

## Health & Resilience Post-Questionnaire

Compared to about a month ago (or when you completed your initial **Health and Resilience** Pre-Questionnaire) how do you feel you are doing in the following key health areas for your long term health? (circle *one number* for each):

1. How would you rate yourself in terms of being socially connected to others?

1            2            3            4            5            6            7            8            9            10



Not at all connected

Very connected

2. How would you rate yourself in terms of being interested in learning new things?

1            2            3            4            5            6            7            8            9            10



Not at all interested

Very Interested

3. Using your own definition, how would you rate yourself in terms of successful aging?

1            2            3            4            5            6            7            8            9            10



Least successful

Most successful

4. How would you rate yourself in terms of how likely you are to seek mental health help if you needed it?

1            2            3            4            5            6            7            8            9            10



Not at all likely

Very likely

5. How would you rate yourself in terms of being physically active?

1            2            3            4            5            6            7            8            9            10



Not at all active

Very active

Patient Initials: \_\_\_\_\_ Date: \_\_\_\_\_ **Total POST-Score:** \_\_\_\_\_ /50

### The Brain Health & Wellness Project

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