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1. SOCIAL Wellness: The process of creating and maintaining healthy relationships through the choices we make.

P

2. PHYSICAL Wellness: The process of making choices to create flexible, cardiovascular fit, energetic and strong bodies. The choices we make are related to exercise, nutrition, rest, sleep, stress management, management of injury and illness, and the use of drugs.

E

3. EMOTIONAL Wellness: The process of accepting our worth, creating, recognizing, and expressing our feelings, and talking to ourselves in healthy ways. Creating and maintaining a positive, realistic self-concept is also part of this process.

C

4. CAREER Wellness: The process of making and maintaining choices related to work. It includes working in a job for which we are suited and from which we gain satisfaction.

I

5. INTELLECTUAL Wellness: The process of using our minds to create a greater understanding and appreciation of the universe and ourselves.

E

6. ENVIRONMENTAL Wellness: The process of making choices which will contribute to sustaining or improving the quality of life in the universe, including air, water, and land quality.

S

7. SPIRITUAL Wellness: The process of discovering meaning and purpose in life and demonstrating values through behavior.



Name: _____

This wellness assessment is a personal assessment for you to use and it will not be handed in. The assessment will help you identify areas of wellness in your life and the lifestyle choices you need to make in hopes that you will maintain and improve your levels of wellness in the future.

Read each statement and circle the answer that best describes you.

SOCIAL Wellness: The process of creating and maintaining healthy relationships through the choices we make.

	Always	Usually	Sometimes	Rarely	Never
I have many positive and healthy relationships.	5	4	3	2	1
I resolve conflict in healthy and positive ways.	5	4	3	2	1
I consider the consequences of my behaviors on those around me.	5	4	3	2	1
I participate in community, church, social, or volunteer activities on a monthly basis.	5	4	3	2	1
I have someone I can talk to about my private feelings.	5	4	3	2	1
I am interested in others and get along with a wide variety of people.	5	4	3	2	1
I recognize that I can be part of a group and I don't always need to be the center of it.	5	4	3	2	1
I work to stand up for the value of every person.	5	4	3	2	1

Your Score: ____ /40

PHYSICAL Wellness: The process of making choices to create flexible, cardio-vascular fit, energetic and strong bodies. The choices we make are related to exercise, nutrition, rest, sleep, stress management, management of injury and illness, and the use of drugs.

	Always	Usually	Sometimes	Rarely	Never
I exercise at least three times a week.	5	4	3	2	1
I eat five to nine servings of vegetables and fruits daily.	5	4	3	2	1
I choose to be tobacco-free.	5	4	3	2	1
I choose to be alcohol-free.	5	4	3	2	1
I get 8-10 hours of sleep per night.	5	4	3	2	1
I choose to ride with sober drivers.	5	4	3	2	1
I brush my teeth and floss daily and see a dentist for regular teeth cleaning.	5	4	3	2	1
I protect myself from sexually transmitted diseases (STDs).	5	4	3	2	1

Your Score: ____ /40



EMOTIONAL Wellness: The process of accepting our worth, creating, recognizing, and expressing our feelings, and talking to ourselves in healthy ways. Creating and maintaining a positive, realistic self-concept is also part of this process.

	Always	Usually	Sometimes	Rarely	Never
I have worth.	5	4	3	2	1
I recognize that I have feelings and can share them with others.	5	4	3	2	1
I feel good about myself and feel others like me for who I am.	5	4	3	2	1
I take action to control my stress.	5	4	3	2	1
I express my emotions in acceptable ways.	5	4	3	2	1
It is easy for me to laugh at my mistakes.	5	4	3	2	1
I am able to give honest compliments.	5	4	3	2	1
I listen to and accept good advice.	5	4	3	2	1

Your Score: ____ /40

CAREER Wellness: The process of making and maintaining choices related to work. It includes working in a job for which we are suited and from which we gain satisfaction.

