



MCA
DETROIT

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Emotional Health Assessment

This assessment covers key aspects such as emotional regulation, relationships, resilience, and self-awareness. Please provide honest answers, as they can highlight areas that may require improvement.

Instructions: Rate each statement on a scale of 1 to 5, where:

- 1 = Strongly Disagree
- 2 = Disagree
- 3 = Neutral
- 4 = Agree
- 5 = Strongly Agree

I. **I often feel a sense of purpose and direction in my life.**

a. [1] [2] [3] [4] [5]

II. **I can acknowledge and accept difficult emotions without being overwhelmed by them.**

a. [1] [2] [3] [4] [5]

III. **I maintain positive and healthy relationships with those around me.**

a. [1] [2] [3] [4] [5]

IV. **When faced with stressful situations, I am able to stay calm and focused.**

a. [1] [2] [3] [4] [5]

V. **I am satisfied with how often I communicate openly with family, friends, or colleagues.**

a. [1] [2] [3] [4] [5]

- VI. **I make self-care (e.g., exercise, relaxation, hobbies) a priority in my life.**
a. [1] [2] [3] [4] [5]
- VII. **I have coping strategies that help me manage anxiety, sadness, or anger.**
a. [1] [2] [3] [4] [5]
- VIII. **I am generally optimistic about the future and can see positive possibilities.**
a. [1] [2] [3] [4] [5]
- IX. **I feel valued and appreciated by the people I interact with.**
a. [1] [2] [3] [4] [5]
- X. **I can adapt to changes and handle life's uncertainties without undue distress.**
a. [1] [2] [3] [4] [5]
- XI. **I am able to forgive myself and others for past mistakes or conflicts.**
a. [1] [2] [3] [4] [5]
- XII. **I recognize when I need help and feel comfortable asking for support.**
a. [1] [2] [3] [4] [5]
- XIII. **I can maintain a balance between work, personal responsibilities, and rest.**
a. [1] [2] [3] [4] [5]
- XIV. **I often feel a sense of gratitude for the things I have in life.**
a. [1] [2] [3] [4] [5]
- XV. **I feel comfortable expressing my emotions, whether they are positive or negative.**
a. [1] [2] [3] [4] [5]

Added Total: _____

Scoring Guide

- **60-75:** Excellent emotional health. You are likely very in tune with your emotions and have developed a strong support network and resilience.
- **45-59:** Good emotional health. You generally manage stress and emotions well, but there may be areas where additional attention could enhance your well-being.
- **30-44:** Moderate emotional health. Some aspects of emotional well-being may require focus, such as managing stress, enhancing relationships, or self-care.
- **Below 30:** Low emotional health. You may benefit from further emotional support, counseling, or strategies to cope with emotions and life challenges.

This assessment can be revisited over time to track emotional health and identify any changes.