

# Let's Talk – Emotional Wellbeing

Emotional Wellbeing

I often feel tired out for no reason

- Strongly disagree
- Somewhat disagree
- Neither agree nor disagree
- Somewhat agree
- Strongly agree

Sometimes I feel overwhelmed with everything I have to juggle in my life

- Strongly disagree
- Somewhat disagree
- Neither agree nor disagree
- Somewhat agree
- Strongly agree

My financial situation has a big influence on how I feel about my life

- Strongly disagree
- Somewhat disagree
- Neither agree nor disagree
- Somewhat agree
- Strongly agree

I often feel that everything is an effort

- Strongly disagree
- Somewhat disagree
- Neither agree nor disagree
- Somewhat agree

- Strongly agree

I am satisfied with my life

- Strongly disagree
- Somewhat disagree
- Neither agree nor disagree
- Somewhat agree
- Strongly agree