	Always	Usually	Sometimes	Rarely	Never
I enjoy attending my school.	5	4	3	2	1
My schoolwork is meaningful.	5	4	3	2	1
I attend school with a healthy and safe environment.	5	4	3	2	1
I read often and enjoy it.	5	4	3	2	1
I continually do my best at school to look forward for the future.	5	4	3	2	1
I have a good mental attitude.	5	4	3	2	1
I view school as a launching pad for the future.	5	4	3	2	1
I am taking classes to prepare me for the work force or next career step.	5	4	3	2	1

Your Score: ____ /40



INTELLECTUAL Wellness: The process of using our minds to create a greater understanding and appreciation of the universe and ourselves.

	Always	Usually	Sometimes	Rarely	Never
I read material which makes me think.	5	4	3	2	1
I listen to ideas different than mine.	5	4	3	2	1
I try to learn something new or try a new skill I haven't done before on a weekly basis.	5	4	3	2	1
I think through situations before coming to a conclusion.	5	4	3	2	1
I appreciate and participate in fine arts (art or music).	5	4	3	2	1
I am computer literate.	5	4	3	2	1
I challenge myself and view learning as a lifelong process.	5	4	3	2	1
I view mistakes as learning opportunities.	5	4	3	2	1

Your Score: ____ /40

ENVIRONMENTAL Wellness: The process of making choices which will contribute to sustaining or improving the quality of life in the universe, including air, water, and land quality.

	Always	Usually	Sometimes	Rarely	Never
I recognize my impact on the environment.	5	4	3	2	1
I limit my purchases to what I need vs. what I want.	5	4	3	2	1
I consider the environmental impact my purchases may have.	5	4	3	2	1
I minimize the use of a car when I can bike or walk.	5	4	3	2	1
I realize that there is no "away" when I throw things in the garbage.	5	4	3	2	1
I try to recycle whenever possible.	5	4	3	2	1
I try to reuse products whenever possible.	5	4	3	2	1
I would prefer to plant a tree rather than cut one down.	5	4	3	2	1

Your Score: ____ /40



SPIRITUAL Wellness: The process of discovering meaning and purpose in life and demonstrating values through behavior.

	Always	Usually	Sometimes	Rarely	Never
I have a sense of meaning and purpose in life.	5	4	3	2	1
I have a feeling of peace and wholeness.	5	4	3	2	1
I spend time daily in prayer, meditation, or personal reflection.	5	4	3	2	1
There is consistency between my values and my behaviors.	5	4	3	2	1
I am able to speak with ease about my personal beliefs and values.	5	4	3	2	1
I treat others with love and respect.	5	4	3	2	1
I value and appreciate life.	5	4	3	2	1
I contribute to the well-being of others.	5	4	3	2	1

Your Score: ____ /40

WELLNESS ASSESMENT

Your Score:

- Social _____
- Physical _____
- Emotional _____
- Career _____
- Intellectual _____
- Environmental _____
- Spiritual _____

Bonus:

- Add 5 points if you believe you have worth and value.
- Add 5 points if you have ever stood up for someone being bullied.
- Add 5 points if you know what to do in your school to properly report a bullying or cyberbullying event.
- Add 5 points if you are going to take the Dignity Pledge which asks you to treat every person with dignity and respect.

