**HEALTH ASSESSMENT Feedback Sheet**

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|  | **GREEN FLAG** | **YELLOW FLAG** | **RED FLAG** |
| **Overall Stress** | **23 or lower** | **between 24 and 46** | **47 or higher** |
|  | Being free from life stressors is a good sign.  Cumulative life stressors can have an impact on overall health over time so it is important to monitor life events and get help if life problems become an issue over time. Check out these links to learn more about [Managing Stress](https://defencehealth-uat.cwp.govt.nz/your-health/mind/managing-stress/), [Resilience](https://defencehealth-uat.cwp.govt.nz/your-health/mind/building-resilience/) and [Workload](https://defencehealth-uat.cwp.govt.nz/your-health/health-at-work/managing-workload/). | Cumulative life stressors can have an impact on overall health over time.  Problems with sleep, loneliness and trauma can be particularly difficult so if you answered yes to these questions, take extra care.  Remember too that stress is cumulative, so lots of things happening in your life at once can add up and it is important to monitor life events and get help if problems remain an issue over time. Check out these links to learn more about [Managing Stress](https://defencehealth-uat.cwp.govt.nz/your-health/mind/managing-stress/), [Resilience](https://defencehealth-uat.cwp.govt.nz/your-health/mind/building-resilience/) and [Workload](https://defencehealth-uat.cwp.govt.nz/your-health/health-at-work/managing-workload/). | Your score indicates that you have a lot going on in your life at present.  Cumulative life stressors can have an impact on your overall health over time.  Problems with sleep, loneliness and trauma can be particularly difficult so if you answered yes to these questions, take extra care.  Remember too that stress is cumulative, so lots of things happening in your life at once can add up and it is important to monitor life events and get help if problems remain an issue over time. Pay particular attention to your mental health in times of stress. Persistent stressors can wear down our mental health but we can also develop positive mental health skills and tools to help us respond well to this stress. Check out these links to learn more about [Managing Stress](https://defencehealth-uat.cwp.govt.nz/your-health/mind/managing-stress/), [Resilience](https://defencehealth-uat.cwp.govt.nz/your-health/mind/building-resilience/) and [Workload](https://defencehealth-uat.cwp.govt.nz/your-health/health-at-work/managing-workload/). |
| **Physical Health Stressor** | **6 or lower** | **between 7 and 9** | **10 or higher** |
|  | Congratulations! Your physical health score indicates that you have few physical health concerns and that your current behaviours and life circumstances are helping you stay at the top of your game.  Keep up the great work! | Your physical health score indicates that, one or more of your current behaviours and life circumstances (e.g. alcohol consumption, drug use, trouble sleeping, chronic pain, physical injury, and/or physical illness) may be preventing you from being at the top of your game. Your score may reflect that a particular area has been of concern for you 'quite a lot' or 'a great deal' or perhaps that you have 'some' or 'a little' concern spanning multiple areas. Either way it is important not to ignore your concerns as they have the potential to impact your overall health and well-being. Early help seeking will help prevent health issues worsening and speed up your recovery. Check out information about [common physical health concerns](https://defencehealth-uat.cwp.govt.nz/your-health/body/your-health-support/). and where you can go for additional support in [Support Providers](https://defencehealth-uat.cwp.govt.nz/support-providers/about-service-providers/) and [Get Help Now](https://defencehealth-uat.cwp.govt.nz/get-help-now/). | Your physical health score indicates that, one or more of your current behaviours and life circumstances (e.g. alcohol consumption, drug use, trouble sleeping, chronic pain, physical injury, and/or physical illness) has been a concern for you. Your score may reflect that a particular area has been of concern for you 'quite a lot' or 'a great deal' or perhaps that you have 'some' concern spanning multiple areas. Either way it is important not to ignore your concerns as they have the potential to impact your overall health and wellbeing. Early help seeking will help prevent health issues worsening and speed your recovery. Check out information about [common physical health concerns](https://defencehealth-uat.cwp.govt.nz/your-health/body/your-health-support/). and where you can go for additional support in [Support Providers](https://defencehealth-uat.cwp.govt.nz/support-providers/about-service-providers/) and [Get Help Now](https://defencehealth-uat.cwp.govt.nz/get-help-now/). |
