

This diagram illustrates how our wellness dimensions are connected and intertwined to create a holistic and healthy person. Most importantly, achieving holistic wellbeing can be one of the most influential factors in helping us achieve our life's purpose.

HOLISTIC WELLNESS



Physical Health:

A healthy body is better able to manage stress. It is important to have a nutritionally rich diet, get plenty of water, exercise, AND REST!!! This includes and is not limited to 8 hours of sleep!

Examples of poor physical health include:

- Weight issues, lack of energy and/or fatigue
- Headaches
- Muscle tension
- Colds or getting sick often.
- Hot flashes - profuse sweating
- Diseases such as heart disease, obesity, and diabetes

Examples of good physical health include:

- Good cardio endurance and good overall energy
- Agility, balance, and coordination
- Injury resilience and quick recovery from injuries/illness
- Muscular strength and endurance
- Flexibility, or the ability to increase flexibility w/practice
- Ability to rest and sleep 8 hours per night
- Lack of serious health conditions, like heart disease, obesity, diabetes, etc.

Physical Health Assessment:

Read each statement carefully and respond with authentic honesty using the following scoring:

Almost Always = 2 point

Sometimes/occasionally = 1 point

Very seldom = 0 points

___ 1. I exercise for 20-60 minutes 4-6 times per week, including flexibility, cardio and strength with intentional diaphragmatic breath.

___ 2. I eat fruits, vegetables, and whole grains every day.

___ 3. I avoid tobacco products – cigarettes, dip, and/or vape.

___ 4. I minimize unhealthy fats/cholesterol and processed foods.

___ 5. I get 7-9 hours of sleep most nights.

___ 6. I maintain a healthy weight, avoiding yo-yo dieting, obesity/underweight.

___ 7. I practice relaxation and recovery techniques with intentional diaphragmatic breath.

___ 8. I maintain a regular practice of seeing my doctor and dentist, including regular physicals and dental checkups.

___ 9. I avoid drinking alcohol or consume no more than 1 (women) or 2 (men) drinks per day.

___ 10. I have a favorite physical activity that is above and beyond my exercise/workout routine. (fishing, hiking, gardening, etc)

_____ Physical Health Assessment Total

Mental Health:

How you think and process thoughts has a huge impact on how you handle stress. Developing mindful strategies for quieting the mind, remaining calm, and making conscious thought choices are critical to overall health.

Examples of poor mental health can include:

- Forgetfulness and/or confusion
- Poor decisions w/long term consequences, like substance/drug abuse, judging others, or being self-critical.
- Negative attitude, pessimism, depression
- Body pain related to tension
- Sleep problems
- Psychological conditions

Examples of good mental health include:

- Feeling in control of your life and personal decisions
- Able to cope with life's challenges and stressors
- Able to learn from and reframe negative emotions.
- Functioning well mentally, such as being able to focus while at work and being mindful of thoughts/emotions
- Being kind to ourselves, being compassionate to others and avoiding addictive behaviors
- Getting enough sleep
- No serious psychological conditions

Mental Health Assessment:

Read each statement carefully and respond with authentic honesty using the following scoring:

Almost Always = 2 point

Sometimes/occasionally = 1 point

Very seldom = 0 points

___ 1. I can identify negative thoughts and proactively reframe them into positive thoughts.

___ 2. I feel in control of my life and personal decisions.

___ 3. I am comfortable learning new things and not-knowing how to do to perform new activities.

___ 4. I feel lifelong learning is important for my overall wellbeing and happiness.

___ 5. I am mindfully aware of how difficult situations specifically affect me emotionally and physically.

___ 6. I understand how fight or flight is triggered in the context of my personal, professional, and social life.

___ 7. I can use diaphragmatic breath to help me think carefully and stay and maximize good decisions.

___ 8. I feel happy and grateful every day.

___ 9. I am as kind to myself as I would be to a young child.

___ 10. I meditate 4-6 days per week.

_____ Mental Health Assessment Total

Emotional Health:

Emotional health is often associated with the emotional state of an individual, such as their level of happiness or satisfaction in life. Those that cannot compartmentalize and/or reflect on thoughts and feelings with positive outcomes are prone to unhealthy stress and often allow their emotions to control them.

