



Mental Health Worksheet



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Do you have Internet Addiction?

I spend more than 4-5 hours a day online browsing through internet. **Yes** **No**

Do you find yourself irritable when you are away from your computer. **Yes** **No**

Do you spend more time on the internet or in the real world? **Yes** **No**

Do you often stay up later than usual just to stay online? **Yes** **No**

I check various social media platforms more than 4-5 times a day **Yes** **No**

I feel life without internet will be boring, empty and joyless. **Yes** **No**

The people in my life often complain about the amount of time I spend online. **Yes** **No**

My work & productivity often suffer because most of my time gets spent online. **Yes** **No**

I often say "just a few more minutes" when I'm online & lose track of time. **Yes** **No**

Scoring & Reflection

SCORING

Count the number of times you chose 'YES', if it is:

- 1-3 times, seems like you are doing okay!
- 4-6 times, you should try to minimise your use.
- 7-9 times, uh-oh! You should avoid internet use!

REFLECTION

Take a moment to reflect on your scores and consider which areas you would like to focus on for improvement. Write down two specific actions you can take to reduce your internet usage.

- 1.
- 2.

Remember, this is a continuous journey, and with effort and practice, you can change your habits and lead a healthier lifestyle.

Note: This is a basic assessment worksheet.