






Check in on my well-being



Section A






Circle the statement that best represents how you are currently feeling. These are general statements that answer two questions:

1. How are you feeling right now?

| | | | | |
|--|--|--|--|--|
|  I'm struggling 1 pt |  It's difficult 2 pt |  It could be better 3 pt |  I'm doing well 4 pt |  I'm feeling great! 5 pt |
|--|--|--|--|--|

My well-being score : ___/5

2. How is your energy level these days?


| | | | | |
|--|--|--|--|--|
|  I'm running on empty 1 pt |  I'm frequently tired 2 pt |  I'm managing, but it's not sustainable 3 pt |  I'm doing well 4 pt |  I'm feeling great! 5 pt |
|--|--|--|--|--|

My energy score : ___/5

Overall score (well-being + energy): _____ + _____ = _____ /10

Section B – Interpreting your score

Circle your overall score (well-being + energy) in the table and follow the priority actions

| Overall score /10 | Zone | What it means | Priority actions |
|-------------------|--|---|--|
| 2-4 |  Attention required | You are going through a difficult time. It's normal to need help. Taking care of yourself is a priority. | Human connection, emotion management, sleep. Consider consulting the EAP (see bottom of page). |
| 5-6 |  Keep an eye on it | You're holding on, but there are signals you shouldn't ignore. A few adjustments can make a big difference. | Identify 1 or 2 actions you are not yet doing and gradually incorporate them. |
| 7-8 |  Doing well | You're doing well! Keep doing what you're doing and notice what contributes to this balance. | Maintain your habits and think about sharing these actions with those around you. |
| 9-10 |  Feeling great | You're thriving! Take this opportunity to celebrate and be a source of inspiration for those around you. | Offer your help to those who need it, as it also enhances your own well-being! |

Are you in the red zone or do you need to talk to someone?



Phone
1-888-799-0303

Available 24/7

Confidential and free



Email
Info@briopae.com



My EAP – Brio
<https://www.briopae.com/connexion-au-pae/>

Actions for your well-being

Check off the actions you regularly do

Human connexion

- I compliment or thank someone
- I surround myself with people who are good for me
- I help others
- I smile and make at least one person smile per day
- I talk to at least one person per day (on topics unrelated to work)

Stress management

- I use deep breathing to calm myself
- I am able to stay in the present moment
- I stay informed while limiting exposure to negative media
- I know how to apply methods to reduce my stress
- I take at least one stress-relief break per day

Emotion management

- I take a moment each day to check in on my morale
- I experience difficult emotions without judging myself
- I look for the need behind a difficult emotion im experiencing
- I talk about my emotions and my difficulties
- I dare to ask for support when I'm not feeling my best

Optimism / Gratitude

- I make sure to laugh every day
- I take the time to celebrate my successes
- Every day, I name one positive thing that happens to me
- Every day, I name 3 things I appreciate in my life
- I keep my focus on the positive aspects of difficult situations

Lifestyle habits

Check off the actions you regularly do

Balanced schedule

- I set realistic goals for my day and I achieve them
- I limit my screen time to vary my hobbies
- I have a well-established routine (tasks, hobbies, socializing)
- I organize myself to have time to do things that recharge me

Sleep habits

- I avoid screens one hour before going to bed
- I fall asleep without too much difficulty
- I wake up feeling rested in the morning
- I have a relatively steady sleep routine
- I wake up less than once during the night

Physical activity

- During a seated activity, I get up at least once per hour
- I engage in physical activity (at least 2.5 hours / week)
- I prioritize active transportation when possible
- I go outside at least once a day
- I move a little every day (walking, dancing, stretching...)

Nutrition

- I have a healthy and balanced diet
- I take at least 20 minutes to eat each meal
- I mostly eat home-cooked meals
- I have a stable routine for meals and snacks
- I eat without screens

Would you like to work on actions to improve/cultivate your well-being?



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