

MENTAL HEALTH

Building Strength for Life's Challenges

		YES	NO
1	Do you regularly engage in activities that reduce stress, such as meditation or hobbies?	<input type="checkbox"/>	<input type="checkbox"/>
2	Are you able to recognize signs of mental fatigue or stress in yourself?	<input type="checkbox"/>	<input type="checkbox"/>
3	Do you have a strong support network of friends, family, or professionals you can turn to when needed?	<input type="checkbox"/>	<input type="checkbox"/>
4	Do you feel equipped with strategies to manage everyday stressors effectively?	<input type="checkbox"/>	<input type="checkbox"/>
5	Have you established a regular sleep schedule that leaves you feeling rested?	<input type="checkbox"/>	<input type="checkbox"/>
6	Do you feel comfortable seeking help when you feel overwhelmed emotionally or mentally?	<input type="checkbox"/>	<input type="checkbox"/>
7	Are you actively working on building or maintaining a positive outlook on life?	<input type="checkbox"/>	<input type="checkbox"/>
8	Do you make time for physical activities that help improve your mental health?	<input type="checkbox"/>	<input type="checkbox"/>
9	Have you avoided substance abuse and maintained a healthy lifestyle to support your mental well-being?	<input type="checkbox"/>	<input type="checkbox"/>
10	Do you regularly set aside time for self-reflection and personal growth?	<input type="checkbox"/>	<input type="checkbox"/>

QUESTIONS? CONTACT YOUR FINANCIAL ADVISOR



THE CENTER FOR
RETIREMENT READINESS

What Your Answers Might Mean:



7–10 Yes Answers: Robust Mental Health Practices. Your practices and habits strongly support your mental health and resilience, preparing you well to handle life's ups and downs.



4–6 Yes Answers: Adequate Preparation with Room for Improvement. While you have some good strategies in place, enhancing your mental health practices could provide greater stability and resilience.



0–3 Yes Answers: Immediate Action Recommended. It's crucial to develop more robust mechanisms for coping with stress and maintaining mental health to improve your overall well-being and resilience.