

# Wellness Assessment

Many of us recognize the importance of wellness, but it is easy to get caught up in our busy schedules where we find ourselves not maintaining a holistic regimen that consistently meets our needs. This Wellness Assessment will allow you to find out your level of wellness by rating each of the following dimensions of wellness.

## Physical Wellness

The physical dimension of wellness encourages cardiovascular flexibility and strength and also encourages regular, physical activity. Physical development encourages knowledge about food and nutrition and discourages the use of tobacco, drugs and excessive alcohol consumption. Physical Wellness encourages consumption and activities which contribute to high level wellness, including medical self-care and appropriate use of the medical system.

## Social Wellness

The social dimension of wellness encourages contributing to one's human and physical environment to the common welfare of one's community. Social Wellness emphasizes the interdependence with others and nature. It includes the pursuit of harmony in one's family.'

## Emotional Wellness

The emotional dimension of wellness emphasizes an awareness and acceptance of one's feelings. Emotional wellness includes the degree to which one feels positive and enthusiastic about oneself and life. It includes the capacity to manage one's feelings and related behaviors including the realistic assessment of one's limitations, development of autonomy, and ability to cope effectively with stress. The emotionally well person maintains satisfying relationships with others.

## Environmental Wellness

It is important to lead a lifestyle that is respectful of our environment. This includes respecting nature and those species living in it. Also, respect for others living in our environment is just as necessary as respect for the physical environment itself.

## Spiritual Wellness

The spiritual dimension of wellness involves seeking meaning and purpose in human existence. It includes the development of a deep appreciation for the depth and expanse of life and natural forces that exist in the universe. The spiritual dimension also includes a belief in God who cares for and loves us and who sent his son Jesus to die for our sins on Calvary.

To complete this Wellness Assessment  
please circle the number that best describes you.

	Very Unhealthy	Somewhat Unhealthy	Somewhat Healthy	Very Healthy
<a href="#">Physical Wellness</a>	1	2	3	4
<a href="#">Social Wellness</a>	1	2	3	4
<a href="#">Emotional Wellness</a>	1	2	3	4
<a href="#">Environmental Wellness</a>	1	2	3	4
<a href="#">Spiritual Wellness</a>	1	2	3	4

Now answer the following set of questions regarding each dimension of wellness. Indicate how often you think the statements describe you.

# Physical Wellness

	Rarely, if Ever	Sometimes	Most of the Time	Always
1. I maintain a desirable weight.	1	2	3	4
2. I engage in vigorous exercises such as brisk walking.	1	2	3	4
3. I do exercises designed to strengthen my muscles and joints.	1	2	3	4
4. I warm up and cool down by stretching before and after vigorous exercise.	1	2	3	4
5. I feel good about the condition of my body.	1	2	3	4
6. I get 7-8 hours of sleep each night.	1	2	3	4
7. My immune system is strong and I am able to avoid most infectious diseases.	1	2	3	4
8. My body heals itself quickly when I get sick or injured.	1	2	3	4
9. I have lots of energy and can get through the day without being overly tired.	1	2	3	4
10. I listen to my body; when there is something wrong, I seek professional advice.	1	2	3	4

# Social Wellness

	Rarely, if Ever	Sometimes	Most of the Time	Always
1. When I meet people, I feel good about the impression I make on them.	1	2	3	4
2. I am open, honest, and get along well with other people.	1	2	3	4
3. I participate in a wide variety of social activities and enjoy being with people who are different than me.	1	2	3	4
4. I try to be a "better person" and work on behaviors that have caused problems in my interactions with others.	1	2	3	4
5. I get along well with the members of my family.	1	2	3	4
6. I am a good listener.	1	2	3	4
7. I am open and accessible to a loving and responsible relationship.	1	2	3	4
8. I have someone I can talk to about my private feelings.	1	2	3	4
9. I consider the feelings of others and do not act in hurtful or selfish ways.	1	2	3	4
10. I consider how what I say, might be perceived by others before I speak.	1	2	3	4