| **Nutrition** | **6 or lower** | **between 7 and 10** | **11 or higher** |
|  | Well done! Your current eating patterns indicate that your habits are helping to promote positive physical health. Good nutrition can benefit almost every aspect of our overall health so it is important to get it right. Remember to aim to eat 2-3 servings of fruit and 2-3 servings of vegetables everyday. If you choose to eat breakfast, make it as nutritious as possible - high in protein and low in sugar. Cut down on sugary drinks by swapping them for water or milk. | Your current eating patterns indicate that there are opportunities to improve your habits in order to promote positive physical health. Good nutrition can benefit almost every aspect of our overall health so it is important to get it right. Aim to eat 2-3 servings of fruit and 2-3 servings of vegetables every day. If you choose to eat breakfast, make it as nutritious as possible - high in protein and low in sugar.  Cut down on sugary drinks by swapping them for water or milk. You can read more about healthy eating habits for nutrition [here.](C:\\Users\\64278\\Documents\\website\\Self assessment and take action Nov 21\\Nutrition & Supplements | NZDF Health (cwp.govt.nz)) | Your current eating patterns indicate that you need to improve your habits in order to maintain good health. Good nutrition can benefit almost every aspect of overall health so it is important to get it right.  Aim to eat 2-3 servings of fruit and 2-3 servings of vegetables every day. If you choose to eat breakfast, make it as nutritious as possible - high in protein and low in sugar. Cut down on sugary drinks by swapping them for water or milk. You can read more about healthy eating habits for nutrition [here.](C:\\Users\\64278\\Documents\\website\\Self assessment and take action Nov 21\\Nutrition & Supplements | NZDF Health (cwp.govt.nz)) |
| **Exercise** | **Yes, I do this much exercise per week or more** |  | **No, do not exercise regularly** |
|  | Good effort! Your physical exercise score indicates that you are engaging in a healthy level of activity.  Regular exercise is important for maintaining physical health as well as your overall health. Exercise has benefits for mood, sleep, energy, and stress levels, and protects against mental health conditions.  The Ministry of Health recommends people aim for a minimum of 2 ½ hours of moderate (or 1 ¼ hours of vigorous) physical activity spread throughout a week.  For extra health benefits aim for 5+ hours of moderate (or 2.5 hours of vigorous) intensity exercise. Including 2+ muscle strengthening activities per week is also recommended. |  | Your physical exercise score indicates that you are not doing enough physical activity. Regular exercise is important for maintaining physical health as well as your overall health. Exercise has benefits for mood, sleep, energy, and stress levels, and protects against mental health conditions. The Ministry of Health recommends people aim for a minimum of 2 ½ hours of moderate (or 1 ¼ hours of vigorous) physical activity spread throughout a week.  For extra health benefits aim for 5+ hours of moderate (or 2.5 hours of vigorous) intensity exercise.  Including 2+ muscle strengthening activities per week is also recommended. Learn more about [Exercise](https://defencehealth-uat.cwp.govt.nz/your-health/body/general-health-and-fitness/). |
| **Smoking** | **No or I used to, but not now** |  | **Yes currently** |
|  |  |  | Smoking can be harmful to your health. Consider how you can cut down the number of cigarettes you smoke and over time stop completely. You can find out more about [quitting smoking](https://defencehealth-uat.cwp.govt.nz/your-health/body/your-health-support/quit-smoking/) and additional support [here](https://quit.org.nz/). |
| **Sleep** | **7 hours or more** |  | **Less than 6 hours** |
