

## Employee Workplace Wellness Survey City of Selma Employees Selma, Alabama

Please take a moment to complete the Employee Wellness Survey. Your feedback is essential in helping Selma become a more well and thriving community.

1. **On a scale of 1 to 10, how stressed do you feel on a daily basis?**
  - 1 (Not stressed at all)
  - 4
  - 7
  - 10 (Extremely stressed)
  
2. **How do you typically deal with stress?**
  - A. Physical activity (e.g., walking, exercising)
  - B. Meditation or mindfulness practices
  - C. Talk with friends or family
  - D. Seek professional help (e.g., therapist, counselor)
  
3. **How would you rate your physical wellness overall?**
  - A. Excellent
  - B. Good
  - C. Fair
  - D. Poor
  
4. **How frequently do you engage in physical exercise during a week?**
  - A. Almost every day
  - B. 3-4 times a week
  - C. 1-2 times a week
  - D. Rarely or never
  
5. **What's your perspective on mental wellness?**
  - A. It's equally as important as physical health
  - B. It's important, but I don't always prioritize it
  - C. I'm unsure about its importance
  - D. It's not a major concern for me
  
6. **What statement best describes your feelings about emotional wellness?**
  - A. I frequently check in with my emotions and feelings
  - B. I recognize its importance but struggle with it at times
  - C. I rarely think about emotional wellness
  - D. I'm unsure about what emotional wellness entails

7. **In your opinion, what describes mental health wellness for the citizens of Selma?**
- A. Community support and open conversations
  - B. Access to mental health services
  - C. Individual awareness and self-care practices
  - D. All of the above
8. **How would you rate your workplace's approach to wellness?**
- A. Very supportive and proactive
  - B. Somewhat supportive, but could do more
  - C. Not supportive, but I manage on my own
  - D. Neglectful or even detrimental to wellness
9. **How often do you discuss mental or emotional well-being with someone (friend, family, therapist, etc.)?**
- A. Regularly, at least once a week
  - B. Occasionally, a few times a month
  - C. Rarely, only when I feel overwhelmed
  - D. Almost never
10. **What do you think Selma needs most to enhance the overall wellness of its residents?**
- A. More accessible healthcare and wellness facilities
  - B. Community events or workshops focused on well-being
  - C. Improved workplace policies promoting health
  - D. More public awareness campaigns on wellness topics

**Which of the following are you interested in to support personal or group wellness?**

Individual Counseling or Coaching \_\_\_\_ Cohesive Team Building \_\_\_\_\_

Special Activities: Yoga \_\_\_\_ TaiChi\_\_\_\_ Acupressure \_\_\_\_Line Dancing \_\_\_\_Massages

Monthly Group/Departmental Activity\_\_\_\_ Walking Club\_\_\_\_

Other\_\_\_\_\_

Comments:

**Thank you for your feedback.**