

Rate the following out of 10 to complete your mental health check.

<b>DIMENSION</b>	<b>SCORE OUT OF 10</b>	<b>REASON FOR RATING</b>	<b>AMOUNT OF TIME IT HAS EXISTED</b>	<b>ACTION NEEDED</b>
Behaviour				
Sleep				
Diet				
Exercise				
Alcohol				
<b>Cognition</b>				
Memory				
Concentration				
Negativity				
Positivity				

DIMENSION	SCORE OUT OF 10	REASON FOR RATING	AMOUNT OF TIME IT HAS EXISTED	ACTION NEEDED
<b>Emotions</b>				
Worry				
Sadness				
Joy				
Anger				
Frustration				
Loneliness				
<b>Biology</b>				
Energy Levels				
Stress Levels				
Nutrition				

DIMENSION	SCORE OUT OF 10	REASON FOR RATING	AMOUNT OF TIME IT HAS EXISTED	ACTION NEEDED
<b>Psychology</b>				
Optimism				
Hope				
Pessimism				
<b>Social</b>				
Friends				
Intimate Relationships				
Family				