|  | Well done! Your sleep risk score indicates that you are getting enough rest. To maintain overall health and optimal functioning adults need to get between 7-9 hours of sleep every night. Continue to practice healthy sleep habits and prioritise your sleep. If you start to notice any persistent problems get on top of them early with the advice in  [Staying at the top of your game](https://defencehealth-uat.cwp.govt.nz/resources/staying-at-the-top-of-your-game/) and the [Sleep section](https://defencehealth-uat.cwp.govt.nz/your-health/body/sleeping-well/) of the NZDF Health website. If you find that having tried usual sleep tips and are still having difficulty sleeping, speak to your GP. |  | Your sleep patterns indicates that you may not be getting enough rest. To maintain overall health and optimal functioning adults need to get 7-9 hours of sleep every night. If you are struggling to get enough sleep try making changes to your sleep habits. For example: Go to bed and wake up at the same time each day. Make your sleeping environment quiet, cool and dark - like a cave. Establish a pre-bed routine to help you wind down. Be aware that there are a number of common (and treatable!) sleep conditions that may explain your difficulties getting enough sleep. If you find that having tried usual sleep tips (for more sleep tips check out p21 and 140 of [Staying at the top of your game](https://defencehealth-uat.cwp.govt.nz/resources/staying-at-the-top-of-your-game/) and the [Sleep section](https://defencehealth-uat.cwp.govt.nz/your-health/body/sleeping-well/) of the NZDF Health website. If you find that having tried usual sleep tips and are still having difficulty sleeping, speak to your GP. |
| **Alcohol** | **7 or lower** | **between 8 and 15** | **16 or higher** |
|  | Nice work! Your alcohol consumption is at a healthy level shows that you are drinking responsibly. Minimising your alcohol intake and drinking responsibly will be helping to optimise your health and performance. | Your alcohol consumption level indicates that your drinking has the potential to cause harm. The more you drink and the longer you’ve been drinking for, the more likely it will cause problems in your job, at home, or with other people. You may want to consider cutting down on alcohol consumption. It may be difficult to start with so seek out support from those around you. Check out more information and tips for change in [drinking too much](https://defencehealth-uat.cwp.govt.nz/your-health/body/your-health-support/drinking-too-much/), alcohol use, what happens when we drink and [www.alcohol.org.nz](http://www.alcohol.org.nz)[.](http://www.alcohol.org.nz.) | Your alcohol consumption level indicates that you may be harming your health and wellbeing with your drinking. The more you drink and the longer you’ve been drinking for, the more likely it will cause problems in your job, at home, or with other people. Seriously consider changing these behaviours. It may be difficult to start with so seek out support from those around you.  Check out more information and tips for change in [drinking too much](https://defencehealth-uat.cwp.govt.nz/your-health/body/your-health-support/drinking-too-much/), alcohol use, what happens when we drink and [www.alcohol.org.nz](http://www.alcohol.org.nz)[.](http://www.alcohol.org.nz.) |
| **Mental Health Stressors** | **5 or lower** | **between 6 to and 8** | **9 or higher** |
|  | Good news. Your mental health score indicates that the current events and circumstances in your life are helping you stay at the top of your game. At the moment it is likely you are sitting in the green on the [Mental Health Continuum](https://nzdf.au1.qualtrics.com/CP/File.php?F=F_brRXPAw73WXzkQB) but we never know when we may start slipping into the yellow. To help you develop the skills you may need to stay mentally healthy in the future, no matter what comes your way, check out the guidance in [What is Mental Health](https://defencehealth-uat.cwp.govt.nz/your-health/mind/what-is-mental-health/)  [Mind Tools](https://defencehealth-uat.cwp.govt.nz/your-health/mind/mind-toolkit/understanding-resilience/) and [Resilience Guide](https://defencehealth-uat.cwp.govt.nz/your-health/mind/building-resilience/) on the NZDF Health Website and in [Staying at the top of your game](https://defencehealth-uat.cwp.govt.nz/resources/staying-at-the-top-of-your-game/). | Your mental health score indicates that the current events and circumstances in your life (e.g. loss or grief, prior stressful/traumatic experiences, anger management, sadness or depression and/or general anxiety)  may be preventing you from being at the top of your game.  Your score may reflect that a particular area has been a concern for you ‘quite a lot’ or ‘a great deal’ or that you have 'some' or 'a little' concern spanning multiple areas. Either way it is important not to ignore your concerns as they have the potential to impact your overall health and wellbeing. | Your mental health score indicates that the current events and circumstances in your life (e.g. loss or grief, prior stressful/traumatic experiences, anger management, sadness or depression and/or general anxiety) may be preventing you from being at the top of your game.  