

EMBERS® QUIZ

FOR MENOPAUSE

Menopause Wellbeing Quiz

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**It's
Quiz
Time**

INTRODUCTION

The EMBERS® Menopause Wellbeing Quiz is designed to help you identify where you might need to start your journey to get your GLOW back. The quiz includes questions across the six areas of EMBERS®: Essentials, Mind and Mindset, Becoming, Emotional Fitness, Relationships and Resilience, and Shape-Up (refers to making lifestyle changes to improve sleep, eating habits, movement, stress management, connection with others, and downtime).

Please indicate your level of agreement with each statement by selecting a number from 1 (strongly disagree) to 5 (strongly agree) to identify where you might need the most support.

1	2	3	4	5
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Strongly disagree	Disagree	Somewhat agree	Agree	Strongly agree

LET'S GET
STARTED!

ESSENTIALS

Please answer each question on a scale from 1 (strongly disagree) to 5 (strongly agree..

No	Essentials: Maximum Score 35	Score
1	I have a solid understanding of menopause and what to expect during this transition.	
2	I prioritise healthy eating and make nutritious food choices regularly.	
3	I maintain a regular sleep routine that leaves me feeling rested and refreshed.	
4	I engage in regular physical activity that I enjoy and that keeps me fit.	
5	I ensure I take time to rest and relax during my day.	
6	I make time for activities that bring me joy and playfulness.	
7	I actively manage my stress levels through various techniques.	
YOUR TOTAL		

MIND AND MINDSET

Please answer each question on a scale from 1 (strongly disagree) to 5 (strongly agree)

No	Mind: Maximum Score 25	Score
8	I am able to manage difficult thoughts effectively.	
9	I have strategies to deal with worry and rumination.	
10	I can detach from unhelpful thoughts and not let them control me.	
11	I see my thoughts as mental processes rather than facts.	
12	I am able to consider and understand perspectives other than my own.	
YOUR TOTAL		

No	Mindset: Maximum Score 25	Score
13	I maintain a positive outlook on life, even when facing challenges..	
14	I believe that my abilities and intelligence can grow with effort and learning.	
15	I view setbacks as opportunities for learning and growth.	
16	I am open to feedback and use it to improve myself.	
17	I believe that I can develop new skills and improve existing ones over time.	
YOUR TOTAL		



BECOMING

Please answer each question on a scale from 1 (strongly disagree) to 5 (strongly agree)

No	Becoming: Maximum Score 25	Score
18	I feel connected to my sense of purpose and personal identity.	
19	I am open to personal growth and new experiences during this phase of life.	
20	I have a clear vision of who I want to become in the future.	
21	I take time to reflect on my personal journey and how I have evolved.	
22	I am actively pursuing activities that align with my passions and interests.	
YOUR TOTAL		



EMOTIONAL FITNESS

Please answer each question on a scale from 1 (strongly disagree) to 5 (strongly agree)

No	Emotional Fitness: Maximum Score 25	Score
23	I am able to recognise and understand my emotions.	
24	I have effective ways to manage feelings of anxiety, low mood, and irritability/anger.	
25	I regularly practice self-compassion and self-care.	
26	I can communicate my emotions clearly and constructively.	
27	I feel emotionally balanced and resilient in my daily life.	
YOUR TOTAL		

RELATIONSHIPS AND RESILIENCE

Please answer each question on a scale from 1 (strongly disagree) to 5 (strongly agree)

No	Relationships: Maximum Score 35	Score
28	I have a strong support network of friends, family, or colleagues.	
29	I feel confident in my ability to maintain and nurture relationships.	
30	I can effectively manage conflicts in my personal and professional life.	
31	I feel a sense of belonging and connection within my community.	
32	I feel comfortable with my body image and self-perception.	
33	I have a healthy interest in intimacy and sex.	
34	I experience a normal libido that aligns with my personal expectations and desires.	
YOUR TOTAL		

No	Resilience: Maximum Score 30	Score
35	I trust myself and my ability to handle life's challenges.	
36	I trust others and can rely on them when needed.	
37	I am able to regulate my emotions effectively in various situations.	
38	I take time to reflect and learn from my actions and experiences.	
39	I respond flexibly to situations rather than reacting impulsively.	
40	I bounce back quickly from setbacks and challenges.	
YOUR TOTAL		



SHAPE-UP

Please answer each question on a scale from 1 (strongly disagree) to 5 (strongly agree)

