



**THE LIGHTHOUSE**  
CENTER FOR WELLBEING



**MEDICAL CARD**

Name \_\_\_\_\_  
Surname \_\_\_\_\_  
Gender \_\_\_\_\_  
Address \_\_\_\_\_

Date of call \_\_\_\_\_ Date of birth \_\_\_\_\_

call  \_\_\_\_\_  
Sign \_\_\_\_\_

**EMOTIONAL  
WELLBEING  
*Checkup***



## HOW IS YOUR EMOTIONAL WELLBEING TODAY?

IF YOU HAVE GOOD EMOTIONAL WELLBEING YOU ARE ABLE TO:

- Feel relatively **confident** in yourself and have positive **self-esteem**
- **Feel** and **express** a range of emotions
- Build and maintain **good relationships** with others
- Feel **engaged** with the world around you
- Live and work **productively**
- **Cope** with the **stresses** of daily life
- **Adapt** and manage in times of change and uncertainty

The LightHouse Arabia **Emotional Wellbeing Checkup** is a quick and easy way to get an expert opinion on the state of your emotional wellbeing, and to identify any risk factors in your circumstances or current lifestyle that may negatively impact your wellbeing in the future. Just like physical health checkups are an essential part of any self-care program, an emotional wellbeing checkup can help ensure that you are not overlooking any issues that might impact your emotional health and your overall wellbeing, since the mind and body are so interlinked.

Physical checkups can be instrumental in catching conditions like cholesterol or high blood pressure that require treatment; so too the Emotional Wellbeing Checkup can assist in highlighting conditions such as depression or anxiety which are treatable.

AN EMOTIONAL WELLBEING CHECKUP MAY BE ESPECIALLY HELPFUL IF:

- You are meeting all the demands of your life but not necessarily living well
- You feel you are just going through the motions, without a strong connection to purpose or the people around you
- You believe you have everything you need in life but don't feel content or fulfilled
- You have tried many different things to help the way you feel but don't see any change
- You are feeling emotionally unwell and this is negatively impacting your life and you are not sure what to do about this
- You have experienced a stressful/difficult life event or have a history of mental health difficulties and would like a check up to determine how you are doing
- You are considering consulting a psychologist but feel uncertain about what this experience would be like for you

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*If you recognize yourself in what you have read here, we encourage you to make this **30-minute investment in you**. Let's Check in and Check up on what may be preventing you from living your best life and being the best version of you.*

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By completing our emotional wellbeing assessment form and meeting with our clinicians one-on-one to discuss your specific situation, you will get feedback on:

- Your rating for different emotional wellbeing indicators
- Risk factors that you should be aware of
- Options to improve and safeguard your emotional wellbeing and health

***Are you ready to accelerate your journey towards wellbeing and happiness?***



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