Your score may reflect that a particular area has been a concern for you ‘quite a lot’ or ‘a great deal’ or that you have 'some' concern spanning multiple areas. Either way it is important not to ignore your concerns as they have the potential to impact your overall health and wellbeing. The [Mental Health Continuum](https://nzdf.au1.qualtrics.com/CP/File.php?F=F_brRXPAw73WXzkQB) is a useful tool that shows how our mental health can fluctuate over time. Early help seeking as well as making positive changes will help prevent health issues getting worse and speed up your recovery. Check out these links to learn more about [managing stress](https://defencehealth-uat.cwp.govt.nz/your-health/mind/managing-stress/) and common life stressors including [workload](https://defencehealth-uat.cwp.govt.nz/your-health/health-at-work/managing-workload/), [sleep](https://defencehealth-uat.cwp.govt.nz/your-health/body/sleeping-well/), [lifting mood](https://defencehealth-uat.cwp.govt.nz/your-health/mind/lifting-mood/), [reducing worry](https://defencehealth-uat.cwp.govt.nz/your-health/mind/reducing-worry-or-anxiety/), [recovering from trauma](https://defencehealth-uat.cwp.govt.nz/your-health/mind/recovering-from-trauma/), [relationships](https://defencehealth-uat.cwp.govt.nz/your-health/social-and-whanau/healthy-relationships/), and [finances](https://defencehealth-uat.cwp.govt.nz/your-health/social-and-whanau/managing-finances/). Also check out the range of other resources in the [Mind](https://defencehealth-uat.cwp.govt.nz/your-health/mind/) section of the Defence Health website including [What is Mental Health](https://defencehealth-uat.cwp.govt.nz/your-health/mind/what-is-mental-health/)  [Mind Tools](https://defencehealth-uat.cwp.govt.nz/your-health/mind/mind-toolkit/understanding-resilience/) ,[Resilience Guide](https://defencehealth-uat.cwp.govt.nz/your-health/mind/building-resilience/) and [Staying at the top of your game](https://defencehealth-uat.cwp.govt.nz/resources/staying-at-the-top-of-your-game/), and where you can go for additional support in [Support Providers](https://defencehealth-uat.cwp.govt.nz/support-providers/about-service-providers/) and [Get Help Now](https://defencehealth-uat.cwp.govt.nz/get-help-now/). |
| **Distress** | **14 or lower** | **between 15 and 21** | **22 or higher** |
|  | Your score for psychological distress falls into the low range. This means you are doing pretty well.  It is important to remember that this result is not a diagnosis. If you feel down, sad, stressed or anxious, consider speaking to someone (e.g. doctor or other health professional). Check out these links to learn more about [Managing stress](https://defencehealth-uat.cwp.govt.nz/your-health/mind/managing-stress/) and common life stressors including [workload](https://defencehealth-uat.cwp.govt.nz/your-health/health-at-work/managing-workload/), [sleep](https://defencehealth-uat.cwp.govt.nz/your-health/body/sleeping-well/), [lifting mood](https://defencehealth-uat.cwp.govt.nz/your-health/mind/lifting-mood/), [reducing worry](https://defencehealth-uat.cwp.govt.nz/your-health/mind/reducing-worry-or-anxiety/), [recovering from trauma](https://defencehealth-uat.cwp.govt.nz/your-health/mind/recovering-from-trauma/), [relationships](https://defencehealth-uat.cwp.govt.nz/your-health/social-and-whanau/healthy-relationships/), and [finances](https://defencehealth-uat.cwp.govt.nz/your-health/social-and-whanau/managing-finances/). Also check out the range of other resources in the [Mind](https://defencehealth-uat.cwp.govt.nz/your-health/mind/) section of the Defence Health website including What is Mental Health, [Mind Tools](https://defencehealth-uat.cwp.govt.nz/your-health/mind/mind-toolkit/understanding-resilience/), [Resilience Guide](https://defencehealth-uat.cwp.govt.nz/your-health/mind/building-resilience/) and [Staying at the top of your game](https://defencehealth-uat.cwp.govt.nz/resources/staying-at-the-top-of-your-game/), and where you can go for additional support in [Support Providers](https://defencehealth-uat.cwp.govt.nz/support-providers/about-service-providers/) and [Get Help Now](https://defencehealth-uat.cwp.govt.nz/get-help-now/). | Your score for psychological distress falls in the moderate range. When these experiences continue over time they can lead to longer term physical and/or mental health issues.  