

Name: _____

Date: _____

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 check the right hand box for aspects of self-care or wellness you would like to work on and strengthen. Use the space labeled “Other” at the bottom of each section to add items to personalize this tool. This is not a standardized inventory but rather a suggestion and reflection list; there is no official scoring. You can add up and average the scores for each section to get a sense of your current strengths and growth areas.

Original Assessment created in 2003 by Rev. Nancy Schongalla-Bowman, Director of Student Counseling, Princeton Theological Seminary, and PTS alumna, Rev. Jen Van Zandt; Adaptations by Midwest Ministry Development Service. Revised periodically by PTS Counseling Staff.

4 = Strongly Agree	3 = Agree	2 = Disagree	1 = Strongly Disagree	* = Want to work on				
RATING								
<u>PHYSICAL WELLNESS:</u>	4	3	2	1	*			
1. I get enough sleep to feel rested. I am alert and have energy throughout the day.								
2. I exercise regularly for 150 minutes per week.								
3. I balance my exercise routine with cardiovascular, strength training, and stretching/flexibility activities. My body feels strong, fit, and healthy.								
4. I notice and honor my body’s messages about the need to move, stretch, massage my own neck, etc.								
5. I regularly use stress management methods such as exercise, yoga, progressive relaxation, deep breathing, wrapping up in a blanket, taking a hot bath or shower, getting a massage or back rub, going for a walk, etc.								
6. I have an informed sense of what a healthy diet is for me.								
7. I <i>practice</i> what I know and am intentional about eating and drinking in a way that is healthy for me.								
8. I eat regular meals. I don’t skip meals. To keep my mood stable, I choose healthy snacks including protein.								
9. I limit my intake of salt, sugar, and “junk foods”.								
10. I limit the total amount of fat in my diet, including saturated and trans fats.								
11. I am aware of how caffeine affects me and I consume it accordingly.								

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12. I drink enough water daily. Water is my primary fluid intake.					
13. Alcohol never interferes with studies, relationships, or going to class/work. I avoid driving while under the influence of alcohol and other drugs.					
14. I do not smoke.					
15. I do not use “recreational” drugs.					
16. My body feels strong, fit and healthy.					
17. My weight is within a healthy range. I know how to check on this if I have questions.					
18. I have regular medical/gynecological checkups, follow recommendations, and only use medications as prescribed.					
19. I get appropriate assistance for any chronic medical problems I have. I practice monthly breast/testicle self-exams.					
20. I have regular dental care. I brush and floss my teeth at least twice aday.					
21. I never text or use a cell phone while driving.					
22. I wear a seat belt while riding in a car.					
23. I avoid overexposure to the sun and use sunscreens.					
24. I am not sexually active, or I have sex with one mutually faithful, uninfected partner, or I always engage in safer sex (using condoms)					
25. Overall, I am satisfied with how I care for myself physically.					
Other:					

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<u>SPIRITUAL WELLNESS:</u>					
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 through prayer, silence, meditation, Bible or devotional reading, journaling, singing/listening to music, attending chapel, scripture memorization, or other spiritual disciplines.					
3. I attend Chapel and/or 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 acknowledge and deal with my spiritual doubts and uncertainties.					
6. I see problems not as punishment but as opportunities for learning and growth.					
7. I am conscious and prayerful about forgiveness issues that need acknowledgment and healing.					
8. I am able to be hopeful, even in difficult situations.					
9. My faith helps me let go of the past and other things I cannot influence or change.					
10. I find ways to be in nature.					
11. I live mindfully; I make a point to appreciate and be fully present in the moment.					
12. I find ways to enjoy and practice gratitude for the big and little things of daily life.					
13. My creativity is a gift from God and I pursue creative outlets such as music, art, dance, etc.					
14. I consider my deepest longings and joys as I seek God’s will.					
15. I look for the many “synchronistic events” in my life--those seeming coincidences which feel like grace.					
16. I am gaining clarity about my “call” or vocational direction.					

