

# CONNECTING THE PIECES TO MY WELLBEING

Please enter your current WEMWBS and target scores

Please enter your current WEMWBS and target scores

# USING THE WARWICK AND EDINBURGH MENTAL WELLBEING SCALE AND THE COPE SCOTLAND WELLBEING TIPS BOOKLET

The Warwick and Edinburgh Mental Wellbeing Scale is a really useful tool for helping us identify areas around our wellbeing which may need attention. For more information [warwick.ac.uk/fac/sci/med/research/platform/wemwbs](http://warwick.ac.uk/fac/sci/med/research/platform/wemwbs). An average score is around 50, if you have a wee look and see what your scores are and if you find there is an area you aren't scoring as high as you would like, then this tool and the accompanying COPE Scotland wellbeing tips booklet can offer some ideas on ways to improve your scores and your wellbeing.

Make some time when you won't be disturbed to reflect on the questions in the WEMBWS, to see for yourself, if there are areas you maybe want to focus on. It maybe there are no areas, super, this is a resource you can share with someone else, or, use in the future if you need it. It maybe there are different areas you want to focus on. We are all different, do what has meaning for you.

Remember, this isn't a replacement for professional advice, if something is causing you significant distress please speak to someone, you matter. There are 14 points on the wellbeing scale, and you are invited to consider how you score for each of these. Then add up your scores for an overall score.

Produced by COPE Scotland  @COPEscotland | [www.cope-scotland.org](http://www.cope-scotland.org)



## BELOW ARE SOME STATEMENTS ABOUT FEELINGS AND THOUGHTS

Please tick (✓) the box that best describes your experience of each over the last 2 weeks

STATEMENTS	NONE OF THE TIME	RARELY	SOME OF THE TIME	OFTEN	ALL OF THE TIME
I've been feeling optimistic about the future	1	2	3	4	5
I've been feeling useful	1	2	3	4	5
I've been feeling relaxed	1	2	3	4	5
I've been feeling interested in other people	1	2	3	4	5
I've had energy to spare	1	2	3	4	5
I've been dealing with problems well	1	2	3	4	5
I've been thinking clearly	1	2	3	4	5
I've been feeling good about myself	1	2	3	4	5
I've been feeling close to other people	1	2	3	4	5
I've been feeling confident	1	2	3	4	5
I've been able to make up my own mind about things	1	2	3	4	5
I've been feeling loved	1	2	3	4	5
I've been interested in new things	1	2	3	4	5
I've been feeling cheerful	1	2	3	4	5

© WEMWBS

Warwick-Edinburgh Mental Well-being Scale (WEMWBS)

© NHS Health Scotland, University of Warwick and University of Edinburgh, 2006, all rights reserved.