

## SELF-CARE AND WELLNESS ASSESSMENT

~Please indicate how strongly you agree with the following statements, or how consistently the following statements are true.

~In addition, please use a “\*” in the right hand box if this is an aspect of self-care or wellness you would like to work on and strengthen.

~Use the space labeled “Other” at the bottom of each wellness category to add items you want to include for your own reference.

4 = Strongly Agree	3 = Agree	2 = Disagree	1 = Strongly Disagree	* = Want to work on				
				RATING				
<b><u>PHYSICAL WELLNESS:</u></b>				4	3	2	1	*
1. I get enough sleep to feel rested. I am alert and have energy throughout the day.								
2. I do not smoke.								
3. I am very committed to exercising regularly.								
4. I eat a very balanced and healthy diet. I am intentional about eating enough vegetables and fiber.								
5. I am very consistent about limiting my intake of sugar and “junk foods”.								
6. I drink plenty of fluids, especially water and green tea.								
7. I am very comfortable with my body image.								
8. I balance my exercise routine with cardiovascular, strength training, stretching, and flexibility activities.								
9. I limit my caffeine intake to 16 oz. or less per day.								
10. I drink moderately or less. Alcohol never interferes with studies, relationships, driving, or going to class/ work. As a woman, I drink 6oz or less/night. As a man, I drink no more than 12 oz/night on average.								
11. I do not use “recreational” drugs.								
12. I reduce stress physically through progressive relaxation, yoga, exercise, calm breathing, wrapping up in a								

blanket, taking a shower, getting a massage or backrub, going for a walk etc.					
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13. I have regular dental and medical/gynecological checkups, and follow up on recommendations I receive.					
14. I always wear a seatbelt in cars, never use my cell phone nor text message while driving.					
15. I brush and floss my teeth at least twice/day.					
16. I am within 15% of my ideal weight range.					
17. I add little or no salt to my food.					
18. I notice and honor my body’s messages about the need to move, stretch, massage my own neck etc.					
19. I enjoy touch and hugs when I feel safe with someone. I pay attention to my need for affection.					
20. Overall, I am very pleased with how I care for myself physically.					
<b>Other:</b>					
<b><u>SPIRITUAL WELLNESS:</u></b>					
1. I observe Sabbath. I take time to play, rest, and sometimes do nothing for a period of time, at least weekly.					
2. I nurture my relationship with God daily, through prayer, silence, meditation, Bible or devotional reading, journaling, singing/listening to music, attending chapel, scripture memorization, or other spiritual disciplines.					
3. I participate in corporate worship regularly.					
4. I deepen my faith and “listen for God” with others through having a prayer partner, being in a Bible study or prayer group, doing group or individual spiritual direction with a trained facilitator, or some other communal structure.					

5. I am addressing the particular, underlying faith issues I have.					
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6. I take time to “smell the roses”, to appreciate and be fully in the present moment, and to enjoy nature.					
7. I am conscious and prayerful about forgiveness issues that need acknowledgment and healing.					
8. I feel very clear about my “call” or vocational direction at this time.					
9. My faith helps me let go of the past and other things I cannot influence or change.					
10. I respect others whose beliefs differ from mine and I do not pressure them to accept my beliefs.					
11. I look for the many “synchronistic events” in my life –those seeming coincidences which feel like grace.					
12. I am able to think about and discuss both my own death and the deaths of others close to me.					
13. I believe that my creativity is God’s gift which I need to explore, trust, and enjoy.					
14. I believe that my deepest longings and joys must be considered as I seek God’s will.					
15. My daily life is a source of pleasure to me.					
16. I have abundant expectancy without specific expectations.					
17. I see problems not as punishment but as opportunities for learning and growth.					
18. I pray about the changes I want to make and I approach my resistance to change with curiosity and hope.					
19. I find ways to express my compassion for the suffering in this world, and I try to make even a small difference.					
20. Overall, I am content with my spiritual life.					
<b>Other:</b>					

