



## 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 21/28

**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 <del>Princeton</del> Winona	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 25/28



**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 27/28

**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 19/28



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 23/28

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 23/28



**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 23/28