

'Healthy Thinking' Pre-workshop Questionnaire

Q1. Please give yourself a rating between 1 (low) and 5 (high) for the following items.

	Low					High				
My current knowledge about the things I can do to improve healthy thinking and emotional fitness	1	2	3	4	5	1	2	3	4	5
My current use of tools to assist my own healthy thinking and emotional fitness	1	2	3	4	5	1	2	3	4	5
My current confidence in communicating with others what I know about healthy thinking and emotional fitness	1	2	3	4	5	1	2	3	4	5
Doing positive things for my own wellbeing	1	2	3	4	5	1	2	3	4	5

Q2. Thinking about the last 12 months, for each of the following behaviours, please tell me whether for you they have increased, decreased or stayed the same. The increase or decrease can be just a small change.

	Large decrease	Moderate decrease	Small decrease	No change	Small increase	Moderate increase	Large increase	Don't know
Level of contact with my friends	1	2	3	4	5	6	7	8
Amount of exercise I do	1	2	3	4	5	6	7	8
Contribution to other farmers or my local community	1	2	3	4	5	6	7	8
Time spent taking more notice of the small things in life that bring me enjoyment	1	2	3	4	5	6	7	8
Time spent learning new things	1	2	3	4	5	6	7	8
Amount of sleep	1	2	3	4	5	6	7	8
Amount of time I have away from the farm	1	2	3	4	5	6	7	8

Q3. Still thinking about the last 12 months, for the following two behaviours, please tell me whether for you they have improved, worsened or stayed the same.

	Large worsening	Moderate worsening	Small worsening	No change	Small improvement	Moderate improvement	Large improvement	Don't know
Balance between my work and leisure	1	2	3	4	5	6	7	8
My ability to cope with the ups and downs of farming	1	2	3	4	5	6	7	8

Thank you. When you are finished, please fold the sheet in half and hand it in.