



Wellness Self-Assessment

Wellness is not merely the absence of illness or distress – it is **striving** for positive physical, mental and social well-being. It is a **lifelong process** of **making decisions** that support a more balanced life to **maximize your potential**. There are always opportunities for enhancing your wellness and it starts with self-reflection and setting goals.

You can use this self-assessment tool to determine the areas of wellness (emotional, environmental, intellectual, occupational, physical, social, and spiritual) where you are thriving, as well as those that may need greater attention. Taking this assessment will also help you to reflect on components of health that you may not have considered before.

INSTRUCTIONS

1. Answer all the questions for each of the seven wellness dimensions.
2. Tally your points for each section and use the guide to interpret the scores.
3. Complete a *Take Action Plan*.

Explore more information about each dimension of wellness and on-campus resources available to help you by visiting <http://umatter.princeton.edu/action-matters/caring-yourself/wellness-wheel-assessment>

Emotional Wellness: understanding your own feelings and expressing emotions in a constructive way, and having the ability to deal with stress and cope with life's challenges

	Never	Rarely	Sometimes	Usually
1. I find it easy to express my emotions in positive, constructive ways	1	2	3	4
2. I recognize when I am stressed and take steps to manage my stress (e.g., exercise, quiet time, meditation)	1	2	3	4
3. I am resilient and can bounce back after a disappointment or problem	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 a positive way	1	2	3	4
6. I am able to make decisions with minimal stress or worry	1	2	3	4
7. When I am angry, I try to let others know in non-confrontational or non-hurtful ways	1	2	3	4

Total _____

Environmental Wellness: recognizing the interactions between yourself and your environment (natural and social), responsibly using available resources, and fostering a safer and healthier environment for others

	Never	Rarely	Sometimes	Usually
1. I recognize the impact of my actions on my environment	1	2	3	4
2. I recognize the impact of my environment on my health	1	2	3	4
3. I am aware of and make use of campus health, wellness, and safety resources	1	2	3	4
4. I practice environmentally conscious behaviors (e.g., recycling)	1	2	3	4
5. I seek out ways to improve the social environment at Princeton	1	2	3	4
6. I contribute towards making my environment a safer and healthier place	1	2	3	4
7. I surround myself with people who support me in my journey of being healthy and well	1	2	3	4

Total _____

Intellectual Wellness: engaging in creative and mentally-stimulating activities, expanding your knowledge through cultural, artistic, or skill-based learning, and sharing knowledge and skills with others

	Never	Rarely	Sometimes	Usually
1. I am curious and interested in the communities, as well as the world, around me	1	2	3	4
2. I search for learning opportunities and stimulating mental activities	1	2	3	4
3. I manage my time well, rather than it managing me	1	2	3	4
4. I enjoy brainstorming and sharing knowledge with others in group projects or tasks	1	2	3	4
5. I enjoy learning about subjects other than those I am required to study /in my field of work	1	2	3	4
6. I seek opportunities to learn practical skills to help others	1	2	3	4
7. I can critically consider the opinions and information presented by others and provide constructive feedback	1	2	3	4

Total _____

Occupational Wellness: getting personal fulfillment from your job or academic pursuits, and contributing to knowledge and skills, while maintaining a work-life balance

	Never	Rarely	Sometimes	Usually
1. I get personal satisfaction and enrichment from school/work	1	2	3	4
2. I believe that I am able to contribute my knowledge, skills, and talents at school/work	1	2	3	4
3. I seek out opportunities to improve my knowledge or skills	1	2	3	4
4. I balance my social life and academic/job responsibilities well	1	2	3	4
5. I effectively handle my level of stress related to academic or work responsibilities	1	2	3	4
6. My work load is manageable	1	2	3	4
7. I explore paid and/or volunteer opportunities that interest me	1	2	3	4

