

# STRENGTHENING YOUR MENTAL HEALTH & WELL-BEING

Inspired by Corey Keyes (2007)

**Instructions:** *Think of times in your life when you have been the most and least satisfied & happy, then using the scale below, first rate yourself when you were the most happy, then down the second column, when you were the least happy.*

**1**=not evident, **2**=barely evident, **3**=somewhat evident, **4**=evident, **5**=strongly evident

## Happy Times

Most	Least	Well-Being: Emotional States
_____	_____	Was regularly cheerful & in good spirits
_____	_____	Was interested in life & had a zest for living
_____	_____	Was calm & peaceful
_____	_____	Was satisfied with life overall
_____	_____	Was satisfied with family life
_____	_____	Was satisfied with work life
_____	_____	Was satisfied with friendships

## Well-Being: Psychological Functioning

_____	_____	Sought challenges, was growing & developing
_____	_____	Saw purpose, meaning and direction in life
_____	_____	Had skills & knowledge to select & manage the tasks of daily life
_____	_____	Was internally guided by socially accepted standards & values
_____	_____	Could form warm, trusting close relationships
_____	_____	Had self-knowledge & awareness and was self-accepting

## Well-Being: Social Functioning

_____	_____	Acknowledged and embraced human diversity
_____	_____	Had faith in human groups, believed that communities can grow positively
_____	_____	Regularly contributed to groups of family & friends and felt useful
_____	_____	Found social life to be meaningful, coherent and intelligible
_____	_____	Belonged, was supported and comforted by a community

**Follow-up Questions:** *What contributed most strongly to your happiness and satisfaction with life when you were the most happy? On the other hand, when you were the least happy, what was associated with this unpleasant time? However, let your happiness be your lesson. Think of specific things you and the people most close to you can do in the future to increase, maintain and stabilize the conditions that support your overall well-being and strengthen your mental health.*