Assessing Your Wellness

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 questionnaire will allow you to determine your level of wellness by rating each of the following dimensions. Although this is not a scientific questionnaire, it will help you become more aware of your current level of wellness and what changes, if any, you might want to make. To complete the questionnaire please write the number that best describes you.

For each dimension give yourself:

1 for Rarely, if Ever  
2 for Sometimes  
3 for Most of the Time  
4 for Always

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

Social Wellness
1. When I meet people, I feel good about the impression I make on them
2. I am open, honest and get along well with other people
3. I participate in a wide variety of social activities and enjoy being with people who are different from me
4. I try to be a “better person” and work on behaviors that have caused problems in my interaction with others
5. I get along well with the members of my family
6. I am a good listener
7. I am open and accessible to a loving and responsible relationship
8. I have someone I can talk to about my private feelings
9. I consider the feelings of others and do no act in hurtful or selfish ways
10. I consider how what I say, might be perceived by others before I speak

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

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

Spiritual Wellness
1. I believe life is a gift that should be nurtured
2. I take time to enjoy nature and the beauty around me
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 am going
4. I have a consistency between my beliefs, values and behaviors
5. I engage in acts of caring and good will without expecting something in return
6. I feel sorrow for those who are suffering and try to help them through difficult times
7. I feel confident that I have touched the lives of others in a positive way
8. I work for peace in my interpersonal relationship, in my community, and in the world at large
9. I am content with who I am
10. I experience life to the fullest

Financial Wellness
1. I have some cash in my possession
2. I check my credit report to look for any errors (TransUnion, Experian, or Equifax)
3. I am comfortable with where my money comes from and where it is going
4. I am prepared for sudden financial changes
5. I have a plan in place to pay off debt
6. I use a credit card and am building credit
7. I think about starting a retirement account in the near future
8. I save part of my income in a savings account
9. I am not defined by the amount of money I have in my bank account
10. I review my bank statements when I receive them

Intellectual Wellness
1. I am interested in learning new things
2. I try to keep abreast of current affairs - locally, nationally, and internationally
3. I enjoy creative and stimulating mental activities/games (Sudoku, puzzles, crosswords)
4. I am happy with the amount and variety that I read
5. I am able to analyze, synthesize, and see more than one side of an issue
6. I consider continuing my education beyond college
7. I enjoy and am able to engage in intellectual discussions
8. I make an effort to improve my verbal and written skill
9. I try to watch television programs that are educational and enriching
10. Before making decisions, I gather facts
For each dimension give yourself: 1 for Rarely, if Ever  2 for Sometimes  3 for Most of the Time  4 for Always

**Occupational Wellness (Faculty/Staff)**
1. I look forward to going to work. 
2. My job responsibilities/duties are consistent with my values
3. I am happy with the balance between my work and leisure time
4. My work gives me personal satisfaction and stimulation
5. I feel my job allows me to make a tangible difference in someone’s life or society
6. I am happy with the amount of control I have in my work
7. The payoffs/advantages in my career field choice are consistent with my values
8. I am happy with the professional/personal growth provided by my job
9. My job contributes positively to my overall well-being
10. I am happy with my career choice

**Occupational Wellness (Students)**
1. I manage my time effectively
2. I work effectively with others
3. I am developing the necessary skills to achieve my career goals
4. I have confidence in my job search skills (resume writing, interviewing, etc.)
5. I have explored different career options
6. I spend a portion of my time doing volunteer or service work
7. Enjoyment is a consideration I use when choosing a possible career
8. I strive to develop good work habits. (Examples: punctuality, dependability, and initiative)
9. I balance work with play and other aspects of my life
10. I take advantage of opportunities to learn new skills which will enhance my future employment possibilities.

**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?

<table>
<thead>
<tr>
<th></th>
<th>Ideal Score</th>
<th>Your Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>Physical Wellness</td>
<td>40</td>
<td></td>
</tr>
<tr>
<td>Social Wellness</td>
<td>40</td>
<td></td>
</tr>
<tr>
<td>Emotional Wellness</td>
<td>40</td>
<td></td>
</tr>
<tr>
<td>Environmental Wellness</td>
<td>40</td>
<td></td>
</tr>
<tr>
<td>Spiritual Wellness</td>
<td>40</td>
<td></td>
</tr>
<tr>
<td>Financial Wellness</td>
<td>40</td>
<td></td>
</tr>
<tr>
<td>Intellectual Wellness</td>
<td>40</td>
<td></td>
</tr>
<tr>
<td>Occupational Wellness</td>
<td>40</td>
<td></td>
</tr>
</tbody>
</table>
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 habits. As long as you continue to do so, this area should not pose a serious health/well-being risk. It is 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/well-being 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 and well-being.

Scores of 20 – 30: Your health/well-being 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. Help is available from the Office of Health Wellness Promotion, Student Health, CAPS for students and EAP for faculty/staff. Through these offices they will assist you in developing healthier habits that will support and maintain your overall well-being.

Score below 20: You may be taking serious and unnecessary risks with your health and well-being. Perhaps you are not aware of the risks you are taking. The resources listed above can help you identify areas of opportunity, develop, and implement life-changing goals.

Which dimensions of Wellness could you improve?

Write 1-2 measurable goals on how you are going to improve your multi-dimensional Wellness:

1) 

2)