

# The 8 Dimensions of Wellness



## Personal Assessment: 8 Dimensions of Wellness

**Directions:** Review each statement and put a check mark in the box of how often you feel that statement applies to you.

Emotional	Rarely, if ever	Some-times	Most of the time	Always
I am able to recognize my feelings and express them in a non-confrontational way.				
I can express all ranges of feelings (i.e. hurt, sadness, fear, anger, joy, etc.) and manage emotion-related behaviors in a healthy way.				
I accept responsibility for my own actions.				
I find healthy ways to cope with stress (e.g. exercise, meditation, social support, self-care activities, etc.)				
I feel good about myself and believe others like me for who I am.				
I am flexible and able to adapt/adjust to life's changes in a positive way.				
I am able to ask for assistance when I need it, either from friends and family, or professionals.				
I maintain a balance of work, friends, family, school and other obligations.				
I do not let my emotions get the better of me. I think before I act.				
I have a healthy relationship with social media.				

Spiritual	Rarely, if ever	Some-times	Most of the time	Always
I take time to think about what is important in life – who I am, what I value, where I find meaning, where I'm going.				
I make time for relaxation during the day.				
I feel and practice gratitude for good things in life.				
I can name my own personal values and describe my beliefs about life. My values guide my decisions and actions.				
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I am tolerant and accepting of the view of others.				
I am active in communities or causes I care about.				
I have a strong sense of hope and optimism in my life.				

Physical	Rarely, if ever	Sometimes	Most of the time	Always
I get 7-9 hours of sleep each night and feel rested in the morning.				
I exercise or am physically active regularly in ways that work for my body.				
I stay hydrated and drink water throughout the day.				
I seek advice from health care professionals if I have a health concern I cannot solve on my own.				
I do not engage in harmful use of drugs (over-the-counter, prescription and illicit).				
I abstain from drinking alcohol or drink responsibly and moderately if I do choose to drink.				
I protect my skin from sun damage by using sunscreen with SPF 30+, wearing hats and/or avoiding tanning booths and sun lamps.				
I maintain healthy eating patterns that include fruits and vegetables.				
I protect myself from STIs and unplanned pregnancy by abstaining from sexual behaviors or using proper protection.				
I practice body positivity, thinking positive thoughts about my body and self-image				

Social	Rarely, if ever	Sometimes	Most of the time	Always
I participate in social activities and enjoy being with people who are different from me.				
I strive to maintain a network of supportive friends, family and social contacts.				
I am accepting of diverse identities of others (race, ethnicity, religion, gender, ability, sexual orientation, etc.)				
I am able to set, communicate and enforce boundaries.				
I have someone I can talk to about my feelings and struggles.				
I plan time with my family and friends.				
I contribute equally in my relationships.				
I am a compassionate person who tries to help others and see good in them.				
I work to create balance and peace within my interpersonal relationships, community				

and the world.				
I choose partners/friends who respect my values, needs, and choices.				

Financial	Rarely, if ever	Some-times	Most of the time	Always
I am able to set and stick to a budget each month so I don't run out of money.				
I know my total amount of debt and interest rates.				
I pay my credit cards, tuition/fees and other bills on time.				
I know about the different sources of financial aid that I am eligible for and apply when I am able.				
I save in accordance with my needs and life goals.				
I keep my financial information safe by using secure passwords, PINs and dual authentication.				
I feel good about my current and future financial situation.				
I check my bank statements/accounts each month.				
I ask for help from resources or professionals about my financial situation and/or financial aid.				

Occupational	Rarely, if ever	Some-times	Most of the time	Always
I am able to balance work, play, school and other aspects of my life.				
I take advantage of opportunities to learn new skills that can enhance my future employment opportunities.				
I know what skills are necessary for the occupations I am interested in.				
I strive to develop good work habits (dependability, initiative, etc.).				
I work effectively with others.				
I have confidence in my job search skills (resume writing, interviewing, cover letters, networking, etc.).				
I have explored different career options.				
I manage my time effectively.				

I have participated in internships or volunteer work.				

Intellectual	Rarely, if ever	Some-times	Most of the time	Always
I am eager to learn.				
I feel fulfilled in my academic program.				
I seek personal growth by learning new skills.				
I look for ways to use my creative, cognitive and critical thinking skills.				
I am open to new ideas.				
I learn about different topics that interest me from books, magazines, newspapers and the internet.				
I stay informed about social, political and other current issues.				
I critically consider the source of information I am consuming and if it is reliable.				
I know about available campus resources to help me study.				
I am comfortable reaching out to my professor/TA for help or attending office hours.				

Environmental	Rarely, if ever	Some-times	Most of the time	Always
I spend time outdoors enjoying nature.				
I reduce, reuse and recycle products.				
I try to lessen my environmental impact.				
I walk, bike, use public transportation or carpool when possible.				
I am concerned about impacts on my local, national and world climate.				
I have a safe space to call my own.				
I feel comfortable in the space I occupy.				
I feel content in my environments (class, home, work, etc.).				

I participate in campus events that help my community (food drives, fundraisers, etc.).				
I contribute to making my community a safer and healthier place.				

## Personal Wellness Reflection

### 1. Which dimensions are you doing your best in and/or finding the most success in?

- What are you doing to achieve more success in these dimensions and what can you do to maintain this success?
  
- Come up with at least two action steps per dimension you want to maintain your success in.

### 2. Which dimension(s) could you use support or intentional improvement in?

- What are some things you can do to enhance your responses in these dimensions?
  
- Come up with at least two action steps per dimension you are looking to enhance your responses in.

**USD Student Wellness is here to support you. Visit [www.sandiego.edu/youareusd](http://www.sandiego.edu/youareusd) for information on all of our resources and to find helpful information on caring for yourself and others.**

This assessment has been adapted from the Health and Wellness Services Team at the University of Colorado Boulder and originated from the New York State Bar Association (NYSBA)