



Princeton U_Matter Wellness Self-Assessment

Wellness is not merely the absence of illness or distress – it is a **lifelong process of making decisions** to live a more balanced and meaningful life. There are always opportunities for enhancing your wellness. A good way to start is by evaluating your current state and establishing systems to guide you towards a fuller sense of well-being.

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 an action plan via the "UMatter Wellness Guide".

Explore more information about each dimension of wellness and on-campus resources available to help you by visiting <http://umatter.princeton.edu/education-matter/creating-your-own-wellness-wheel-assessment>

©2014 UMatter. The Princeton U_Matter Wellness Self-Assessment is a tool created by Princeton University's U_Matter initiative. It is intended for individual-level self-reflection and goal setting. In its current form, it is not a validated tool and should not be used for research or diagnostic purposes. It is not an objective assessment of wellness, but rather individual perceptions of wellness. We do not support use in a group-based setting. Permission for appropriate use, outside of individual reflection, is required.

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-harmful ways	1	2	3	4

Total _____

Environmental Wellness: recognizing the interaction 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

Applied Wellness A Users Guide To Assessment And Program Planning

Daniel F McAuley



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