



MENTAL WELLNESS QUESTIONNAIRE

Disclaimer:

I am not a medical doctor or mental health provider. I am a Bio-Resonance Nutritional Therapy Practitioner with a focus on supporting mental health, particularly related to depression and anxiety. This information is intended to offer insights and guidance and should not replace professional medical advice. Please consult with a healthcare provider or mental health professional for a proper diagnosis and personalized treatment plan.

Cristina Calcai

Mental wellness self-assessment

In today's fast-paced world, it's crucial to understand and nurture our mental health. This confidential assessment is your first step toward greater self-awareness and emotional well-being.

Take 5 minutes to check in with yourself. Your responses will help you gain valuable insights into your current mental state and guide you toward resources tailored to your needs.

Your responses are completely private and not stored anywhere. This is a safe space for honest reflection.

Hello, I'm Cristina

I know what it feels like to struggle with anxiety and depression. There was a time in my life when I felt completely overwhelmed, and I desperately wished someone could show me the way forward. Through my own healing journey, I discovered the powerful connection between nutrition, lifestyle, and mental well-being – a discovery that completely transformed my life.

Today, as a Bio-Resonance Nutritional Therapy Practitioner, I help others find their path to mental wellness using a unique, holistic approach.



I believe in supporting your body's natural ability to heal by focusing on three key pillars:

- **NUTRIENT DENSITY** - Because your brain needs the right fuel to thrive
- **HIGH QUALITY SUPPLEMENTS** - Targeted support for your individual needs
- **LIFESTYLE CHANGES** - Sustainable habits that support your mental health

What makes my approach different? I don't believe in one-size-fits-all solutions. Each person's journey is unique, and I work with you to create a deeply personalized plan that honors your individual needs and circumstances.

I created this assessment as a first step in your journey toward better mental health. I know it takes courage to acknowledge when you're struggling – I've been there. Consider this a safe space to be honest about how you're feeling, knowing that support and understanding are available.

IMPORTANT NOTES BEFORE YOU BEGIN: - Take your time to answer each question honestly - Consider your feelings and experiences over the past 2 weeks only - There are no "right" or "wrong" answers - Choose the answer that best describes your experience

NAME: _____

DATE: _____

Over the last 2 weeks, how often have you been bothered by any of the following problems?
(Circle 0-3 to indicate your answer).

	Not at all	Several days	More than half the days	Nearly every day
	0	1	2	3
1. Little interest or pleasure in doing things	0	1	2	3
2. Feeling down, depressed or hopeless	0	1	2	3
3. Trouble falling or staying asleep, or sleeping too much	0	1	2	3
4. Feeling tired or having little energy	0	1	2	3
5. Poor appetite or overeating	0	1	2	3
6. Feeling bad about yourself – or that you are a failure or have let yourself or family down	0	1	2	3
7. Trouble concentrating on things, such as reading the newspaper or watching television	0	1	2	3
8. Moving or speaking so slowly that other people could have noticed. Or the opposite – being so fidgety or restless that you have been moving around a lot more than usual.	0	1	2	3
9. Thoughts that you would be better off dead, or of hurting yourself.	0	1	2	3
10. If you checked off any problems, how difficult have these problems made it for you to do your work, take care of things at home, or get along with other people?	Not difficult at all 0	Somewhat difficult 1	Very difficult 2	Extremely Difficult 3

* Add columns: _____
Total: _____

Key:

0-5 – may have minimal or no depression

6-10 – may be mildly depressed

11-15 – may have moderate depression

16-20 – may have moderately severe depression

21-30 - may be severely depressed

WHAT YOUR SCORE MEANS:

This assessment is based on the PHQ-9 (Patient Health Questionnaire-9), a widely used screening tool for depression symptoms. Remember that this is not a diagnosis, but rather a starting point for understanding your mental health.

NEXT STEPS BASED ON YOUR SCORE:

0-5 – may have minimal or no depression

While your symptoms are mild, it's great that you're being proactive about your mental health.

6-10 – may be mildly depressed

Consider learning more about mental wellness techniques and preventive strategies.

11-15 – may have moderate depression

It may be helpful to explore additional support and coping strategies.

16-20 – may have moderately severe depression

Please consider reaching out to a mental health professional for support.

WHY THIS ASSESSMENT MATTERS

Taking this assessment is a crucial first step in understanding your mental well-being. By acknowledging your feelings and experiences, you've already shown strength and self-awareness. Whether your results indicate minimal concerns or more significant challenges, remember that support is available.

READY TO LEARN MORE?

You've taken the time to reflect on your mental well-being. That alone is an act of self-care and strength. But awareness is just the beginning; **the next step is action.**

If your results left you feeling uncertain, overwhelmed, or simply seeking a better path forward, you don't have to navigate this alone.

I know exactly how it feels to struggle with *anxiety, exhaustion, and overwhelming*. For years, I searched for answers, and what I discovered completely changed my life. Now, as a **Bio-Resonance Nutritional Therapy Practitioner**, I help people like you restore balance, energy, and peace of mind using a unique, holistic approach.

That's exactly why I created this assessment and why I invite you to take the next step. In my 25-minute video, I shared my personal journey with anxiety and the practical tools that helped me overcome it.

[Click here to watch now!](#)

In this video, you'll discover:

- ✓ The powerful link between nutrition and mental health
- ✓ Why does your brain need the right fuel to function at its best
- ✓ How high-quality supplements can make a real difference
- ✓ The small lifestyle shifts that create big results

If you're tired of feeling stuck and ready to experience **real change**, this is where it begins. **Click below and start your journey today.**

[Watch the video now!](#)

Understanding is the first step toward healing.

