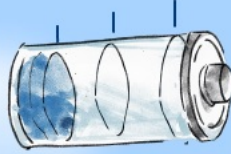


5-Minute Mental Health Assessment

Date:

My energy today:



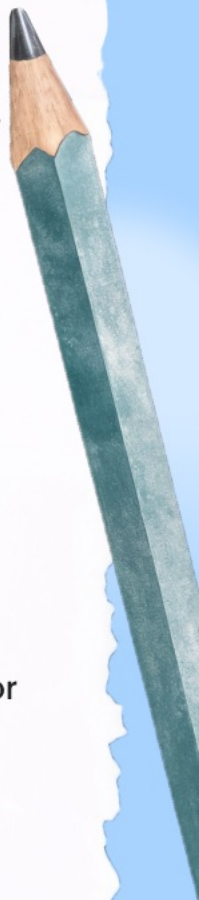
My mood today:

Lively, calm, relaxed, curious, excited, happy, awkward, empty, lost, angry, sad, depressed, anxious, tired, bored, nervous, sick, insecure, decisive, in love, inspired

Questions:



- ☐ I feel down, depressed, and/or hopeless.
- ☐ I am more irritated than usual.
- ☐ I feel bad about myself, thinking that I am a failure or don't try hard enough.
- ☐ I'm not as interested in doing things, even those I found exciting.
- ☐ My sleep has changed. I slept too much or couldn't fall asleep at all.
- ☐ I cannot concentrate.
- ☐ I feel like nobody understands me.
- ☐ Resting and relaxing seem (nearly) impossible to me.
- ☐ I don't have the energy to do even routine tasks, such as personal hygiene or cooking.
- ☐ I have unexplained physical symptoms (e.g., racing heartbeat, migraines, general weakness, etc.)



5-Minute Mental Health Assessment

Results:

0-3 Checkboxes marked: Seems like you do everything right. Carry on!



4+ Checkboxes marked: It seems like you have it harder lately. You show the signs that may point to burnout and exhaustion. Do something for yourself today. You deserve a break.



Did you enjoy tracking your mood?

Breeze Wellbeing offers a whole mental health package that includes:

- Self-discovery tests
- Journaling
- Meditations
- Mood Tracker
- Affirmations

10 minutes of Breeze a day keeps burnout away.
Scan the QR Code to get the app.



Your reactions have a history

Childhood experiences may still influence your emotional world. Take Breeze's 5-minute trauma test and get a personalized plan that will help you reach emotional stability.

