

## Wellness Assessment: How Balanced Are You?

Although we recognize the importance of being healthy, it can be a challenge to sort out which behaviors are more likely to cause problems or which ones pose the greatest risk. Before we decide to start, it is important to look at your current health status. By completing the following assessment, you will have a clearer picture of health areas in which you excel and those that could use some work. Taking this assessment will also help you to reflect on components of health that you may not have thought about.

1. Answer each question honestly, and then total your score for each section.

	Never	Rarely	Some of the Time	Usually or Always
<b>Physical Wellness</b>				
1. I know important health numbers, like my cholesterol, weight, blood pressure, and blood sugar levels.	1	2	3	4
2. I get annual physical exams.	1	2	3	4
3. I get at least 7-8 hours of sleep most nights.	1	2	3	4
4. I am happy with my body size.	1	2	3	4
5. I avoid using tobacco products.	1	2	3	4
	Total Score =			
<b>Social Wellness</b>				
1. I get along well with most people.	1	2	3	4
2. I explore diversity by interacting with people of other cultures, backgrounds, and beliefs.	1	2	3	4
3. I try to be a "better person" and decrease behaviors that have caused problems in my interactions with others.	1	2	3	4
4. My relationships with others are positive and rewarding.	1	2	3	4
5. I try to see the good in my friends and do whatever I can to support them and help them feel good about themselves.	1	2	3	4
	Total Score =			
<b>Emotional Wellness</b>				
1. I find it easy to laugh, cry, and show emotions like love, fear, and anger; and try to express these in positive, constructive ways.	1	2	3	4
2. I able to make decisions with minimal stress and worry?	1	2	3	4
3. I recognize when I'm stressed and take steps to relax through exercise, quiet time, or other calming activities.	1	2	3	4
4. I able to maintain a balance of work, family, friends, and other obligations?	1	2	3	4
5. I am flexible and adapt or adjust to change in positive ways.	1	2	3	4
	Total Score =			
<b>Environmental Wellness</b>				
1. I surround myself with those who support me in my journey of being healthy and well.	1	2	3	4
2. My work area helps to keep me feeling healthy and well.	1	2	3	4
3. The work culture at ADHS supports my efforts of leading a healthy lifestyle.	1	2	3	4
4. The built environment outside surrounding ADHS supports my efforts of leading a healthy lifestyle.	1	2	3	4
5. My home environment supports my efforts of leading a healthy lifestyle.	1	2	3	4
	Total Score =			
<b>Spiritual Wellness</b>				
1. 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 am going.	1	2	3	4

2. I have faith in a greater power, be it a supreme being, nature, or the connectedness of all living things.	1	2	3	4
3. I engage in acts of caring and goodwill without expecting something in return.	1	2	3	4
4. I sympathize/empathize with those who are suffering and try to help them through difficult times.	1	2	3	4
5. I make time for relaxation in my day?	1	2	3	4
	Total Score =			
<b>Intellectual Wellness</b>				
1. I open to new ideas?	1	2	3	4
2. I search for lifelong learning opportunities and stimulating mental activities?	1	2	3	4
3. I have at least one hobby, learning activity, or personal growth activity that I make time for each week, something that improves me as a person.	1	2	3	4
4. I am curious and interested in the communities as well as the world around me.	1	2	3	4
5. I look for ways to use creativity?	1	2	3	4
	Total Score =			
<b>Financial Wellness</b>				
1. I feel satisfied with my current financial situations.	1	2	3	4
2. I have hope for my future financial position.	1	2	3	4
3. I seek financial assistance when needed.	1	2	3	4
4. I make sound financial decisions.	1	2	3	4
5. My friends and family trust my financial judgments.	1	2	3	4
	Total Score =			
<b>Occupational Wellness</b>				
1. Personal satisfaction and enrichment is derived from my work.	1	2	3	4
2. I generally have a positive attitude about doing my work.	1	2	3	4
3. I believe that I am able to contribute my unique gifts, skills and talents at work.	1	2	3	4
4. I enjoy going to work most days.	1	2	3	4
5. I feel that I can talk to my boss and co-workers with problems that arise.	1	2	3	4
	Total Score =			

2. Personal Checklist: Total your scores for each section on using the table below and compare them to what would be considered the ideal scores. Are you surprised by your scores in any areas? Which areas do you need to work on?

<u>Wellness Dimension</u>	<u>Ideal Score</u>	<u>Your Score</u>
Personal Wellness	20	
Social Wellness	20	
Emotional Wellness	20	
Environmental Wellness	20	
Spiritual Wellness	20	
Intellectual Wellness	20	
Financial Wellness	20	
Occupational Wellness	20	

