

A **therethere**\* survey in conjunction with **SHiFT.**



How ARE You?

THE MOST IMPORTANT SURVEY OF THE DECADE ASKS YOU HOW YOU ARE FEELING ABOUT YOURSELF, YOUR LIFE, THE PRESENT AND THE FUTURE. THE RESULTS WILL PROVIDE A UNIQUE INSIGHT INTO HOW WE ARE LIVING IN THE UK TODAY AND A UNIQUE SNAPSHOT OF THE NATION'S WELL-BEING. WRITE TO US OR ANSWER ONLINE AT [www.shift.org.uk](http://www.shift.org.uk).

LET'S FIND OUT HOW WE ARE, OK?

\* 'The most important new magazine in the UK' - *Marjorie Wallace, SANE*

Please tick the box that corresponds most with how you feel right now...

1 Do you feel that your life is on the right track?

- Always
- Mostly
- Sometimes
- Never

2 When you think of the future do you feel

- Optimistic
- Indifferent
- Pessimistic
- Fearful

3 When problems crop up in your life do you

- Keep things in perspective and deal with the problem straight away
- Usually find a way to cope with whatever life chucks at you
- Try not to think about them and hope they'll go away
- Feel you can't cope with things at all

4 If a friend confessed to feeling depressed would you:

- Actively spend more time with them and encourage them to seek professional help such as counselling
- Suggest they go and see a doctor and get some tablets
- Probably spend less time with them as they make me feel uncomfortable
- Tell them to cheer up and get a life

5 If you are worried about something do you

- Talk to your partner/friends/parents and ask for advice
- Don't talk to anyone about it and keep it to yourself
- Go out and get drunk to relieve the stress
- Stay in and hide under the duvet

6 Do you feel loved and trusted by at least one person?

- Yes
- No

7 Would you describe yourself as a happy person?

- Yes, I feel good about myself and my life
- Yes, most of the time
- Rarely, I feel discontented and miserable most of the time
- Never

8 Do you feel you can do whatever you want?

- Yes
- Nearly always
- Rarely
- Never

9 Do you find it easy to relax and switch off from daily stresses and strains of your job/school

- Yes, I switch off as soon as I walk out of the door
- I can usually find ways to relax
- I find it really hard to switch off at the end of the day
- I lie awake at night worrying about work/school

10 Would you describe yourself as an energetic person

- Yes, I have bags of energy and am always on the go
- Mostly, there are lots of things I'm interested in
- Rarely, I quite often feel tired and run down
- Never, I can hardly drag myself out of bed in the morning

11 Are there things you would like to change in your life?

- No, I like my life and am content with it as it is
- Mostly, there a few things I'd like to do but I'm looking forward to achieving them
- Not really, I often feel like I've missed out on things
- Everything, I feel like a complete failure



Please detach this page and send it to:

How Are You? Survey, NIMHE, Room 8E46, Quarry House, Quarry Hill, Leeds LS2 7UE

Name: ..... Address: .....

..... Postcode: .....

Signature: .....

We take your privacy very seriously This survey and all information within is subject to the Data Protection Act.