



culturemonkey

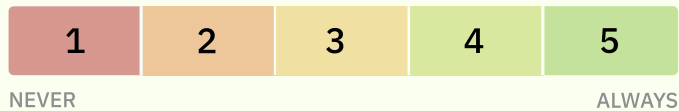
15 Essential Well-being Survey Questions to Understand How Your Employees Really Feel

Designed for HR teams and leaders, these questions help assess employee wellbeing and guide actionable improvements.

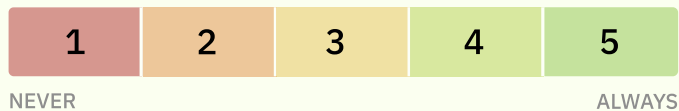


The well-being survey questions help measure mental, physical, and emotional health with precision. By using consistent rating scales, organizations can track trends, identify stressors, and take meaningful action to improve overall employee well-being and workplace balance.

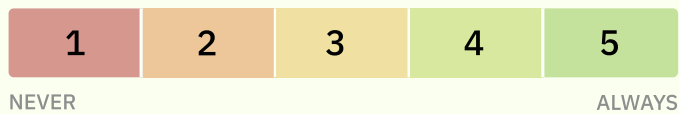
1. I feel mentally refreshed and focused during my workday.



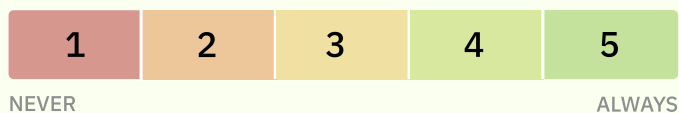
2. I am able to disconnect from work during my personal time.



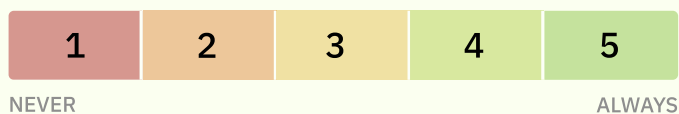
3. My workload allows me to maintain a healthy work-life balance.



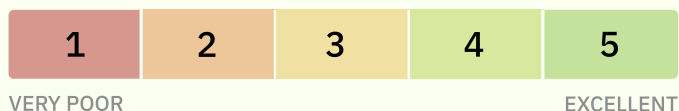
4. I receive the support I need from my manager when I feel stressed.



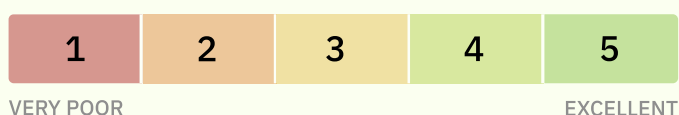
5. I engage in physical activity or movement during my workday.



6. How would you rate your overall mental wellbeing over the past week?



7. How would you describe your sleep quality in the past week?



8. How effective are the company's wellness resources in supporting your wellbeing?

1	2	3	4	5
NOT AT ALL EFFECTIVE			EXTREMELY EFFECTIVE	

9. How would you rate your ability to manage work-related stress?

1	2	3	4	5
VERY POOR		EXCELLENT		

10. How would you evaluate your overall health and energy levels during the day?

1	2	3	4	5
VERY POOR		EXCELLENT		

11. I feel comfortable discussing mental health concerns with my team or HR.

1	2	3	4	5
NEVER		ALWAYS		

12. I feel emotionally supported by my coworkers.

1	2	3	4	5
NEVER		ALWAYS		

13. I experience feelings of belonging and inclusion at work.

1	2	3	4	5
NEVER		ALWAYS		

14. I feel recognized and appreciated for my contributions.

1	2	3	4	5
NEVER		ALWAYS		

15. I feel motivated to take care of my physical and emotional well-being.

1	2	3	4	5
NEVER		ALWAYS		