

## WHO-5 Well-Being Index

### Emotional Well-Being Self-Check

#### Instructions

Below are five statements about how you may have been feeling over the past two weeks. For each statement, please select the option that best describes how often you felt this way. Take your time and answer honestly. This is for self-reflection, not judgment.

Over the last 14 days...

Statement	At no time (0)	Some of the time (1)	Less than half the time (2)	More than half the time (3)	Most of the time (4)	All of the time (5)
1. I have felt cheerful and in good spirits	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. I have felt calm and relaxed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. I have felt active and full of energy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. I woke up feeling fresh and rested	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. My daily life has been filled with things that interest me	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

#### Scoring Instructions

- Add up the numbers you selected for all five statements.
  - Each item is scored from 0 to 5



- Total raw score range: 0–25
- 2. To obtain your final well-being score, multiply your total score by 4.
  - Final score range: 0–100

## Understanding Your Score

*(For self-awareness only)*

- 51–100  
Indicates good emotional well-being.  
Keep nurturing the habits and supports that are working for you.
- 28–50  
Suggests reduced well-being.  
You may benefit from more rest, emotional support, reflection, or self-care.
- 27 or below  
Indicates low well-being.  
This may be a sign to pause, seek support, and consider speaking with a mental health professional.

## Gentle Reminder

This questionnaire is not a diagnostic tool. It does not diagnose mental health conditions. It is designed to support self-awareness and early reflection.

If your score feels concerning or reflects how you have been struggling emotionally, reaching out for professional support is a courageous and caring step.

## Reflection Prompt (Optional)

After completing this tool, consider journaling on one or two of the questions below:

- What stood out to me about my responses?
- Which area of my well-being needs the most care right now?
- What is one small step I can take this week to support myself?