

Name

Date



Occupational Therapy: Mind and Body Wellness Scale

Pre test

Right now I feel like my body has energy	Yes very	Sort of	A little bit	Not at all
Right now I have worrying thoughts on my mind	Yes very	Sort of	A little bit	Not at all
Right now I have a rather clear mind	Yes very	Sort of	A little bit	Not at all
Right now I my body feels tense	Yes very	Sort of	A little bit	Not at all
Right now I feel I'm in a social mood	Yes very	Sort of	A little bit	Not at all
Right now I feel good about myself	Yes very	Sort of	A little bit	Not at all

Post test

Right now I feel like my body has energy	Yes very	Sort of	A little bit	Not at all
Right now I have worrying thoughts on my mind	Yes very	Sort of	A little bit	Not at all
Right now I have a rather clear mind	Yes very	Sort of	A little bit	Not at all
Right now I my body feels tense	Yes very	Sort of	A little bit	Not at all
Right now I feel I'm in a social mood	Yes very	Sort of	A little bit	Not at all
Right now I feel good about myself	Yes very	Sort of	A little bit	Not at all