Examples of poor Emotional health include:

- Constant worry
- Sadness or lack of happiness
- Little or no life satisfaction
- Mood swings and/or lots of anger
- Hostility
- Burnout

Examples of good Emotional health include:

- Able to share feelings with others
- Saying "no" when you need to without feeling guilty
- Feeling content most of the time
- Being able to relax
- Being mindfully aware and able to learn from positive as well as negative emotions

Emotional Health Assessment:

Read each statement carefully and respond with authentic honesty using the following scoring:

Almost Always = 2 point

Sometimes/occasionally = 1 point

Very seldom = 0 points

___ 1. I have a clear understanding how my emotions lead can trigger negative thoughts.

___ 2. I understand how negative emotions build on other negative emotions and how this affects my ability to be my best self.

___ 3. I am mindfully aware of the specific emotions that trigger negative actions towards myself and possibly others.

___ 4. I can express my feelings/emotions in an honoring and positive manner.

___ 5. I can listen to feedback/input from others without getting upset.

___ 6. I accept responsibility for my actions and apologize when necessary.

___ 7. I learn from my mistakes.

___ 8. I can cope with unhealthy stress and pressure.

___ 9. I relax and enjoy life without the need alcohol, drugs (nicotine, THC/Marihuanna, prescription drugs).

___ 10. I feel good about myself.

_____ Emotional Health Assessment Total

Social Health:

Positive, healthy relationships provide a person with a strong sense of support and satisfaction which reduces the risk of unhealthy stress. Having a strong support system increases the ability to manage the demands of life.

Examples of poor social health include:

- Isolation, lack of support system
- Lashing out, disrespecting others
- Fewer friends, lack of strong relationships
- Judging/blaming others and alienation

Examples of good social health include:

- Treating others with respect
- Maintaining and building strong relationships with friends
- Creating healthy boundaries that help with communication, trust, and conflict management
- Turning to friends and family for support

Social Health Assessment:

Read each statement carefully and respond with authentic honesty using the following scoring:

Almost Always = 2 point

Sometimes/occasionally = 1 point

Very seldom = 0 points

___ 1. I exhibit fairness and justice when dealing with others.

___ 2. I have a network of close friends and/or family.

___ 3. I can balance my needs with the needs of others.

___ 4. I can communicate with and get along with a wide variety of people.

___ 5. I abide by the laws and norms of our society.

___ 6. I am a compassionate person who helps others.

___ 7. I understand how my social network and professional network intersect.

___ 8. I have a professional support network.

___ 9. I understand how I can help others in ways that do not require financial assistance or support.

___ 10. I can minimize conflict with others thorough insightful, honest yet honoring communication.

_____ Social Health Assessment Total

Spiritual Health:

Your sense of self-value and purpose are correlated to the development of chronic stress. Individuals who have conflict with their convictions, morals, and values, have difficulty managing stress and often find conflicting thoughts on making decisions.

Examples of poor Spiritual health include:

- Loneliness
- lack of peace and joy
- Lack of purpose or meaning in life
- Low self-esteem
- Feelings of abandonment

Examples of good spiritual health include:

- Overall sense of peace and wellbeing
- Understanding our own values and living in a way that is consistent with our values and goals
- Recognizing that spirituality is a personal experience
- Respecting the values and beliefs of others
- Seeking meaning and purpose in life

Spiritual Health Assessment:

Read each statement carefully and respond with authentic honesty using the following scoring:

Almost Always = 2 point

Sometimes/occasionally = 1 point

Very seldom = 0 points

___ 1. I understand the difference between religion and spirituality.

___ 2. I feel comfortable with my spiritual life.

___ 3. When I feel down, sad or depressed, my spiritual beliefs/values give me clarity and guidance.

___ 4. Meditation and/or quiet reflection and/or prayer are important in my life.

___ 5. I find meaning in my life, I have and follow a purpose/dharma.

___ 6. I can speak comfortably about my personal values and beliefs.

___ 7. My actions are consistent with my values.

___ 8. I am willing and able to learn from other's beliefs and values without judgment.

___ 9. I have peace in my life.

___ 10. I have a strong sense of hope, optimism and gratitude.

_____ Spiritual Health Assessment Total