Sometimes psychological stress can be caused by a particular event(s) at a point in time (e.g. a period of high workload, a bereavement, or even a positive event like buying a house or planning a holiday) and over time the impact will be reduced. Check out these links to learn more about [Managing stress](https://defencehealth-uat.cwp.govt.nz/your-health/mind/managing-stress/) and common life stressors including [workload](https://defencehealth-uat.cwp.govt.nz/your-health/health-at-work/managing-workload/), [sleep](https://defencehealth-uat.cwp.govt.nz/your-health/body/sleeping-well/), [lifting mood](https://defencehealth-uat.cwp.govt.nz/your-health/mind/lifting-mood/), [reducing worry](https://defencehealth-uat.cwp.govt.nz/your-health/mind/reducing-worry-or-anxiety/), [recovering from trauma](https://defencehealth-uat.cwp.govt.nz/your-health/mind/recovering-from-trauma/), [relationships](https://defencehealth-uat.cwp.govt.nz/your-health/social-and-whanau/healthy-relationships/), and [finances](https://defencehealth-uat.cwp.govt.nz/your-health/social-and-whanau/managing-finances/). Also check out the range of other resources in the [Mind](https://defencehealth-uat.cwp.govt.nz/your-health/mind/) section of the Defence Health website including What is Mental Health, [Mind Tools](https://defencehealth-uat.cwp.govt.nz/your-health/mind/mind-toolkit/understanding-resilience/), [Resilience Guide](https://defencehealth-uat.cwp.govt.nz/your-health/mind/building-resilience/) and [Staying at the top of your game](https://defencehealth-uat.cwp.govt.nz/resources/staying-at-the-top-of-your-game/). However if things don’t settle down or if you have any concerns about how you are going it is recommended that you see a doctor or health professional for a more personalised assessment regarding psychological distress. Find out where you can go for additional support in [Support Providers](https://defencehealth-uat.cwp.govt.nz/support-providers/about-service-providers/) and [Get Help Now](https://defencehealth-uat.cwp.govt.nz/get-help-now/). | Your score for psychological distress falls into the high range. When these experiences continue over time they can lead to longer term physical and/or mental health issues. Some people who score in this range are at risk of depression and/or anxiety. As your score is only an indication that something may be wrong it is recommended that you see your doctor or health professional for a more personalised assessment regarding levels of psychological distress. Check out these links to learn more about [Managing stress](https://defencehealth-uat.cwp.govt.nz/your-health/mind/managing-stress/) and common life stressors including [workload](https://defencehealth-uat.cwp.govt.nz/your-health/health-at-work/managing-workload/), [sleep](https://defencehealth-uat.cwp.govt.nz/your-health/body/sleeping-well/), [lifting mood](https://defencehealth-uat.cwp.govt.nz/your-health/mind/lifting-mood/), [reducing worry](https://defencehealth-uat.cwp.govt.nz/your-health/mind/reducing-worry-or-anxiety/), [recovering from trauma](https://defencehealth-uat.cwp.govt.nz/your-health/mind/recovering-from-trauma/), [relationships](https://defencehealth-uat.cwp.govt.nz/your-health/social-and-whanau/healthy-relationships/), and [finances](https://defencehealth-uat.cwp.govt.nz/your-health/social-and-whanau/managing-finances/). Also check out the range of other resources in the [Mind](https://defencehealth-uat.cwp.govt.nz/your-health/mind/) section of the Defence Health website including What is Mental Health, [Mind Tools](https://defencehealth-uat.cwp.govt.nz/your-health/mind/mind-toolkit/understanding-resilience/), [Resilience Guide](https://defencehealth-uat.cwp.govt.nz/your-health/mind/building-resilience/) and [Staying at the top of your game](https://defencehealth-uat.cwp.govt.nz/resources/staying-at-the-top-of-your-game/). However if things don’t settle down or if you have any concerns about how you are going it is recommended that you see a doctor or health professional for a more personalised assessment regarding psychological distress. Find out where you can go for additional support in [Support Providers](https://defencehealth-uat.cwp.govt.nz/support-providers/about-service-providers/) and [Get Help Now](https://defencehealth-uat.cwp.govt.nz/get-help-now/). **If it is an emergency Call 111.** |
| **Suicide** | **No** |  | **Yes**  ***You answered that you are feeling really down, or that life is hopeless.*** At times like this it can be really hard to ask for help. You may have thoughts about suicide or self harm as a solution to your problems. If you are having such thoughts, please tell someone you trust. You are important and there are people who care. Help and support is available. **Call 111 for immediate help, or you can call a confidential helpline like Lifeline 0800 543354 and 0800 NZDF4U [0800 693 348] to talk with someone.** Learn more about[Self harm and Suicidal Thoughts](https://defencehealth-uat.cwp.govt.nz/your-health/mind/self-harm-and-suicidal-thoughts/) and immediate [specialist support services](https://defencehealth-uat.cwp.govt.nz/get-help-now/suicide/) available in NZ. |
