

Seven Dimensions of Wellness

Please rate using the following scale

Always (5), Very Frequently (4), Frequently (3), Occasionally (2), Almost Never (1), Never (0)

Physical Wellness

1. I exercise for 30 minutes or more most days of the week.	5	4	3	2	1	0
2. My exercise program includes activities that build my heart, muscles and flexibility	5	4	3	2	1	0
3. I select lean cuts of meat, poultry or fish	5	4	3	2	1	0
4. I eat a variety of foods from all the food groups	5	4	3	2	1	0
5. I eat breakfast	5	4	3	2	1	0
6. I get an adequate amount of sleep (7-8 hours per night)	5	4	3	2	1	0
7. I examine my breasts or testes once a month	5	4	3	2	1	0
8. I participate in recommended periodic health screenings (blood pressure, etc.)	5	4	3	2	1	0
9. I seek medical advice when needed	5	4	3	2	1	0
10. I drink less than 5 alcoholic drinks at a sitting	5	4	3	2	1	0
11. I avoid driving while under the influence of alcohol	5	4	3	2	1	0
12. I avoid using tobacco products	5	4	3	2	1	0

Environmental Wellness

1. I minimize my exposure to second hand tobacco smoke	5	4	3	2	1	0
2. I keep my vehicle maintained to ensure safety	5	4	3	2	1	0
3. When I see a safety hazard, I take steps to correct the problem	5	4	3	2	1	0
4. I choose an environment that is free of excessive noise whenever possible	5	4	3	2	1	0
5. I make efforts to reduce, reuse, and recycle	5	4	3	2	1	0
6. I try to create an environment that minimizes my stress	5	4	3	2	1	0

Spiritual Wellness

1. I make time for relaxation in my day	5	4	3	2	1	0
2. I make time in my day for prayer, meditation or personal time	5	4	3	2	1	0
3. My values guide my actions and decisions	5	4	3	2	1	0
4. I am accepting of the views of others	5	4	3	2	1	0

Emotional/Psychological Wellness

1. I am able to sleep soundly throughout the night and wake feeling refreshed	5	4	3	2	1	0
2. I am able to make decisions with a minimum of stress and worry	5	4	3	2	1	0
3. I am able to set priorities	5	4	3	2	1	0
4. I maintain a balance between school, work and personal life	5	4	3	2	1	0

Intellectual Wellness

1. It is easy for me to apply knowledge from one situation to another	5	4	3	2	1	0
2. I enjoy the amount and variety I read	5	4	3	2	1	0
3. I find life intellectually challenging and stimulating	5	4	3	2	1	0
4. I obtain health information from reputable sources	5	4	3	2	1	0
5. I spend money commensurate with my income, values, and goals	5	4	3	2	1	0
6. I pay my bills in full each month (including my credit card)	5	4	3	2	1	0

Occupational Wellness

1. I am able to plan a manageable workload	5	4	3	2	1	0
2. My career is consistent with my values and goals	5	4	3	2	1	0
3. I earn enough money to meet my needs to provide stability for me and/or my family	5	4	3	2	1	0
4. My work benefits individuals and/or society	5	4	3	2	1	0

Social Wellness

1. I plan time to be with my family and friends	5	4	3	2	1	0
2. I enjoy my time with others	5	4	3	2	1	0
3. I am satisfied with the groups/organizations that I am part of	5	4	3	2	1	0
4. My relationships with others are positive and rewarding	5	4	3	2	1	0
5. I explore diversity by interacting with people of other cultures, background, and beliefs	5	4	3	2	1	0