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Wellbeing Assessment Report

Richard Rills

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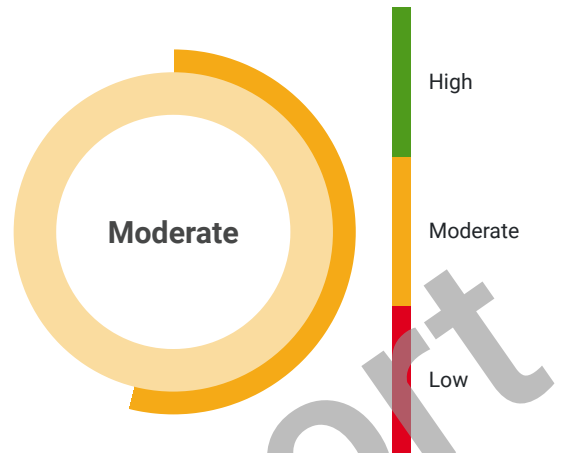
Wellbeing Assessment Report : Individual Report

General Wellbeing

Overall Report

Moderate

Individuals with moderate wellbeing perceive a balance of fulfillment and challenges in their lives. They generally function adequately, feeling reasonably positive about their mental and physical health, and maintain some fulfilling relationships. While they may face occasional difficulties, they exhibit a fair level of resilience and have the potential to overcome their problems. By addressing specific areas, they can enhance their overall well-being and achieve greater life satisfaction.



Detailed Report

Physical Health & Well-Being



Moderate - A moderate score on the Physical Health & Wellbeing sub-scale indicates a decent amount of satisfaction with one's physical health and standard of living. These individuals may either be mildly discontent with their physical health and lifestyle or may have goals regarding their health and lifestyle that they desire to accomplish.

Psychological Well-Being



Moderate - A moderate score on the Psychological Wellbeing Scale indicates average mental and emotional stability. These individuals are generally in control of their own lives but may experience occasional emotional struggles or stress. They are capable of managing their thoughts and emotions effectively but may benefit from actively engaging in tasks that boost their mental satisfaction.

Relationships



Moderate - A moderate score on the Relationships sub-scale indicates an adequate level of satisfaction with one's personal relationships. These individuals tend to have some positive and supportive connections but also experience occasional conflicts or feelings of disconnection.



May these insights guide you toward a brighter and more fulfilling tomorrow.

