



My Health & Wellbeing: Core Areas

SATISFACTION SCALE

These seven areas are core to sustaining our health and wellbeing and there are many ways for you to promote your health using self-care practices. Based on your current state, today, please rate your satisfaction with the following areas of your life.



SLEEP - consistently getting adequate restful sleep

The health benefits of getting adequate and restful sleep impacts all aspects of our mental, physical, emotional, social and spiritual selves.

MOVEMENT - being active

Regular physical activity helps improve our overall health and fitness while reducing our risks for many chronic diseases

NUTRITION - eating whole non-processed nutritious foods

Evidence shows that cultures around the world that consume whole, non-processed, unadulterated food are healthier

RELATIONSHIPS - interacting respectfully with ourselves & others

Healthy socializing and relationships are essential to healthy living. As social beings, studies show that we live longer, are healthier and happier when we are with those that we love and share our lives with.

RESILIENCY - practicing stress protective activities

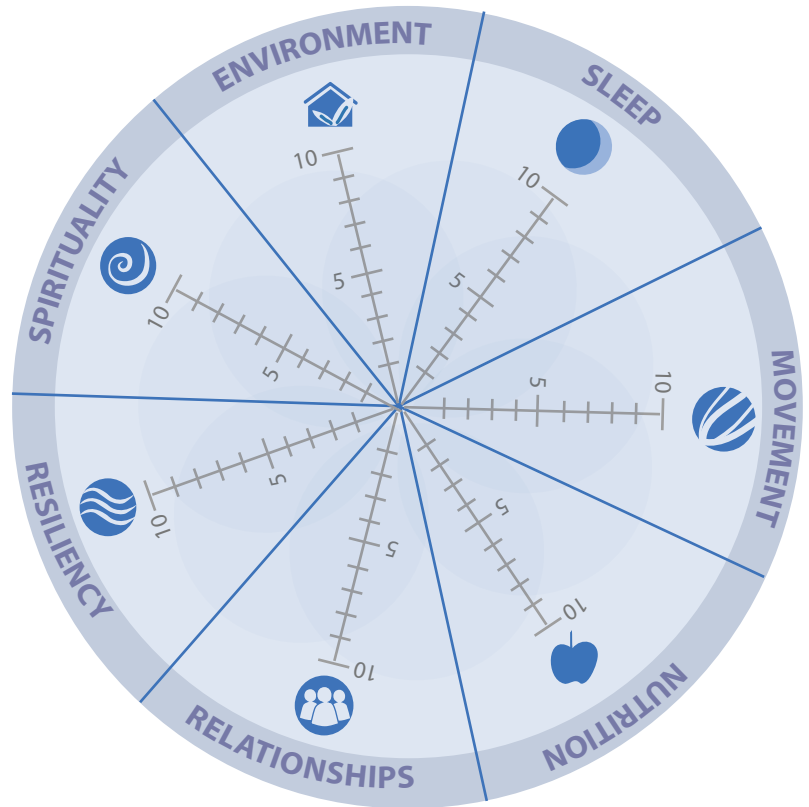
As we address our stress, have fun, practice relaxation, and use healthy coping skills, we build our resilience to future stress and avoid the harm stress can incur.

SPIRITUALITY - values and beliefs about ourselves & the world

Acknowledging and honoring the role of spirituality (purpose and meaning) in our health -- what we do in life, as well as how and why we do it.

ENVIRONMENT - managing our physical surroundings

The emphasis of interconnectivity reminds us that if our internal or external environment is out of balance, we are out of balance.



PRIORITIZE

List the Areas you ranked 4 or Less (lowest ranking area, list first)

IMPROVE

List the Areas you ranked 5-7 (lowest ranking area, list first)

MAINTAIN

List the Areas you ranked 8-10 (lowest ranking area, list first)