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<b><u>PSYCHOLOGICAL WELLNESS:</u></b>					
1. I pursue counseling as needed to address difficult experiences, unresolved issues, struggles in the present, and concerns about the future.					
2. I take responsibility for my issues, thoughts, feelings, behavior, decisions and happiness. I do not blame others.					
3. I address patterns like perfectionism, procrastination, workaholism, and unhealthy competition. I get help with these patterns as needed and regularly, intentionally try to regain perspective and rebalance my behavior.					
4. I manage my time well. I am able to finish projects on time and meet commitments I've made.					
5. I manage money (what money??) well. I never spend money impulsively or compulsively.					
6. I embrace my whole self, including what frustrates me most. I am kind to myself and forgive myself even when I fall short.					
7. My lifestyle and use of time accurately reflect my priorities.					
8. I have no doubt that I can truly enjoy my life even if I remain single (or become single again).					
9. When I start to feel anxious or overwhelmed and thoughts snowball, I am intentional about reducing stress. I pray, listen to music, nap, watch sports or a movie, journal, talk with a friend, encourage myself with positive self-talk, develop a plan to address the crisis etc. I am almost always calm enough to return to studying or whatever I need to do.					
10. I am very happy with my level of organization, (clutter control, study habits, etc.)					
11. My relationships and studies never suffer due to the time I spend on the computer, or watching TV or videos.					
12. I do not spend time or money on pornography.					
13. I take time to listen to myself and to explore my feelings, underlying needs, and desires.					
14. I am able to give and receive compliments very easily.					

15. While I don't minimize pain and suffering, I always look for the humor in things and I laugh easily.					
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16. I do my best and enjoy my successes. However, I am not overly driven to get "A's" (unless on a PHD track).					
17. I don't spend much time and energy comparing myself to others.					
18. I always pay attention to the losses and transitions in my life. I cry and grieve when I need to.					
19. I am not in the habit of "biting off more than I can chew".					
20. Overall I am very pleased with where I am mentally and emotionally at this time.					
<b>Other:</b>					
<b><u>RELATIONAL WELLNESS:</u></b>					
1. I am intentional about building friendships and a sense of belonging at PTS, and I find ways to contribute.					
2. I am "politically thoughtful". I pray and seek counsel about difficulties with authority figures in my life.					
3. I seek counseling as needed to address challenges in my family of origin, my field ed. placement, my intimate relationships, in the ordination process, in my living situation, etc.					
4. I know when to drop things and be there for someone. However, I am not a "rescuer" or "fixer". All of my relationships reflect a balance of independence and interdependence, but not "codependence".					
5. I make time for depth, fun, and relational maintenance with my partner, children, close friends and with some of my relatives.					
6. After exploring my feelings and needs, I can share them and make requests of others including asking for help.					
7. I enjoy the gift of my sexuality.					

8. I never gossip or put others down.					
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9. I am good at saying “no” when I need to without feeling guilty or anxious I might displease others.					
10. Others view me as assertive as well as flexible. I negotiate with others so that my needs and theirs are considered adequately.					
11. I address problems. I do not bury or store up feelings until I explode. I express hurt and anger constructively.					
12. I always look for what may be true and valuable in the criticism I receive no matter how poorly it is given.					
13. I have three or more very close friends. I could call them in the middle of the night if I needed to.					
14. I listen well. I neither interrupt nor finish the sentences of others.					
15. I discuss trust issues as needed but would not say I have a problem with jealousy.					
16. I can easily take the initiative to get to know someone. When rebuffed, I am able to put rejection in perspective and move on.					
17. I apologize easily and sincerely without making excuses. I acknowledge the specific hurt I have caused.					
18. I stay connected with my family of origin even as I separate from unhealthy expectations and patterns.					
19. I am never inappropriate or disrespectful with sexual jokes, touch, or innuendo.					
20. Overall, I feel very good about my relationship network and my strengths in the relational arena.					
<b>Other:</b>					