No	Shape-up: Maximum Score 40	Score
41	I am aware of the areas in my physical and mental wellbeing that need improvement.	
42	I believe in my ability to change my behaviours and establish new, healthier habits.	
43	I have methods in place to implement new behaviours that support my wellbeing.	
44	I feel motivated to work towards my goals.	
45	I set up achievable and realistic goals for my physical health and general wellbeing.	
46	I focus on consistency in working towards my goals rather than the intensity of my efforts.	
47	I am motivated by my personal values and goals to maintain my health and wellbeing.	
48	I maintain a mindset geared towards long-term success in my health and wellbeing journey.	
YOUR TOTAL		

Please take a moment to review your scores and the interpretation of these, and then explore the strategies provided to address any areas where your scores might be lower. These strategies are designed to help you strengthen those areas, enhance your overall wellbeing and get your GLOW back.



SCORING AND INTERPRETATION

Essentials (Maximum Score: 35)

- 1-14: Strong need for improvement in basic health and wellness practices.
- 15-24: Moderate need for improvement.
- 25-35: Strong proficiency in this area.

Mind (Maximum Score: 25)

- 1-10: Strong need for improvement in managing thoughts and perspectives.
- 11-17: Moderate need for improvement.
- 18-25: Strong proficiency in this area.

Mindset (Maximum Score: 25)

- 1-10: Strong need for improvement in developing a growth mindset.
- 11-17: Moderate need for improvement.
- 18-25: Strong proficiency in this area.

Becoming (Maximum Score: 25)

- 1-10: Strong need for improvement in personal growth and purpose.
- 11-17: Moderate need for improvement.
- 18-25: Strong proficiency in this area.

Emotional Fitness (Maximum Score: 25)

- 1-10: Strong need for improvement in emotional regulation and self-care.
- 11-17: Moderate need for improvement.
- 18-25: Strong proficiency in this area.

Relationships (Maximum Score: 35)

- 1-14: Strong need for improvement in relationships and body image.
- 15-24: Moderate need for improvement.
- 25-35: Strong proficiency in this area.

Resilience (Maximum Score: 30)

- 1-12: Strong need for improvement in trust, emotional regulation, and flexibility.
- 13-20: Moderate need for improvement.
- 21-30: Strong proficiency in this area.

Shape Up (Maximum Score: 40)

- 1-16: Strong need for improvement in changing health behaviours
- 17-27: Moderate need for improvement.
- 28-40: Strong proficiency in this area.

HOW TO GET YOUR GLOW BACK:

Based on your scores, you can identify which areas need the most attention and focus. Use these insights to start your EMBERS® journey to get your GLOW back. Seek specific resources that target your identified areas of need within the EMBERS® model.

Essentials:

- If you scored low in **Essentials**, focus on goals related to improving your understanding of menopause, healthy eating, sleep, physical activity, relaxation, joyful activities, and stress management.

Mind and Mindset:

- If you scored low in **Mind**, prioritise goals related to managing difficult thoughts, dealing with worry and rumination, detaching from unhelpful thoughts, seeing thoughts as mental processes, and understanding other perspectives.
- If you scored low in **Mindset**, work on goals that involve maintaining a positive outlook, believing in growth through effort, viewing setbacks as learning opportunities, being open to feedback, and developing new skills.

Becoming:

- If you scored low in **Becoming**, focus on goals that connect to your sense of purpose and personal identity, open you to personal growth and new experiences, clarify your vision of the future, encourage reflection, and align with your passions.

Emotional Fitness:

- If you scored low in **Emotional Fitness**, set goals to recognise and understand your emotions, manage anxiety and mood effectively, practice self-compassion, communicate emotions constructively, and maintain emotional balance.

Relationships and Resilience:

- If you scored low in **Relationships**, prioritise goals that strengthen your support network, enhance relationship maintenance and conflict management skills, foster a sense of community, and improve body image, intimacy, and libido.
- If you scored low in **Resilience**, work on goals that build trust in yourself and others, regulate emotions, reflect and learn from experiences, respond flexibly to situations, and bounce back from setbacks.

Shape Up:

- If you scored low in **Shape Up**, focus on goals related to increasing awareness of areas needing improvement (sleep, eating, movement, downtime, stress, connection), believing in your ability to change, implementing new behaviours, maintaining motivation, setting realistic goals, focusing on consistency, aligning actions with values, and maintaining a long-term success mindset.



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www.menopausecbtclinic.co.uk