| **Trauma** | **No** |  | **Yes**  ***You answered that you have had recurring, negative thoughts that were distressing***. This is not uncommon but regular thoughts like this can impact on your mental health and impair your wellbeing. Talk to someone about your experiences or get professional help to get you back on track. Also check out these links to learn more about [managing stress](https://defencehealth-uat.cwp.govt.nz/your-health/mind/managing-stress/) and [recovering from trauma](https://defencehealth-uat.cwp.govt.nz/your-health/mind/recovering-from-trauma/) and other resources in the [Mind](https://defencehealth-uat.cwp.govt.nz/your-health/mind/) section of the Defence Health website and where you can go for additional support in [Support Providers](https://defencehealth-uat.cwp.govt.nz/support-providers/about-service-providers/) and [Get Help Now](https://defencehealth-uat.cwp.govt.nz/get-help-now/).. **If it is an emergency Call 111.** |
| **Social Stressors** | **6 or lower** | **between 7 and 9** | **10 or higher** |
|  | Your health score indicates that the current events, behaviours and circumstances in your life are helping you stay at the top of your game. This is important because social connections, family and social support are important for our overall health.  Find out more about maintaining social domains of health [here](https://defencehealth-uat.cwp.govt.nz/your-health/social-and-whanau/). | Your  score indicates that the current events, behaviours and circumstances in your life (e.g. relationship issues, loneliness or isolation, the wellbeing of a friend or family member, conflict with others and/or parenting problems) may be preventing you from being at the top of your game. Your score may reflect that a particular area has been a concern for you or that you haveconcerns spanning multiple areas. Either way it is important not to ignore your concerns as they have the potential to impact your overall health and wellbeing.  There are several ways we can improve our connection with others and help our social health. For example try to sharing thoughts, feelings and problems with those close to you helps to keep relationships strong and shows your support for each other. Work to nurture relationships and make time to keep connected with friends as well as maintain a balance between work and personal life. Plan healthy and rewarding activities with your whānau to keep relationships strong or with new friends to develop your relationship. Find out more about maintaining social domains of health [here](https://defencehealth-uat.cwp.govt.nz/your-health/social-and-whanau/) including [Healthy relationships](https://defencehealth-uat.cwp.govt.nz/new-content-section-page-2/helping-others/), [Keeping whānau safe](https://defencehealth-uat.cwp.govt.nz/your-health/social-and-whanau/healthy-relationships/), [Overcoming loneliness](https://defencehealth-uat.cwp.govt.nz/your-health/mind/overcoming-loneliness/), [Parenting](https://defencehealth-uat.cwp.govt.nz/your-health/social-and-whanau/positive-parenting/) and [Helping others](https://defencehealth-uat.cwp.govt.nz/new-content-section-page-2/helping-others/), or visit the [Force4Families](http://nzdf.mil.nz/families/) website. You can also reach out for a helping hand from [Support Providers](https://defencehealth-uat.cwp.govt.nz/support-providers/about-service-providers/) or find immediate help in [Get Help Now](https://defencehealth-uat.cwp.govt.nz/get-help-now/nzdf4u-wellbeing-support/). | Your score indicates that the current events, behaviours and circumstances in your life (e.g. relationship issues, loneliness or isolation, the wellbeing of a friend or family member, conflict with others and/or parenting problems) are preventing you from being at the top of your game. Your score may reflect that a particular area has been a concern for you or that you have concerns spanning multiple areas. Either way it is important not to ignore your concerns as they have the potential to impact your overall health and wellbeing.  There are several ways we can improve our connection with others and build our social health. For example try to sharing your  thoughts, feelings and problems with those close to you helps to keep relationships strong and shows your support for each other. Nurture your relationships and make time to keep connected with friends including maintaining a balance between work and personal life. Plan healthy and rewarding activities with your family to keep relationships strong or with new friends to develop your relationship. Find out more about maintaining social domains of health [here](https://defencehealth-uat.cwp.govt.nz/your-health/social-and-whanau/) including [Healthy relationships](https://defencehealth-uat.cwp.govt.nz/new-content-section-page-2/helping-others/), [Keeping