

Introductory questionnaire

* Povinné



1. What does „mental health“ mean to you? *

You can choose more options.

- Emotional well-being
- Social well-being
- Psychological well-being

2. Does mental health imbalances affect our cognition and behaviour? *

- Yes
- No

3. Which aspects of healthy lifestyle do you see the most important? *

You can choose more options.

- Sleep hygiene (enough sleep, regularly)
- Good eating habits
- Exercise and sport
- Mental activities (learning new things, doing hobbies, ...)
- Addictions (alcohol, nicotine, sugar...)
- Religion (belief)
- Family and friends
- Procrastination

4. Which sources of information do you use the most? *

Choose one to three options.

Vyberte prosím maximálně 3 možnosti/í.

- School
- Family
- Internet
- Social websites
- Books
- Hobby clubs
- Television and newspapers
- Other

5. How often do you experience any stress situations? *

Choose only one option.

- Daily
- Weekly
- Monthly
- Seasonal
- Yearly
- Never

6. How often do you feel happy and relaxed? *

Choose only one option.

- Daily
- Weekly
- Monthly
- Seasonal
- Yearly
- Never

7. Do you sometimes use some stuff to boost you mood? *

- Yes
- No

8. If you do use something to boost your mood, so which one? *

You can choose more options.

- Energy drinks
- Coffee
- Nicotine
- Alcohol
- Other

9. Things that mentally strong people do not do. *

You can choose more options.

- Fear a change (any change is scary)
- Feeling sorry about yourself (to pity yourself too much)
- Focus on things you cannot control
- Meet any others' demands (try not to do too much for others)
- Dwell on the past (think about the past all the time)
- Do not compare themselves with the others
- Fear being alone
- Expect immediate results

10. Why are you taking part in Erasmus+ Healthy Mind mobility? *

You can choose more options.

- My interest in healthy mind
- An opportunity to visit another country
- To improve my language skills
- To learn new cultures
- Other

11. What do you do for your healthy mind? *

Say in brief.

Microsoft tento obsah nevytvořil ani neschválil. Data, která odešlete, se pošlou vlastníkovvi formuláře.