

BLESS NEEDS SELF ASSESSMENT

This self-assessment is designed to help you reflect on each of the five BLESS Needs (Biological, Livelihood, Emotional, Social, and Spiritual Needs). These are the five core needs our research shows are most likely to cause spiritual and emotional distress when unmet and to impact overall well-being.

Instructions: (1) Rate each statement by checking the number that best reflects your experience. (2) Add your responses in each section for a subtotal. (3) Then add all five subtotals for your overall score.

0	Not at all	1	A little	2	Quite a bit	3	Very much
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Biological Needs 0 | 1 | 2 | 3

I feel physically worn out or fatigued.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I am not getting enough sleep.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have been experiencing ongoing physical health issues.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I struggle to maintain healthy eating or activity habits.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I lack consistent access to medical care or medications.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Subtotal (Biological Needs) _____

Livelihood Needs 0 | 1 | 2 | 3

I worry about having enough money to meet basic needs.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My current job or lack of employment causes me stress.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I feel uncertain about my future financial stability.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I lack consistent access to housing, food, or other essentials.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
It's hard getting around at home or in the community.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Subtotal (Livelihood Needs) _____

0

Not at all

1

A little

2

Quite a bit

3

Very much

Emotional Needs

0 | 1 | 2 | 3

I frequently feel overwhelmed by my emotions.

I often feel anxious, sad, or emotionally numb.

I have trouble processing or expressing feelings.

I feel emotionally drained or empty.

My thoughts or feelings make it difficult to function.

 Subtotal (Emotional Needs) _____**Social Needs**

0 | 1 | 2 | 3

I feel isolated or disconnected from others.

I don't have enough people I can turn to for support.

My relationships feel strained or distant.

I feel lonely even when I'm around others.

I've been avoiding or pulling away from people.

 Subtotal (Social Needs) _____**Spiritual Needs**

0 | 1 | 2 | 3

I feel distant from God.

I feel like my life lacks meaning, purpose, or direction.

What I've been through doesn't align with what I believe.

I haven't been engaging in spiritual practices like I use to (e.g., prayer, reading Scripture, worship).

I don't feel supported in my faith or faith community.

 Subtotal (Spiritual Needs) _____

UNDERSTANDING YOUR RESULTS

Instructions: Use the guide below to interpret what your scores mean and how they relate to your current well-being.

What Your Subtotal BLESS Need Score Means

0 - 4 | BLESS Need Appears Well Supported

✓ This core need is likely being met right now.

5 - 9 | BLESS Need May Be Strained or at Risk of Going Unmet

✓ This need doesn't appear to be fully met and may be beginning to cause distress or could soon if changes aren't made.

10 - 15 | BLESS Need is Likely Going Unmet

✓ This core need is probably causing you distress. This may be affecting other areas of your life too.

What Your Total BLESS Need Score Means

0 - 19 | BLESS Needs Appear Mostly Met

✓ Your overall core needs are likely being met right now.

20 - 39 | One or More BLESS Needs May Be Emerging as Areas of Concern

✓ Your scores indicate that one or more BLESS needs may be starting to go unmet. While not yet severe, these areas may begin to impact your overall well-being if left unaddressed.

45 - 59 | Multiple BLESS Needs Likely Unmet

✓ This range suggests moderate to significant strain across several core needs and which is making it difficult to cope.

60 - 75 | Most BLESS Need Are Likely Going Unmet

✓ Your responses indicate that most or all core needs are likely going unmet, which may be resulting in significant distress. This level of need may impair functioning or resilience if not addressed.

CARING FOR YOUR BLESS NEEDS

Instructions: If your BLESS Needs are all currently being met, continue caring for and checking in with yourself as life changes. If your score indicates one or more unmet BLESS Needs, follow the steps below to help reduce distress and get support.

What to Do Next



Start with your highest subtotal scoring BLESS Need. In most instances, this represents your most pressing unmet need. However, remember that you are the expert when it comes to knowing yourself, so start with whatever unmet need feels most urgent to you.



Review and select one of the coping practices from the *BLESS Coping Practices Tool*. On the next page, you'll find a list of numerous strategies backed by research to choose from for reducing distress.



Use the *BLESS CPR Card Tool* to make a simple care plan. Write down the need you're focusing on, one coping practice you'll try, someone you can turn to for support, and any referrals or resources you want to explore on the card at the end of this packet.



Talk with someone you trust. You don't have to carry this alone. Reach out to a friend, family member, mentor, faith leader, member of your support system, or Spiritual First Aid Responder. Let them know how you're doing and what kind of support would be most helpful.



Get professional support if needed. If your distress feels overwhelming or persists, seeking help from a licensed counselor, therapist, or healthcare provider can be an important next step.
If you are experiencing a crisis or feel unsafe, contact emergency services or a crisis line immediately by calling 911 or the Suicide & Crisis Lifeline at 988.



COPING PRACTICES TOOL

Use this list as a handout and review with helpees to identify coping practices that reduce distress and are backed by research. The handout can also be given as a resource, so that helpees can refer back to this list over time for coping practices ideas.

Biological

- Write out health goals
- Eat well and maintain healthy weight
- Exercise and stay active, if possible
- Get adequate rest and sleep
- Accept what you can't control about your health or body
- Advocate for your medical needs
- Develop health literacy
- "Listen" to your body and know your limits
- Be aware of the body-mind connection
- Talk with a healthcare physician

Livelihood

- Try and maintain routines
- Seek assistance with living arrangements, bills, medicine, and transportation as needed
- Do your best adjusting to new roles and situations
- Participate in a financial class
- Sign up for community services and programs
- Take a career assessment
- Participate in vocational training
- Talk with a social services professional

Emotional

- Use slow, rhythmic breathing
- Accept what you can't control
- Use guided imagery
- Express your feelings
- Spend time in nature
- Do what is life-giving
- Moderate/limit media intake
- Try writing in a journal
- Practice muscle tensing and relaxing
- Practice mindfulness
- Talk with a mental health professional

Social

- Talk with someone you trust
- Try to maintain relationships
- Accept and give help
- Reach out to others
- Set appropriate boundaries
- Make sure you aren't pulling away
- Let go of unhealthy relationships
- Join a support group
- Get to know your neighbors
- Attend a community event
- Cultivate forgiveness
- Talk with a mentor

Spiritual

- Hold onto faith
- Pray
- Meditate on scripture
- Try and make meaning of struggles
- Use spiritual journaling
- Focus on spiritual concerns and goals
- Keep a hopeful perspective
- Practice gratitude
- Surrender what you can't control over to God
- Lament
- Join a small group or Bible study
- Participate in church life and worship
- Talk with a clergyperson



BLESS CPR CARD TOOL

Instructions: Complete this card to create a simple plan you can follow to reduce distress and start getting the support you need.

Primary BLESS Need (my most pressing unmet need):

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Coping Practices (ways I can reduce distress):

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Practical Presence (who I can turn to for support):

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Referrals (services and supports where I can get help):

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