whānau safe](https://defencehealth-uat.cwp.govt.nz/your-health/social-and-whanau/healthy-relationships/), [Overcoming loneliness](https://defencehealth-uat.cwp.govt.nz/your-health/mind/overcoming-loneliness/), [Parenting](https://defencehealth-uat.cwp.govt.nz/your-health/social-and-whanau/positive-parenting/) and [Helping others](https://defencehealth-uat.cwp.govt.nz/new-content-section-page-2/helping-others/), or visit the [Force4Families](http://nzdf.mil.nz/families/) website. You can also reach out for a helping hand from [Support Providers](https://defencehealth-uat.cwp.govt.nz/support-providers/about-service-providers/) or find immediate help in [Get Help Now](https://defencehealth-uat.cwp.govt.nz/get-help-now/nzdf4u-wellbeing-support/). |
| **Gambling** | **Not at all** |  | **Somewhat, quite a lot or a great deal**  You indicated that you may have a problem with gambling which can put strain on all aspects of our life and impact our overall health and wellbeing. I**f you are worried about the time or money you are spending gambling, or the impact this may be having on others areas of your life, a range of support is available**. For more information and tips, check out [Gambling](https://defencehealth-uat.cwp.govt.nz/your-health/mind/gambling/) ,the website [www.choice.not.chance.org.nz](http://www.choice.not.chance.org.nz), or call 0800 654655 / text 8006. |
| **Financial Difficulties** | **Not at all** |  | **Somewhat, quite a lot or a great deal**  You indicated that you may have financial difficulties which can put strain on all aspects of our life and impact our overall health and wellbeing. If you are struggling at the moment, and are a member of the NZDF community, visit the [Force Financial Hub](http://nzdf.mil.nz/families/financial-hub/financial-tools/default.htm) and check out the tips in [Managing Finances](https://defencehealth-uat.cwp.govt.nz/your-health/social-and-whanau/managing-finances/), and [www.sorted.org.nz](http://www.sorted.org.nz). |
| **Flourishing** | **48 or higher** | **between 44 and 47** | **43 or lower** |
|  | Awesome! Your score indicates that you are feeling high levels of fulfillment. Feeling a sense of meaning and purpose, living a life that makes you feel good, engaged and optimistic and having rewarding relationships can have a hugely positive impact on your overall health so keep it up! Learn more about your values and what is important to you in [Spiritual Health](https://defencehealth-uat.cwp.govt.nz/your-health/soul/). Check out these tools for [Taking action](https://defencehealth-uat.cwp.govt.nz/new-content-section-page-2/about-taking-action/) and maintaining your resilience in the [Mind Toolkit](https://defencehealth-uat.cwp.govt.nz/your-health/mind/mind-toolkit/) and [Your Health](https://defencehealth-uat.cwp.govt.nz/your-health/about-your-health/). | Your score indicates that your levels of fulfillment could be increased. This may be due to a lack of meaning, purpose, rewarding experiences, supportive relationships, confidence or optimism in your life at the moment. When you are not flourishing life can be hard and your overall health can be impacted.  Consider what changes you can make to enhance the positive things in your life, for example try: re-evaluating what is important to you, prioritising things that make you feel good, and doing things for others. Learn more about your values and what is important to you in [Spiritual Health](https://defencehealth-uat.cwp.govt.nz/your-health/soul/). Check out these tools for [Taking action](https://defencehealth-uat.cwp.govt.nz/new-content-section-page-2/about-taking-action/) and building your resilience in the [Mind Toolkit](https://defencehealth-uat.cwp.govt.nz/your-health/mind/mind-toolkit/) and [Your Health](https://defencehealth-uat.cwp.govt.nz/your-health/about-your-health/). | Your score indicates that you may be feeling low levels of fulfillment. This may be due to a lack of meaning, purpose, rewarding experiences, supportive relationships, confidence or optimism in your life at the moment. When you are not flourishing life can be hard and your overall health can be impacted. Consider what changes you can make to enhance the positive things in your life, for example try: re-evaluating what is important to you, prioritising things that make you feel good, and doing things for others. Learn more about your values and what is important to you in [Spiritual Health](https://defencehealth-uat.cwp.govt.nz/your-health/soul/). Check out these tools for [Taking action](https://defencehealth-uat.cwp.govt.nz/new-content-section-page-2/about-taking-action/) and building your resilience in the [Mind Toolkit](https://defencehealth-uat.cwp.govt.nz/your-health/mind/mind-toolkit/) and [Your Health](https://defencehealth-uat.cwp.govt.nz/your-health/about-your-health/). |
