



मनस् – CENTER FOR MENTAL WELLNESS & COUNSELLING

How Is My Illness Affecting My Mental Health?

10 questions for people living with a serious health condition

Dr. Priya Dubey Sharma

Founder & Consulting Psychologist
Applied, Organizational & Behavioural Psychologist | PhD | 18+ Years Experience



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Dr. Priya Dubey Sharma is an Applied, Organizational & Behavioural Psychologist with a PhD in Psychology and over 18 years of experience. As the Founder of Manas – Center for Mental Wellness & Counselling, she has guided thousands of individuals through anxiety, depression, relationship challenges, and life transitions.

Her approach combines evidence-based techniques with deep cultural understanding of the Indian lived experience.

“ Understanding yourself is the most courageous thing you can do. Simply pausing to ask how you are, and actually answering honestly, is an act of profound self-respect.

THE STORY

Manas was not built in a boardroom.

It was built in a home, watching a father heal people for forty years. Dr. Rangnath Dubey – DHB, MBHCS, AVR – spent four decades believing that no ailment is ever purely physical. Every patient carried a story, and he always made time for that story.



Dr. Rangnath Dubey
DHB · MBHCS · AVR

“I didn't decide to become a psychologist. I realised, quite late, that I had always been one – I just needed the training to do it properly.”

18+

Years of practice

5,000+

Lives touched

5

Intl memberships

UN · SBI

Institutional roles



How Is My Illness Affecting My Mental Health?

Dealing with a serious or chronic illness can bring up many challenging emotions and thoughts. This short assessment can help you reflect on how it's impacting you.

Assessment Questions

Answer yes or no to each question. Focus on your experience over the past 2 weeks.

- Do you often worry about what the future holds for your health?
- Do you find yourself grieving the health and abilities you once had?
- Do you feel anger or frustration about having this illness?
- Do you sometimes feel like a burden to your family or loved ones?
- Do you experience anxiety related to your medical treatments or appointments?
- Do you feel your identity is solely defined by your illness, losing sight of who you are beyond being a patient?
- Has the illness significantly strained your relationships with family or friends?
- Do you find it difficult to experience moments of peace or calm in your daily life?
- Are you questioning your spiritual beliefs or the meaning of life due to your health situation?
- Do you struggle to maintain a sense of quality of life despite your illness?

Score: Count the number of 'Yes' answers. This will give you an idea of your current experience.



Your Results

Find your score range below. Remember — this is a starting point, not a diagnosis.

SCORE: 0-3

Adjusting Well

You are navigating the challenges with resilience. Focus on continuing the self-care practices that are working for you.

SCORE: 4-6

Some Distress

It's understandable to feel some distress given the circumstances. Consider exploring gentle coping strategies or talking to a trusted friend.

SCORE: 7-8

Significant Distress

Experiencing significant distress is a valid response to a serious illness. Seeking support from loved ones or a mental wellness professional can be very helpful.

SCORE: 9-10

Severe Distress

Your feelings indicate a high level of distress. Reaching out for professional guidance and support is strongly encouraged to help you through this phase.

Whatever your score: You took the time to check in with yourself. That takes courage.

DR. PRIYA'S TIP

Remember to be kind to yourself during this challenging time. Prioritize small moments of joy and connection, and don't hesitate to lean on your support system or seek professional help when needed.

[Book a Session with Dr. Priya](#)



Personal Reflection

Take a few minutes. Write whatever comes to mind.

1. What is one small thing that brought you comfort today, no matter how brief?

2. How have your relationships shifted, and what is one positive connection you can nurture?

3. What is one aspect of your life you still have control over?

How are you feeling right now? Circle one:



Very difficult



A bit low



Okay



Feeling good



Very well

Continue Your Journey

Recommended resources based on your results:

1

Mindful Moments: A Guide to Inner Peace

Learn techniques to find calm amidst life's storms.

₹199

2

Strengthening Family Bonds

Practical advice for navigating relationship challenges.

₹99

3

Finding Meaning and Purpose

Explore your values and rediscover your life's direction.

₹199

TAKE A FULL ASSESSMENT

For a comprehensive, clinically validated evaluation, take the full assessment – plus 270+ validated tools – at manas365.com/assessments



Audio Companion

Scan for a free 3-minute guided breathing exercise with Dr. Priya's voice.



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"Thank you for taking this first step. Whether your score was low or high, knowing where you stand is where all real change begins."

— Dr. Priya Dubey Sharma

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manas365.com

Disclaimer: This resource has been prepared by Dr. Priya Dubey Sharma — Founder & Consulting Psychologist (Applied, Organizational & Behavioural Psychologist, PhD, 18+ years), Manas – Center for Mental Wellness & Counselling. This is a wellness education and self-help resource for educational purposes only. It does not constitute a clinical diagnosis, clinical assessment, or treatment recommendation for any mental health condition, and has no relevance or admissibility in any court of law, legal proceeding, or official dispute resolution process. It is not a substitute for professional psychological, medical, or legal advice. For personalised support, reach out to the Manas Team for guidance, or consult a qualified Psychiatrist or licensed mental health professional. © 2026 Manas – Center for Mental Wellness & Counselling. All rights reserved. For queries: priya@manas365.com | +91 99818 13224