

# Emotional Wellbeing Questionnaire



# Emotional Wellbeing Questionnaire

1

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

2

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

3

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

4

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

5

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

6

How would you describe your interpersonal relationships with co-workers?

7

How would you describe your work-life balance?

8

How many hours outside the office do you devote to work projects?

9

How could your employer help improve your work-life balance?

10

On a scale of 1 to 10 (10 being the most positive),  
how would you rate your physical health?

1 2 3 4 5 6 7 8 9 10

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.)