# Emotional Wellness

	Rarely, if Ever	Sometimes	Most of the Time	Always
1. I find it easy to laugh about things that happen in my life.	1	2	3	4
2. I avoid using alcohol as a means of helping me forget my problems.	1	2	3	4
3. I can express my feelings without feeling silly.	1	2	3	4
4. When I am angry, I try to let others know in non-confrontational and non-hurtful ways.	1	2	3	4
5. I am not a chronic worrier and do not tend to be suspicious of others.	1	2	3	4
6. I recognize when I am stressed and take steps to relax through exercise, quiet time, or other activities.	1	2	3	4
7. I feel good about myself and believe others like me for who I am.	1	2	3	4
8. When I am upset, I talk to others and actively try to work through my problems.	1	2	3	4
9. I am flexible and adapt or adjust to change in a positive way.	1	2	3	4
10. My friends regard me as a stable, emotionally well-adjusted person.	1	2	3	4

# Environmental Wellness

	Rarely, if Ever	Sometimes	Most of the Time	Always
1. I am concerned about environmental pollution and actively try to preserve and protect natural resources.	1	2	3	4
2. I report people who intentionally hurt the environment.	1	2	3	4
3. I recycle my garbage.	1	2	3	4
4. I reuse plastic and paper bags and tin foil.	1	2	3	4
5. I vote for pro-environmental candidates in elections.	1	2	3	4
6. I write my elected leaders about environmental concerns.	1	2	3	4
7. I consider the amount of packaging covering a product when I buy groceries.	1	2	3	4
8. I try to buy products that are recyclable.	1	2	3	4
9. I use both sides of the paper when taking class notes or doing assignments.	1	2	3	4
10. I try not to leave the faucet running too long when I brush my teeth, shave, or bathe.	1	2	3	4

# Spiritual Wellness

	Rarely, if Ever	Sometimes	Most of the Time	Always
1. I believe life is a precious gift that should be nurtured.	1	2	3	4
2. I take time to enjoy nature and the beauty around me.	1	2	3	4
3. I take time alone to think about what's important in life - who I am, what I value, where I fit in, and where I'm going.	1	2	3	4
4. I have faith in God and His will for my life.	1	2	3	4
5. I engage in acts of caring and good will without expecting something in return.	1	2	3	4
6. I feel sorrow for those who are suffering and try to help them through difficult times.	1	2	3	4
7. I feel confident that I have touched the lives of others in a positive way.	1	2	3	4
8. I work for peace in my interpersonal relationships, in my community, and in the world at large.	1	2	3	4
9. I am content with who I am.	1	2	3	4
10. I go for the gusto and experience life to the fullest.	1	2	3	4

# Mental Wellness

	Rarely, if Ever	Sometimes	Most of the Time	Always
1. I do not act impulsively, and I think about the consequences before acting.	1	2	3	4
2. I learn from my mistakes and try to act differently the next time.	1	2	3	4
3. I follow directions or recommended guidelines and act in ways likely to keep others and myself safe.	1	2	3	4
4. I consider the alternatives before making decisions.	1	2	3	4
5. I am alert and ready to respond to life's challenges in ways that reflect thought and sound judgment.	1	2	3	4
6. I do not let my emotions get the better of me, and I think before I act.	1	2	3	4
7. I actively try to learn all I can about products and services before making decisions.	1	2	3	4
8. I manage my time well, rather than time managing me.	1	2	3	4
9. My friends and family trust my judgment.	1	2	3	4
10. I think about my self-talk (the things I tell myself) and then examine the real evidence for my perceptions and feelings.	1	2	3	4



# Personal Wellness Checklist

Now, total your scores in each of the dimensions and compare it to the ideal score. Which areas do you need to work on? How does your score compare with how you rated yourself in the first part of the questionnaire?

	IDEAL SCORE	YOUR SCORE
Physical Wellness	40	
Social Wellness	40	
Emotional Wellness	40	
Environmental Wellness	40	
Spiritual Wellness	40	
Mental Wellness	40	

## What Your Score Means

**Scores of 35-40:** Outstanding! Your answers show that you are aware of the importance of this area to your overall wellness. More importantly, you are putting your knowledge to work for you by practicing good health habits. As long as you continue to do so, this area should not pose a serious health risk. It's likely that you are setting an example for your family and friends to follow. Although you received a very high score on this part of the test, you may want to consider other areas where your scores could be improved.

**Scores of 30-35:** Your health practices in this area are good, but there is room for improvement. Look again at the items you answered that scored one or two points. What changes could you make to improve your score? Even a small change in behavior can often help you achieve better health.

**Scores of 20-30:** Your health risks are showing! Would you like more information about the risks you are facing and why it is important for you to change these behaviors? Perhaps you need help in deciding how to make the changes you desire.

**Scores below 20:** You may be taking serious and unnecessary risks with your health. Perhaps you are not aware of the risks and what to do about them.