

# Assess Your Wellness

In the following areas, give yourself a score of 1 - 4.

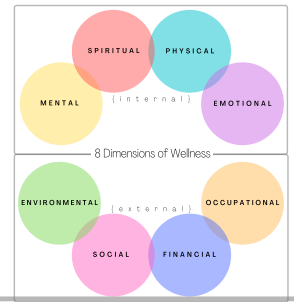
1 = Rarely, if ever.

2 = Sometimes

3 = Most of the time

4 = Always

Then total your score for each section. Total possible points for each section is 25.



## PHYSICAL

1. I exercise regularly.
2. I get 7-9 hours of sleep each night and feel rested in the morning.
3. I drink alcohol responsibly (i.e. designated sober driver, avoid binge drinking, etc.)
4. I maintain healthy eating patterns that include fruits and vegetables.
5. I stay hydrated and drink water throughout the day.

Total Score Out of 25

## EMOTIONAL

1. I find healthy ways to cope with stress (e.g. exercise, meditation, social support, self-care activities.)
2. I am able to ask for assistance when I need it, either from friends and family, or professionals.
3. I feel good about myself and believe others like me for who I am.
4. I have a healthy relationship with social media.
5. I can express all ranges of feelings (i.e. hurt, sadness, fear, anger, joy, etc.) and manage in a healthy way.

Total Score Out of 25

## SPIRITUAL

1. I take time to think about what's important in life – who I am, what I value, where I fit in, where I'm going.
2. I have a belief system in place (religious, agnostic, atheist, spiritual, etc.).
3. I have a sense of purpose in my life.
4. I am tolerant and accepting of the view of others.
5. I work to create balance and peace within my interpersonal relationships, community and the world.

Total Score Out of 25

## MENTAL

1. I seek personal growth by learning new skills.
2. I look for ways to use my creative and critical thinking skills.
3. I am open to new ideas.
4. I am eager to learn.
5. I stay informed about social, political and other current issues.

Total Score Out of 25

## ENVIRONMENTAL

1. I spend time outdoors enjoying nature.
2. I try to lessen my environmental impact (recycle, carpool, reuse etc)
3. I am concerned about impacts on my local, national and world climate.
4. I feel content in my environments (class, home, work, etc.).
5. I shop locally.

Total Score Out of 25

## SOCIAL

1. I maintain a network of supportive friends, family and social contacts.
2. I am accepting of the diversity of others (race, ethnicity, religion, gender, ability, sexual orientation, etc.)
3. I have someone I can talk to about my feelings and struggles
4. I give and take equally in my relationships.
5. I plan time with my family and friends.

Total Score Out of 25

## FINANCIAL

1. I am able to set and stick to a budget each month so I don't run out of money.
2. I pay my credit cards, tuition/fees and other bills on time.
3. I have a savings account and save money regularly.
4. I feel good about my current and future financial situation.
5. I check my bank statements/accounts each month.

Total Score Out of 25

## OCCUPATIONAL

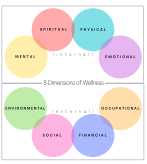
1. I am able to balance work, play, school and other aspects of my life.
2. I take advantage of opportunities to learn new skills that can enhance my future opportunities.
3. I strive to develop good work habits (dependability, initiative, etc.). 1
4. I work effectively with others.
5. I manage my time effectively.

Total Score Out of 25

## WHAT AREAS COULD YOU STRENGTHEN?



# Wellness: Write it. Do it.



PHYSICAL

EMOTIONAL

SPIRITUAL

MENTAL

ENVIRONMENTAL

SOCIAL

FINANCIAL

OCCUPATIONAL