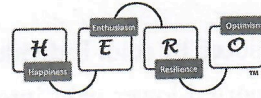


HERO WELLNESS SCALE



PLEASE CIRCLE ONE NUMBER FOR EACH QUESTION BELOW.

1. On average, during the last 7 DAYS, how happy have you felt?

0	1	2	3	4	5	6	7	8	9	10
Not at all happy		Mildly happy		Moderately happy				Highly happy		Extremely happy

2. On average, during the last 7 DAYS, how enthusiastic have you felt?

0	1	2	3	4	5	6	7	8	9	10
Not at all enthusiastic		Mildly enthusiastic		Moderately enthusiastic				Highly enthusiastic		Extremely enthusiastic

3. On average, during the last 7 DAYS, how resilient have you felt?

0	1	2	3	4	5	6	7	8	9	10
Not at all resilient		Mildly resilient		Moderately resilient				Highly resilient		Extremely resilient

4. On average, during the last 7 DAYS, how optimistic have you felt?

0	1	2	3	4	5	6	7	8	9	10
Not at all optimistic		Mildly optimistic		Moderately optimistic				Highly optimistic		Extremely optimistic

5. On average, during the last 7 DAYS, how would you rate your mental wellness?

0	1	2	3	4	5	6	7	8	9	10
Not at all good		Mildly good		Moderately good				Markedly good		Extremely enthusiastic

SCORING: To calculate total score, add all circled numbers.

TOTAL SCORE: 0- 50

HIGHER SCORES INDICATE HIGHER LEVELS OF WELLNESS

SCORE

WILD 5★ Wellness®
Wellness Interventions for Life's Demands

FIGURE 2.1: Tools to Examine the Neurobiology of Mental Wellness