| **Workplace Wellbeing** | **28 or higher** | **between 27 and 15** | **14 or lower** |
|  | You indicated that your workplace environment was supportive and that work does not run over into your personal life. These are important factors that help you feel positively about your job, reduce stress and keep you at the top of your game. Learn more maintaining workplace wellbeing in [Health at work](https://defencehealth-uat.cwp.govt.nz/your-health/health-at-work/). | You indicated that your workplace may not have a culture of support and/or that your work spills over and interferes with your personal life. Think about what you can do, or what you need, to improve things at work. Learn more maintaining workplace wellbeing and where you can find additional support in [Health at work](https://defencehealth-uat.cwp.govt.nz/your-health/health-at-work/). | You indicated that your workplace may not have a culture of support and/or that your work spills over and interferes with your personal life. Think about what you can do, or what you need, to improve things at work. Learn more maintaining workplace wellbeing and where you can find additional support in [Health at work](https://defencehealth-uat.cwp.govt.nz/your-health/health-at-work/). |
| **Workload** | **12 or higher** | **between 7 and 11** | **6 or lower** |
|  | Your score indicates that you workload is currently manageable. This is excellent and will help you maintain balance between work and personal life. Keep prioritising the things that are important to you and look out for signs that those around you are struggling with their workloads. Learn more about [Managing workload](https://defencehealth-uat.cwp.govt.nz/your-health/health-at-work/managing-workload/) and [Helping others](https://defencehealth-uat.cwp.govt.nz/new-content-section-page-2/helping-others/) | You indicated that your workload may be interfering with your home life. Over time, an imbalance between work and personal life can have an impact on your health. If you take work home or find that your mind is still on the job even when you are away you may not be able to fully engage with friends and family, you may have less time for exercise or preparing healthy meals, doing the things you love and relaxing and recharging. Take action to restore balance and maintain your priorities. Learn more about [Managing workload](https://defencehealth-uat.cwp.govt.nz/your-health/health-at-work/managing-workload/). | You  indicated that your workload may be interfering with your home life. Over time, an imbalance between work and personal life can have an impact on your health. If you take work home or find that your mind is still on the job even when you are away you may not be able to fully engage with friends and family, you may have less time for exercise or preparing healthy meals, doing the things you love and relaxing and recharging. Take action to restore balance and maintain your priorities.  Learn more about [Managing workload](https://defencehealth-uat.cwp.govt.nz/your-health/health-at-work/managing-workload/). |
| **Bullying** | **Not at all** |  | **A little, somewhat, quite a lot or a great deal** |
|  |  |  | Bullying can have serious impacts on wellbeing. If you are experiencing issues around bullying at work talk to someone you trust or seek advice about how to manage this.  If you are part of the NZDF you can call the NZDF helpline 0800 693348 or contact a [NZDF support provider](https://defencehealth-uat.cwp.govt.nz/support-providers/about-service-providers/) for a confidential discussion. |
| **Discrimination** | **Not at all** |  | **A little, somewhat, quite a lot or a great deal** |
|  |  |  | Discrimination can have serious impacts on wellbeing, and in many cases can be unlawful. If you are experiencing issues around discrimination talk to someone you trust or seek advice about how to manage this. If you are part of the NZDF you can call the NZDF helpline 0800 693348 or contact a [NZDF support provider](https://defencehealth-uat.cwp.govt.nz/support-providers/about-service-providers/) for a confidential discussion. |
| **Harassment** | **Not at all** |  | **A little, somewhat, quite a lot or a great deal** |
|  |  |  | Sexual harassment can have serious impacts on wellbeing and is unlawful. If you are experiencing issues around harassment talk to someone you trust or seek advice about how to manage this. If you are part of the NZDF you can call the NZDF helpline 0800 693348 or contact a [NZDF support provider](https://defencehealth-uat.cwp.govt.nz/support-providers/about-service-providers/) for a confidential discussion. |