

WHO (5) Well-Being Index

Which is closest to how you have been feeling over the last two weeks

- 1. I have felt cheerful and in good spirits

None of the time Some of the time Half of the time Most of the time All of the time

- 2. I have felt calm and relaxed

None of the time Some of the time Half of the time Most of the time All of the time

- 3. I have felt active and vigorous

None of the time Some of the time Half of the time Most of the time All of the time

- 4. Feeling tired or having little energy

None of the time Some of the time Half of the time Most of the time All of the time

- 5. I woke up feeling fresh and rested

None of the time Some of the time Half of the time Most of the time All of the time

- 6. My daily life has been filled with things that interest me

None of the time Some of the time Half of the time Most of the time All of the time