

# My Mind Star™ Scales

The Outcomes Star for young people's mental health and well-being

For each of the seven questions, choose the answer that best describes you most of the time.

1 Stuck or unsafe 2 Talking about it 3 Believing and taking action 4 Learning what works 5 Managing well

## 1 Feelings and emotions

Dealing with feelings, recognising unhelpful thinking, ways to feel better, managing mental health



- 5 I mostly feel positive and can cope well with difficult feelings
- 4 I'm finding ways to feel better and can mostly deal with difficult feelings, with support
- 3 I'm taking steps to feel better emotionally but it's not yet working for me
- 2 I often feel really bad but I recognise that this needs to change and am talking to someone about it
- 1 I often feel really bad or have lots of difficult thoughts. I can't see how anyone can help

## 2 Healthy lifestyle

Food, sleep, being active, managing any physical health conditions, doctors and treatment



- 5 My lifestyle is mostly healthy, and this helps my mental and emotional well-being too
- 4 I'm learning how to have a healthy lifestyle, with support
- 3 I'm taking steps to have a healthier lifestyle but am not yet really seeing the benefits
- 2 My lifestyle isn't healthy, but I can see it's a problem and am talking to someone about it
- 1 My lifestyle isn't healthy. I don't recognise it's a problem or don't see how it can change

Want to use this Star?  
Visit [www.outcomesstar.org.uk](http://www.outcomesstar.org.uk)

Contact [info@triangleconsulting.co.uk](mailto:info@triangleconsulting.co.uk)  
or 020 7272 8765

## 3 Where you live

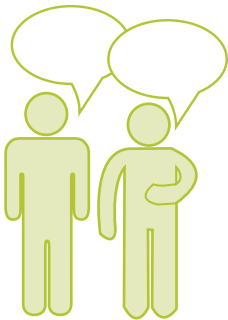
**A stable home life, safety, positive routine and having the basics, managing a tenancy**



- 5 I have a stable home life
- 4 I mostly have the stability I need at home but there are a few issues
- 3 There are no major concerns about my home life but I need more stability
- 2 There are concerns about my home life but my family or carers and I know things need to change
- 1 There are concerns about my home life. No one can help with this

## 4 Friends and relationships

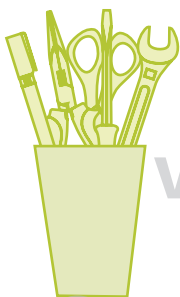
**Support from friends, partners, peers, family or other adults, bullying, knowing who to trust**



- 5 I have the friends that are right for me and feel well supported by people in my life
- 4 I'm finding ways to feel connected and supported by people in my life, but there are a few issues
- 3 I'm taking steps to improve my friendships or get more support, but it's not yet working for me
- 2 I feel alone or the people in my life don't support me but I'm talking to someone about it
- 1 I feel alone or the people in my life don't support me. I can't see how anyone can help

## 5 School, training and work

**Getting the most from school, training and work**



- 5 I'm getting on well with school, training or work and am well supported
- 4 I'm finding what works for me with school, training or work, with support
- 3 Things are starting to change with school, training or work but it's not yet working for me
- 2 I know I need help with school, training or work and I'm talking to someone about it
- 1 There are problems with school, training or work. I can't see how anyone can help