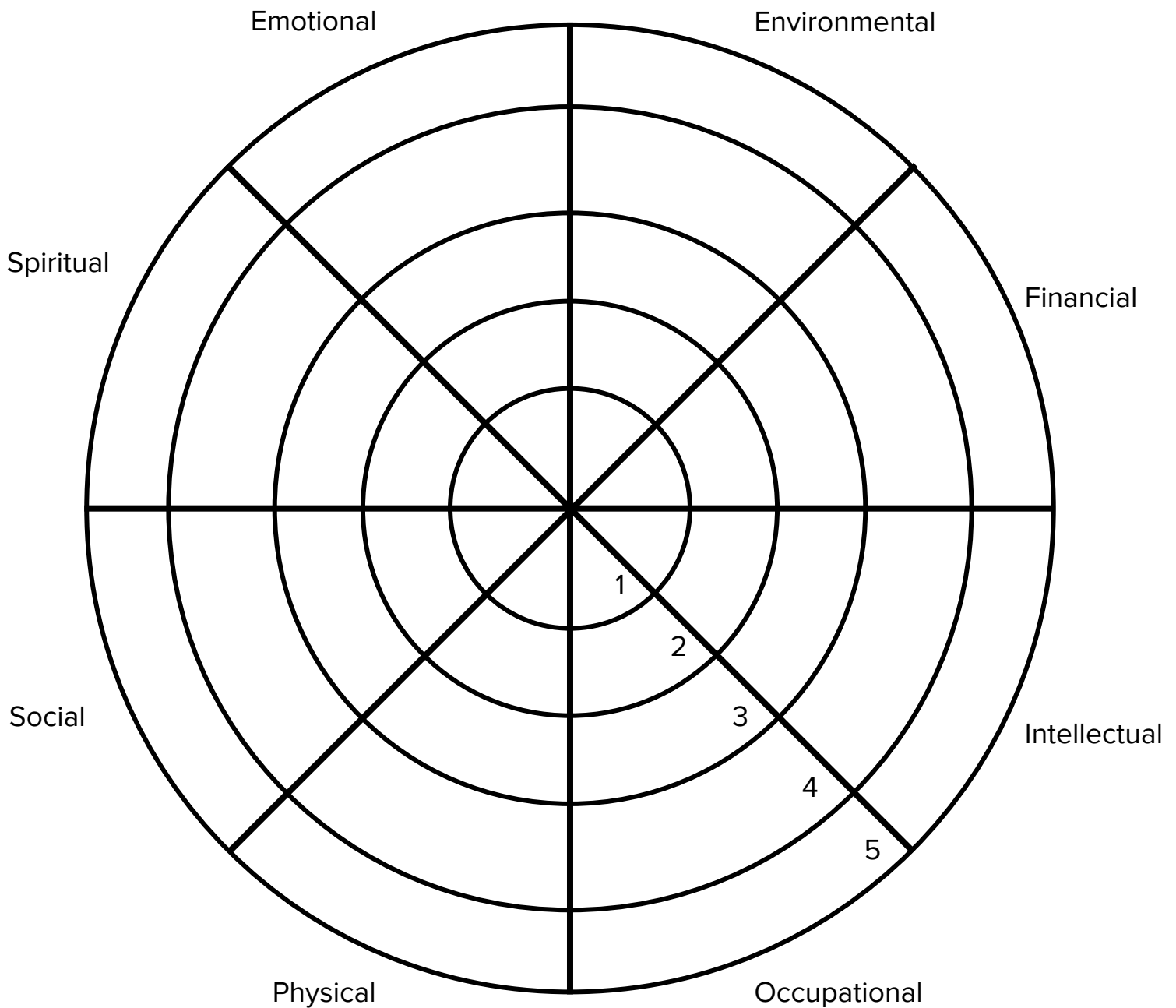


CENTER FOR **HEALTH & WELL-BEING**



Rate yourself in each dimension by shading in how well you feel in each “pie piece.”

1- less well

5- very well

Wellness Self-Assessment: How would you rate yourself on a scale from 1-5 on the following 8 dimensions of wellness? Once you identify the areas that you feel least “well” in, look at the activities listed below that dimension and see what actions you can take.

1. **Emotional Wellness** is accepting a wide range of emotions and effectively coping through challenges.
 - Practice mindfulness, meditation and breathing exercises
 - Talk with a counselor, close friend or family member
 - Make time to relieve stress through physical activities
 - Work on one of the other 7 dimensions of wellness which may result in improved emotional wellness
2. **Environmental Wellness** is sustaining safe, clean, and healthy environments where we live, work and play.
 - Create living spaces that make you happy
 - Spend time outdoors
 - Understand and improve on the interaction between the environment, yourself, community
3. **Financial Wellness** is developing understanding, skills and behaviors to allocate money based on personal necessities and desires.
 - Create a budget
 - Make an income
4. **Intellectual Wellness** is fostering curiosity, seeking knowledge, and embracing lifelong learning.
 - Do activities that spark your creativity
 - Allow yourself to think critically
 - Learn new skills and information
5. **Occupational Wellness** is exploring opportunities and contributing to society while finding balance and personal satisfaction.
 - Find work that serves your purpose
 - Create a balance between work and relaxation
 - Take advantage of internships, study abroad, and volunteer work opportunities
6. **Physical Wellness** is knowing your body and providing what it needs for health, healing, and energy.
 - Move your body often
 - Fuel yourself with nutrient dense foods
 - Get enough sleep
7. **Social Wellness** is cultivating supportive relationships and community through genuine connection and belonging.
 - Meet new people
 - Surround yourself with a positive social network
 - Spend time with others
8. **Spiritual Wellness** is discovering a sense of purpose and meaning derived from your personal values and beliefs.
 - Define your personal philosophy
 - Identify your values and beliefs
 - Meditate, practice mindfulness, or pray

Adapted from umich.instructure.com