Total _____

Physical Wellness: making choices to avoid harmful habits and practice behaviors that support your physical body, health and safety				
	Never	Rarely	Sometimes	Usually
1. I engage in physical exercise regularly (e.g., 30 mins at least 5x a week or 10,000 steps a day).	1	2	3	4
2. I get 6-8 hours of sleep each night	1	2	3	4
3. I protect myself and others from getting ill (e.g., wash my hands, cover my cough, etc.)	1	2	3	4
4. I abstain from drinking alcohol; or if I do drink, I aim to keep my BAC \leq .06	1	2	3	4
5. I avoid using tobacco products or other drugs	1	2	3	4
6. I eat a balanced diet (fruits, vegetables, low-moderate fat, whole grains)	1	2	3	4
7. I get regular physical exams (i.e., annual, when I have atypical symptoms)	1	2	3	4

Total _____

Social Wellness: building and maintaining a diversity of supportive relationships, and dealing effectively with interpersonal conflict				
	Never	Rarely	Sometimes	Usually
1. I consciously and continually try to work on behaviors or attitudes that have caused problems in my interactions with others	1	2	3	4
2. In my dating or sexual relationships, I choose partner(s) who respect my wants, needs, and choices	1	2	3	4
3. I feel supported and respected in my close relationships	1	2	3	4
4. I communicate effectively with others, share my views and listen to those of others	1	2	3	4
5. I consider the feelings of others and do not act in hurtful/selfish ways	1	2	3	4
6. I try to see good in my friends and do whatever I can to support them	1	2	3	4
7. I participate in a wide variety of social activities and find opportunities to form new relationships	1	2	3	4

Total _____

Spiritual Wellness: having beliefs and values that provide a sense of purpose and help give meaning and purpose to your life, and acting in alignment with those beliefs				
	Never	Rarely	Sometimes	Usually
1. I take time 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 found a balance between meeting my needs and those of others	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. My values are true priorities in my life and are reflected in my actions	1	2	3	4
6. I feel connected to something larger than myself (e.g., supreme being, nature, connectedness of all living things, humanity, community)	1	2	3	4
7. I feel like my life has purpose and meaning	1	2	3	4

Total _____

Calculate Your Score

Wellness Dimension	Ideal Score	Your Score
Emotional Wellness	28	
Environmental Wellness	28	
Intellectual Wellness	28	
Occupational Wellness	28	
Physical Wellness	28	
Social Wellness	28	
Spiritual Wellness	28	

Scores of 20-28: *Outstanding! Your answers demonstrate that you're already taking positive steps in this dimension of wellness. You're improving your own well-being and also setting a good example for those around you. Although you achieved a high overall score in this domain, you may want to check for low scores on individual items to see if there are specific areas you might want to address. You might also choose to focus on another area where your scores weren't so high.*

Scores of 15-19: *Your behaviors in this area are good, but there is room for improvement. Take a look at the items on which you scored lower. What changes might you make to improve your score? Even a small change in behavior can help you achieve better health and well-being.*

Scores of 14 and below: *Your answers indicate some potential health and well-being risks. Review those areas where you scored lower and review resources provided on the U Matter website to help you develop and set achievable goals. If you want help deciding how to make a change, contact us at <http://umatter.princeton.edu>.*

Develop a Take Action Plan

Review your scores, both overall for each dimension of wellness and for individual statements. For those areas where you scored lower, consider what might have a significant impact on your daily life (e.g., interferes with your performance, causes distress, etc.) and focus on those behaviors. Then ask yourself what you feel capable of changing.

1. Which aspects of which dimensions are you ready and willing to work on?

Select one of the behaviors you listed above and take action by setting a SMART goal:

Specific – develop the details of your goal (what, where, when, why)

Measurable – define a quantity (frequency, amount, etc.) that you can measure

Attainable – do you have the means and attitude to accomplish this goal?

Realistic – consider the goal and your time-frame. Is this doable?

Time-bounded – by what deadline or time-frame do you wish to accomplish this goal?

3. What are/would be the benefits of working on this behavior? (e.g., better time management skills, improve quality of relationships)

4. What could get in the way of achieving your goal? (e.g., struggling to find time, difficulty feeling motivated)

5. *How can you reward yourself for achieving your desired goal? (e.g., host a get-together, treat yourself to a new outfit)*

6. *What can help you achieve your goal? (e.g., support of family or friends, seeing results)*

7. *On what date will you start? (e.g., next Monday, after midterms)*

action matters

What will you do?