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17. I respect others whose beliefs differ from mine and I do not pressure them to accept my beliefs.					
18. I pray about the changes I want to make and I approach my resistance to change with curiosity.					
19. I find ways to express my compassion for the suffering in this world, and I try to make even a small difference.					
20. My faith motivates me to be and advocate for those on the margins.					
21. My faith helps me face problems realistically.					
12. I am able to think about and discuss both my own death and the deaths of others close to me.					
23. I am open to the way my theology and spiritual journey are informed and influenced by my studies, field education and interactions in seminary.					
24. My faith informed my ethics and politics, enabling me to speak out and act courageously.					
25. Overall I am satisfied with how I care for myself spiritually.					
Other:					
<u>PSYCHOLOGICAL WELLNESS:</u>					
1. I seek support from friends, family and others when I need help.					
2. I pursue counseling as needed to address difficult experiences, chronic anxiety/worry/depression, unresolved issues, struggles in the present, and concerns about the future.					
3. I take responsibility for my issues, thoughts, feelings, behavior, decisions and happiness. I do not blame others.					
4. I address patterns like perfectionism, procrastination, workaholism, and unhealthy competition. I get help with these patterns as needed, and work to regain perspective and rebalance my behavior.					

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5. I manage my time well. I am able to finish projects on time and meet commitments I've made.					
6. I have an accurate picture of my financial situation.					
7. I manage money well and align my spending with my core values.					
8. I do not spend money or time on pornography, compulsive shopping, or gambling.					
9. I have a realistic plan for my financial future.					
10. My use of time accurately reflects my priorities. I manage time well. I can usually complete projects on time and fulfill commitments I have made.					
11. My choices are informed by a realistic view of what I can take on.					
12. My relationships and studies never suffer due to the time I spend on the computer, on social media or watching T.V. or videos					
13. I am happy with my level of organization, including clutter control, paying bills, and study habits.					
14. I am curious about my feelings, desires, and needs; I explore and process them rather than avoiding them.					
15. When I feel anxious or upset, I have ways to calm myself.					
16. I am able to give and receive compliments easily and I express appreciation to others.					
17. I look for what is positive or humorous in situations without minimizing pain and suffering.					
18. I am not overly driven, perfectionistic or approval-seeking, and I take time to enjoy and appreciate my successes.					
19. I don't spend much time and energy comparing myself to others.					
20. I am comfortable with my body image.					
21. I pay attention to the losses and transitions in my life. I cry and grieve when I need to.					

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22. I embrace my whole self, including what frustrates me most. I am kind to myself and forgive myself even when I fall short.					
23. I enjoy being a student.					
24. I am able to balance my academic demands with social and recreational activities.					
25. Overall I am satisfied with where I am mentally and emotionally at this time.					
Other:					
<u>RELATIONAL WELLNESS:</u>					
1. I pray and seek counsel about difficulties with authority figures in my life.					
2. When I am unsure of how to manage conflict, I consult with others and/or seek training and skill development to increase my competence and confidence.					
3. I seek counseling as needed to address challenges in my family of origin, my field education placement, my intimate relationships, in the ordination process, in my living situation, etc.					
4. My relationships reflect a balance of independence and interdependence, but not “codependency.” I am not a “rescuer” or “fixer.”					
5. I have a healthy network of peers and colleagues, one or more of whom serve as accountability partners for me.					
6. I make time for depth, fun, recreation, and relational maintenance with those closest to me—such as a partner, children, close friends and relatives.					
7. I meet my responsibilities to others, such as family or church members, while respecting my limits.					
8. I bring respect, caring, self-awareness, and humility to issues of ethnicity, culture, privilege, stereotypes etc.					
9. I am comfortable with my sexuality and my sexual practices.					

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10. My intimate relationships are free of abuse, intimidation, coercion, and power imbalances in all way e.g., physically, psychologically, emotionally, sexually, spiritually, financially, etc.					
11. I do not gossip or put others down.					
12. I can say “no” when I need/want to without inappropriate guilt or anxiety about displeasing others.					
13. Others view me as assertive as well as flexible. I negotiate with others so that my needs and values, and theirs, are considered adequately.					
14. I address problems. I do not bury or store up feelings until I explode. I express hurt and anger constructively.					
15. I look for what may be true and valuable in the criticism I receive no matter how poorly it is given.					
16. I have friends I can call in the middle of the night if I need to.					
17. I listen well. I neither interrupt nor finish the sentences of others.					
18. I discuss trust issues as needed and would not say I have a problem with trust or jealousy.					
19. I apologize easily and sincerely without making excuses. I acknowledge the specific hurt I have caused.					
20. I stay connected with my family of origin even as I separate from unhealthy expectations and patterns.					
21. I am not inappropriate or disrespectful with sexual jokes, touch, or innuendo.					
22. I can share my feelings and needs as appropriate, and make requests of others including asking for help.					
23. I am caring and giving toward others while maintaining healthy boundaries.					
24. I meet my responsibilities to others, such as family or church members while respecting my limits.					
25. Overall, I feel good about my relationship network and my strengths in the relational arena.					
Other:					