My Well-Being Scale

How am I feeling right now?

There are no wrong answers. You can be in a different zone at different times. Look at the pictures and descriptions to find what feels most true for you right now.

Well

I feel safe and okay.



You might notice:

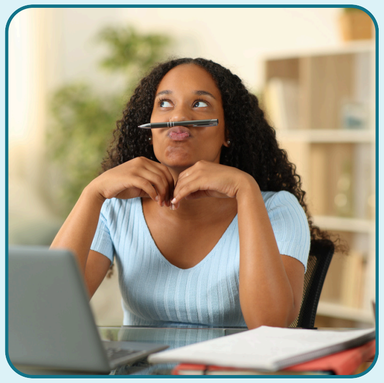
- Calm thoughts
- Good energy
- Able to do my usual activities

What might help:

- Keep doing what I enjoy
- Notice what feels good
- Stay connected with people who support me

Coping

I feel a little worried, stressed, or distracted.



You might notice:

- Worrying thoughts
- Feeling restless or distracted
- A little tension in my body

What might help:

- Take a break
- Get a drink or snack
- Do something I enjoy or find calming

Struggling

I feel more anxious and overwhelmed.



You might notice:

- Racing thoughts
- Feeling shaky or tense
- Trouble focusing
- Feeling overwhelmed

What might help:

- Reduce noise or lights
- Use a calming activity (like music or breathing)
- Tell someone I need help

Unwell

My feelings are strong and hard to manage.



You might notice:

- Feeling very worried or scared
- Crying or feeling like crying
- Having trouble sitting still
- Wanting to be alone more often
- Hard to talk about things

What might help:

- Go to a quiet space if I want
- Listen to calming music
- Get support from someone you trust

Crisis

I feel overwhelmed, out of control, or unsafe.



You might notice:

- Feeling out of control
- Not being able to think clearly
- Feeling unsafe or worried I might hurt myself
- Hard to communicate my needs

What might help:

- Get to a safe place
- Be with a trusted person
- Follow crisis plan (if I have one)
- Tell someone if I need help now

I can...

I can choose what might help me.
There are many ways to ask for support.

- Listen to calming music
- Get a drink or snack
- Go to a quiet place
- Talk to someone that I trust
- Ask for help (“I need...”)
- Say, “I’m not sure what I need.”

★ Remember: You’re the expert on your own feelings. It’s okay to ask for what you need.