

# Physical and Mental Health Assessment

Answer each statement honestly and circle each the number that applies to you. Total your score after each section. Add your total scores to the last chart and compare it the ideal score. Be sure to answer the questions at the end.

<b>1. Emotional Wellness</b>		<b>Never</b>	<b>Rarely</b>	<b>Sometimes</b>	<b>Always</b>
1.	I find it easy to laugh, cry and show emotions such as love, fear and anger.	1	2	3	4
2.	I am able to make decisions with little stress and worry.	1	2	3	4
3.	I recognize when I am stressed and take steps to relax through exercise, quiet time or other calming activities.	1	2	3	4
4.	I am 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>2. Environmental Wellness</b>		<b>Never</b>	<b>Rarely</b>	<b>Sometimes</b>	<b>Always</b>
1.	I surround myself with those who support me in my journey of being healthy and well.	1	2	3	4
2.	My school and work area help keep me feeling healthy and well.	1	2	3	4
3.	The culture at my school supports my efforts of leading a healthy lifestyle.	1	2	3	4
4.	My work environment 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		

# Physical and Mental Health Assessment

Answer each statement honestly and circle each the number that applies to you. Total your score after each section. Add your total scores to the last chart and compare it the ideal score. Be sure to answer the questions at the end.

<b>3. Financial Wellness</b>		<b>Never</b>	<b>Rarely</b>	<b>Sometimes</b>	<b>Always</b>
1.	I am satisfied with my current financial situation.	1	2	3	4
2.	I have hope for my future financial position.	1	2	3	4
3.	I seek financial assistance when I need it.	1	2	3	4
4.	I make sound financial decisions.	1	2	3	4
5.	My friends and family trust my financial judgements.	1	2	3	4
			Total score		

<b>4. Intellectual Wellness</b>		<b>Never</b>	<b>Rarely</b>	<b>Sometimes</b>	<b>Always</b>
1.	I am open to new ideas.	1	2	3	4
2.	I search for new learning opportunities and stimulating mental activities.	1	2	3	4
3.	I have a least one hobby, learning activity or personal growth activity that I make time for each week and it is something that improves me as a person.	1	2	3	4
4.	I am curious and interested in my community as well as the world around me.	1	2	3	4
5.	I look for ways to be creative.	1	2	3	4
			Total score		

# Physical and Mental Health Assessment

Answer each statement honestly and circle each the number that applies to you. Total your score after each section. Add your total scores to the last chart and compare it the ideal score. Be sure to answer the questions at the end.

<b>5. Occupational Wellness</b>		<b>Never</b>	<b>Rarely</b>	<b>Sometimes</b>	<b>Always</b>
1.	I develop personal satisfaction and enrichment from my work.	1	2	3	4
2.	I have a positive attitude about my work.	1	2	3	4
3.	I believe that I can contribute my unique gifts, skills and talent at work.	1	2	3	4
4.	I enjoy going to work.	1	2	3	4
5.	I can talk to my supervisor and co-workers about problems.	1	2	3	4
			Total score		

<b>6. Physical Wellness</b>		<b>Never</b>	<b>Rarely</b>	<b>Sometimes</b>	<b>Always</b>
1.	I know important health numbers such as my BMI and weight.	1	2	3	4
2.	I visit the doctor when I am sick.	1	2	3	4
3.	I get at least 7 – 8 hours of sleep.	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		

# Physical and Mental Health Assessment

Answer each statement honestly and circle each the number that applies to you. Total your score after each section. Add your total scores to the last chart and compare it the ideal score. Be sure to answer the questions at the end.

<b>7. Social Wellness</b>		<b>Never</b>	<b>Rarely</b>	<b>Sometimes</b>	<b>Always</b>
1.	I get along well with people.	1	2	3	4
2.	I respect the diversity of other people such as their cultures, backgrounds and beliefs.	1	2	3	4
3.	I try to be a good friend.	1	2	3	4
4.	I plan time with family and friends.	1	2	3	4
5.	I participate in a wide variety of social activities and enjoy being with people who are different than me.	1	2	3	4
				Total score	

<b>Wellness Dimension</b>	<b>Ideal Score</b>	<b>Your Score</b>
<b>1. Emotional Wellness</b>	20	
<b>2. Environmental Wellness</b>	20	
<b>3. Financial Wellness</b>	20	
<b>4. Intellectual Wellness</b>	20	
<b>5. Occupational Wellness</b>	20	
<b>6. Physical Wellness</b>	20	
<b>7. Social Wellness</b>	20	

1. Which dimension of wellness needs improvement?

  
  

2. How can you improve this wellness dimension?

Adapted from: Arizona Department of Health Services  
 Wellness Assessment: How Balanced Are You?  
<http://www.azdhs.gov/hsd/newsletters/az-healthcare-connection/documents/october-2012/wellness-assessment.pdf>