

Live Happy

Assessment



How happy are you? Take the quiz below to assess your present level of emotional well-being.*

		Strongly disagree	Somewhat disagree	Neither agree or disagree	Somewhat agree	Strongly agree
1	I am happy.	0	1	2	3	4
2	I feel emotionally well enough to do the things that are important to me.	0	1	2	3	4
3	I generally am able to go through my day without feeling stressed or anxious.	0	1	2	3	4
4	I generally am able to go through my day without feeling down or sad.	0	1	2	3	4
5	I am able to enjoy things in life.	0	1	2	3	4

*This tool is not a diagnostic tool for mental illness. It only provides general guidance for the user's consideration.

Total Score: _____



What your score means. Match your total score with the applicable suggested action below.



▶ **SUPPORT (10 points or less)**
Consider seeking support from a professional (e.g., Intermountain EAP counselor, primary care physician) to help you create a plan to increase your well-being.

▶ **STRENGTHEN (15-17 points)**
Good job! Consider what behavior you could do more consistently or one that you could add to enhance your current well-being.

▶ **STRATEGY (10-14 points)**
Create a formal plan or strategy to improve one of the behaviors on the right.

▶ **SUSTAIN (18-20 points)**
Congratulations! Keep up the good work on living happy.



How to increase your emotional well-being

▶ TAKE TIME FOR DAILY SELF-CARE.

Self-care helps you be your very best as you meet life responsibilities. Examples include taking time to relax, sleeping well or doing a hobby that you enjoy.



▶ PRACTICE THE BIG THREE HAPPINESS SKILLS: Gratitude, Optimism and Forgiveness.

- Gratitude: Take time to recognize and be grateful for good and important things in your life.
- Optimism: Have a positive and productive perspective in how you make sense of things in your life.
- Forgiveness: Forgive others who may have hurt you. Forgive yourself for not being perfect.



▶ CONSISTENTLY TRY TO LEARN AND GROW from any setbacks or life challenges. Believe in yourself and your ability to do hard things.



This is having a growth mindset.

▶ DISCOVER WHAT WORKS BEST FOR YOU to manage both short-term and long-term stress. Are you focusing on what is in your control? Can you say no? Do you prioritize how you spend your time?

▶ SPEND TIME WITH OTHERS who care about and support you.



For help, contact these resources:

- > SelectHealth Member Advocates for personalized assistance in finding a behavioral health provider at **800-515-2220**
- > SelectHealth Behavioral Health Care Managers at **801-442-5305**
- > Intermountain Healthcare Behavioral Health Access Centers:
McKay Dee Hospital at **801-387-5543**
LDS Hospital at **801-408-8330**
Dixie Regional Medical Center at **435-688-4290**
- > United Way at **211**
- > The National Alliance on Mental Illness (NAMI) at **435-660-0792**, or visit nambi.org
- > The Utah Crisis Line at **801-587-3000**
- > the National Suicide Prevention Lifeline at **800-273-8255**
- > Text the Suicide Crisis Text Line at **CONNECT TO "741741"**