mind about things	1	2	3	4	5
I've been feeling loved	1	2	3	4	5
I've been interested in new things	1	2	3	4	5
I've been feeling cheerful	1	2	3	4	5

If you scored 14 - 32

Your wellbeing score is low. We recommend getting support immediately, from OCP or another trusted professional. You may also want to book an appointment with your GP to discuss your mental wellbeing.

If you scored 32 - 40

Your wellbeing score is below average. We would recommend having a look at some support options such as our self-help resources on the Ryman Wellbeing Website. You may also want to contact OCP for further support.

If you scored 40 - 59

Your wellbeing score is average. There are always ways in which we can improve our mental wellbeing, how about looking at the wellbeing information on the Ryman Wellbeing Website?

If you scored 59 - 70

Your wellbeing score is above average. This is good news! Continue to do what it is that is keeping you well.

OCP CONTACT DETAILS

Call 24/7: 0800 377 990 (NZ), 1800 273 865 (AU)

Email: support@ocp.co.nz Website: ocp.co.nz