

**CRISP Assessment Guidance**

The CRISP assessment is designed to help Clergy/Church Army evangelists/Licensed Lay Leaders identify their own strengths and assets and plan how to build upon their strengths to help enhance wellbeing and resilience.

In each section, you will be asked to score how strong you think that you are in that particular asset. You will then be asked to write a couple of sentences about what is going well, what could be better and then identify how you might improve your score.

To help you think about what you might write in each section, there is some further guidance below. This is to be used as prompts – you do not have to address every point. You may find that you want to comment upon something that is not in the guidance, but is important to you. If this is the case, you are free to do so. This assessment is about you, so write whatever you think is relevant to your own circumstances.

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| **Physical Wellbeing** |
| What sort of things do you do to look after your health?  Do you eat well and enjoy a balanced diet?  Are there any barriers that might prevent you from looking after your physical wellbeing? eg. cost of healthy food, stress, lack of time.  Do you have any habits that might affect your wellbeing eg. Smoking or alcohol?  Do you have any physical illness or disability that might impact on your wellbeing?  Who looks after you and your family when you get ill? |
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| **Mental & Emotional Wellbeing** |
| Do you have lots of energy or do you feel run down?  Do you sleep well, is it easy to get out of bed and face the day?  How would you describe your mood today, is this a typical day? Is there a reason for your mood?  What do you like to do in your spare time, what have you done in the past to make you feel good?  How positive do you feel at the moment?  Do you feel strong and in control of your life?  What do you do to relax and unwind?  Who do you talk to when you need advice or support?  Do you have coping mechanisms? Are they good or bad for your physical health (exercise, friends, food, alcohol, smoking, drugs)  Have you lost somebody or something recently (person/pet- death or separation, job, home etc) How this has affected you? |
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| **Work and Skills** |
| Are you working full time or part time? Are you content with the hours you work?  Do you feel fulfilled? Do you feel that you are doing a good job?  What are your aspirations in work, do you have the skills or experience to achieve them? |
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| **Spirituality** |
| Do you have a regular prayer life/routine?  Do you feel that you are able to spend quality time with God on a regular basis?  Do you have opportunity to learn and grow spiritually?  Have you been on retreat recently?  Have you seen a spiritual director recently? |
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| **Relationships** |
| Do you feel that you have people whom you are close to within your family/friends/ community?  Do you have people you trust whom you can talk to and gain support from?  Are there any barriers to maintaining important relationships? |
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| **Routine** |
| Do you have a regular routine in the mornings, during the day, in the evenings? Is your sleep routine regular and sustainable?  Do you feel routines are important? If so, how do you maintain them? What are the barriers to maintaining them? |
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| **Housing** |
| How long have you been in your home?  Do you feel settled here? Is there a potential for moving in the near future and how do you feel about that?  If you have family, do they feel settled?  Is your home in need of repair? If so, do you feel this can be dealt with sufficiently?  Do you feel able to maintain your home and garden? Do you find it difficult to keep your home warm?  Do you have any housing concerns for the future? |
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| **Managing finances** |
| Are you the sole income earner in your household or do you have another person bringing in an income? Is the total household income sufficient for your needs? Do you manage your finances well?  Are there any debt concerns? Do you feel able to manage if a sudden financial demand was made, such as the need for a new washing machine? |
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| **Community networks** |
| Do you live close to friends/family? Does your job impact upon your feeling of belonging in the community? If so, how? Do you know about, and feel able to use, local community amenities such as parks, libraries, leisure facilities? |