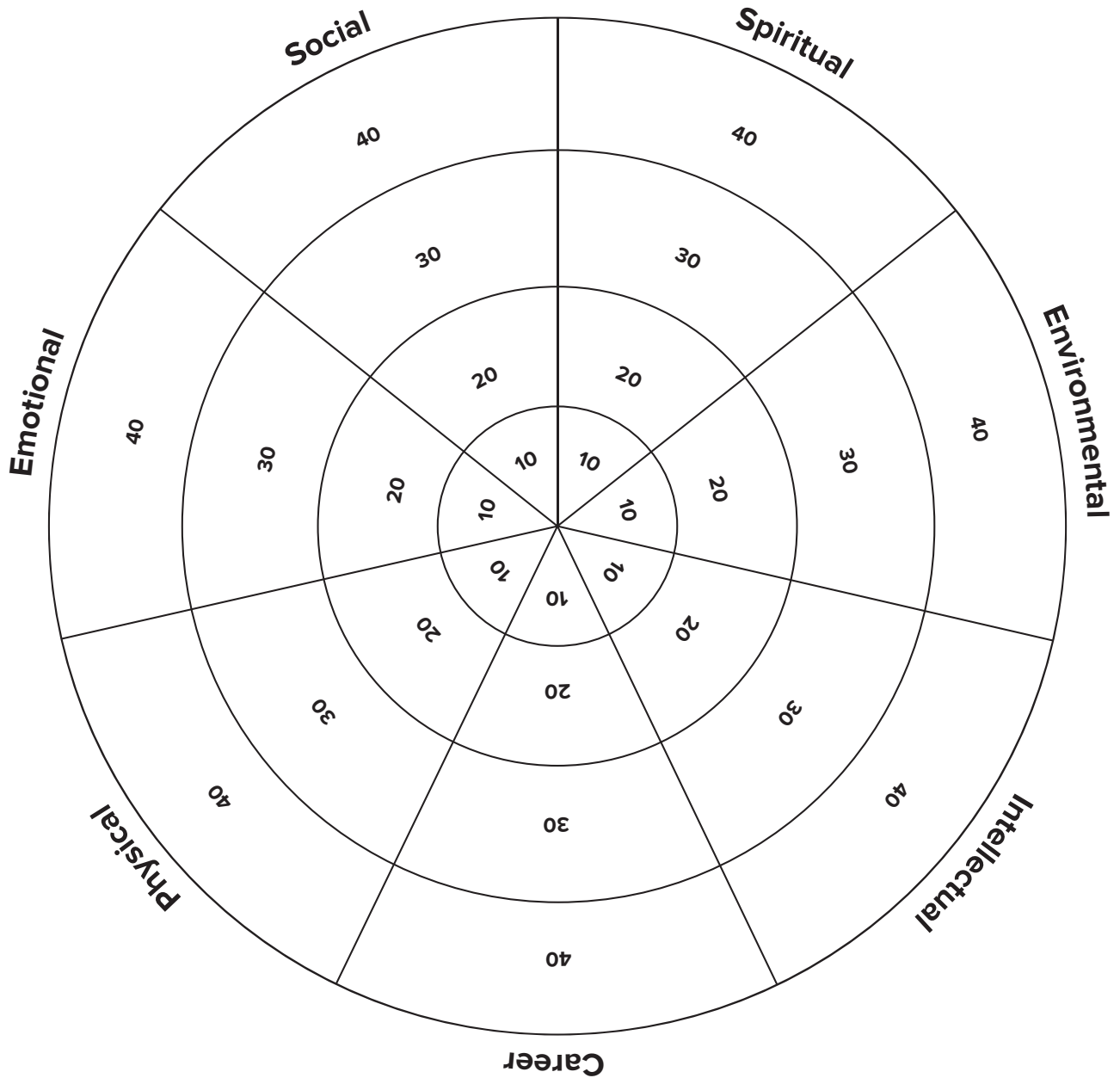
Total Score: _____

Deciphering your Score:

- 290-245 WOW! You are making excellent lifestyle choices!
- 244-210 GREAT! You are doing a super job.
- 209-176 AVERAGE. Look for ways to make better choices.
- 175-141 OOPS! Take charge of your life today and make a few lifestyle changes.



Name: _____





Name: _____

Bullying is unwanted, aggressive behavior that involves a real or perceived power imbalance. The behavior is repeated, or has the potential to be repeated, over time. Both kids who are bullied and who bully others may have serious, lasting problems. Using the chart below, explain by giving two or three examples how bullying might impact each of the seven areas of their health.

Area of Wellness:	Give two or three examples of how being bullied would impact this area of a person's wellness:
Social Wellness	
Physical Wellness	
Emotional Wellness	
Career Wellness	
Intellectual Wellness	
Environmental Wellness	
Spiritual Wellness	