

Wellness Assessment 2

Physical Wellness Assessment

The physical dimension of wellness involves encouraging regular activities that produce endurance, flexibility and strength. Read each statement carefully and respond honestly by using the following scoring:

Almost always = 2 points

Sometimes/occasionally = 1 point

Very seldom = 0 points

- _____ 1. I exercise aerobically (vigorous, continuous) for 20 to 30 minutes at least three times per week.
- _____ 2. I eat fruits, vegetables, and whole grains every day.
- _____ 3. I avoid tobacco products.
- _____ 4. I wear a seat belt while riding in and driving a car.
- _____ 5. I deliberately minimize my intake of cholesterol, dietary fats, and oils.
- _____ 6. I avoid drinking alcoholic beverages or I consume no more than one drink per day.
- _____ 7. I get an adequate amount of sleep.
- _____ 8. I have adequate coping mechanisms for dealing with stress.
- _____ 9. I maintain a regular schedule of immunizations, physicals, dental checkups and self-exams.
- _____ 10. I maintain a reasonable weight, avoiding extremes of overweight and underweight.
- _____ Total for Physical Wellness Dimension

Score: **15 to 20 Points** - Excellent strength in this dimension.

Score: **9 to 14 Points** - There is room for improvement. Look again at the items in which you scored 1 or 0. What changes can you make to improve your score?

Score: **0 to 8 Points** - This dimension needs a lot of work. Look again at this dimension and challenge yourself to begin making small steps toward growth here. Remember: The goal is balanced wellness.

Social Wellness Assessment

The social dimension of wellness involves developing, nourishing and encouraging satisfying relationships. Read each statement carefully and respond honestly by using the following scoring:

Almost always = 2 points

Sometimes/occasionally = 1 point

Very seldom = 0 points

- _____ 1. I contribute time and/or money to social and community projects.
- _____ 2. I am committed to a lifetime of volunteerism.
- _____ 3. I exhibit fairness and justice in dealing with people.
- _____ 4. I have a network of close friends and/or family.
- _____ 5. I am interested in others, including those from different backgrounds than my own.
- _____ 6. I am able to balance my own needs with the needs of others.
- _____ 7. I am able to communicate with and get along with a wide variety of people.
- _____ 8. I obey the laws and rules of our society.
- _____ 9. I am a compassionate person and try to help others when I can.
- _____ 10. I support and help with family, neighborhood, and work social gatherings.
- _____ Total for Social Wellness Dimension

Score: **15 to 20 Points** - Excellent strength in this dimension.

Score: **9 to 14 Points** - There is room for improvement. Look again at the items in which you scored 1 or 0. What changes can you make to improve your score?

Score: **0 to 8 Points** - This dimension needs a lot of work. Look again at this dimension and challenge yourself to begin making small steps toward growth here. Remember: The goal is balanced wellness.

Emotional Wellness Assessment

The emotional dimension of wellness involves recognizing, accepting and taking responsibility for your feelings. Read each statement carefully and respond honestly by using the following scoring:

Almost always = 2 points

Sometimes/occasionally = 1 point

Very seldom = 0 points

- _____ 1. I am able to develop and maintain close relationships.
- _____ 2. I accept the responsibility for my actions.
- _____ 3. I see challenges and change as opportunities for growth.
- _____ 4. I feel I have considerable control over my life.
- _____ 5. I am able to laugh at life and myself.
- _____ 6. I feel good about myself.
- _____ 7. I am able to appropriately cope with stress and tension and make time for leisure pursuits.
- _____ 8. I am able to recognize my personal shortcomings and learn from my mistakes.
- _____ 9. I am able to recognize and express my feelings.
- _____ 10. I enjoy life.
- _____ Total for Emotional Wellness Dimension

Score: **15 to 20 Points** - Excellent strength in this dimension.

Score: **9 to 14 Points** - There is room for improvement. Look again at the items in which you scored 1 or 0. What changes can you make to improve your score?

Score: **0 to 8 Points** - This dimension needs a lot of work. Look again at this dimension and challenge yourself to begin making small steps toward growth here. Remember: The goal is balanced wellness.

Environmental Wellness Assessment

The environmental dimension of wellness involves accepting the impact we have on our world and doing something about it. Read each statement carefully and respond honestly by using the following scoring:

Almost always = 2 points

Sometimes/occasionally = 1 point

Very seldom = 0 points

- _____ 1. I consciously conserve energy (electricity, heat, light, water, etc.) in my place of residence.
- _____ 2. I practice recycling (glass, paper, plastic, etc.)
- _____ 3. I am committed to cleaning up the environment (air, soil, water, etc.)
- _____ 4. I consciously try to conserve fuel energy and to lessen the pollution in the atmosphere.
- _____ 5. I limit the use of fertilizers and chemicals when managing my yard/lawn/outdoor living space.
- _____ 6. I do not use aerosol sprays.
- _____ 7. I do not litter.
- _____ 8. I volunteer my time for environmental conservation projects.
- _____ 9. I purchase recycled items when possible, even if they cost more.
- _____ 10. I feel very strongly about doing my part to preserve the environment.
- _____ Total for Environmental Wellness Dimension

Score: **15 to 20 Points** - Excellent strength in this dimension.

Score: **9 to 14 Points** - There is room for improvement. Look again at the items in which you scored 1 or 0. What changes can you make to improve your score?

Score: **0 to 8 Points** - This dimension needs a lot of work. Look again at this dimension and challenge yourself to begin making small steps toward growth here. Remember: The goal is balanced wellness.

Spiritual Wellness Assessment

The spiritual dimension of wellness involves seeking meaning and purpose in one's life.

Read each statement carefully and respond honestly by using the following scoring:

Almost always = 2 points

Sometimes/occasionally = 1 point

Very seldom = 0 points

- _____ 1. I feel comfortable and at ease with my spiritual life.
- _____ 2. There is a direct relationship between my personal values and daily actions.
- _____ 3. When I get depressed or frustrated, my spiritual beliefs and values give me direction.
- _____ 4. Prayer, meditation, and/or quiet personal reflection is/are important in my life.
- _____ 5. Life is meaningful for me, and I feel a purpose in life.
- _____ 6. I am able to speak comfortably about my personal values and beliefs.
- _____ 7. I am consistently striving to grow spiritually and I see it as a lifelong process.
- _____ 8. I am tolerant of and try to learn about others' beliefs and values.
- _____ 9. I have a strong sense of life optimism and use my thoughts and attitudes in life-affirming ways.
- _____ 10. I appreciate the natural forces that exist in the universe.
- _____ Total for Spiritual Wellness Dimension

Score: **15 to 20 Points** - Excellent strength in this dimension.

Score: **9 to 14 Points** - There is room for improvement. Look again at the items in which you scored 1 or 0. What changes can you make to improve your score?

Score: **0 to 8 Points** - This dimension needs a lot of work. Look again at this dimension and challenge yourself to begin making small steps toward growth here. Remember: The goal is balanced wellness.