## Emotional Wellbeing Questionnaire



## **Emotional Wellbeing Questionnaire**

On a scale of 1 to 10 (10 being the most positive), how would you rate your emotional wellbeing when you're at work?

1 2 3 4 5 6 7 8 9 10

On a scale of 1 to 10 (10 being the highest), how would you rate your stress levels at work?

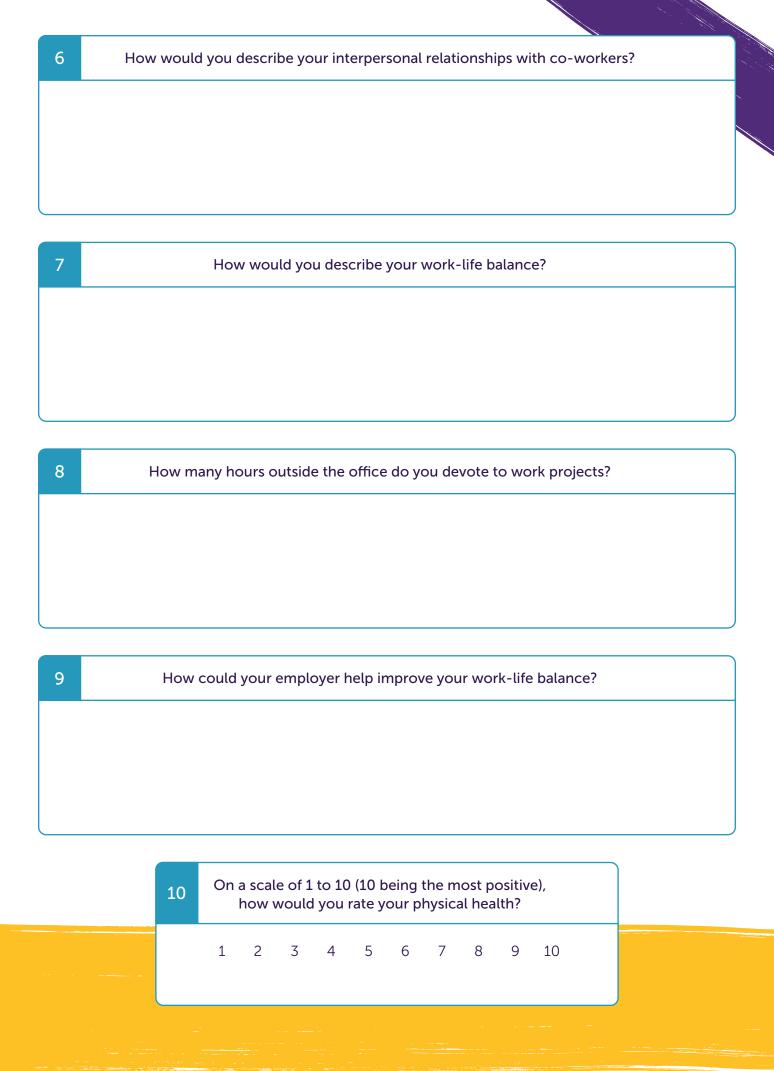
1 2 3 4 5 6 7 8 9 10

Do you feel like your employer currently helps with stress management?

Would you be interested in having access to more mental health resources at work? (such as meditation sessions, mindfulness classes, stress reduction workshops, etc.)

Do you feel like you can talk to someone or ask for help with mental or physical health issues at work?

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How could your company help you improve your physical health? (such as, convenient fitness classes at work, healthier eating options at work, more information about healthy living, etc.)

