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| **Assess Yourself: How Healthy Are You?** |
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| By completing the following assessment, you will have a clearer picture of health areas in which you excel and those that could use varying degrees of work. Taking this assessment will also help you to reflect on various components of health that you may not have thought much about.  **Use the results from this assessment as a guide and as a way to begin analyzing potential areas for improvement and/or maintenance.** Answer each question, and then total your score for each section. Your scores will appear in the Personal Checklist at the end of the assessment for a general sense of your health profile. Think about the behaviors that influenced your score in each category. Would you like to change any of them? Choose the area that you’d like to improve, and then complete the Behavior Change Contract at the end of this book. Use the contract to think through and implement a behavior change over the course of this class.  Each of the categories in this questionnaire is an important aspect of the total dimensions of health, but this is not a substitute for the advice of a qualified health care provider. Consider scheduling a thorough physical examination by a licensed physician or setting up an appointment with a mental health counselor at your school if you think you need help making a behavior change. |
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| **Instructions:** |
| *For each of the following, indicate how often you think the statements describe you.* |
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| **Key** | |
| *1* | *Never* |
| *2* | *Rarely* |
| *3* | *Some of the Time* |
| *4* | *Usually or Always* |

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| **PHYSICAL HEALTH** | | | | |
| I am happy with my body size and weight | 1 | 2 | 3 | 4 |
| I engage in vigorous exercises such as brisk walking, jogging, swimming, or running for at least 30 minutes per day, 3–4 times per week. | 1 | 2 | 3 | 4 |
| I do exercises designed to strengthen my muscles at least 3-4 times per week. | 1 | 2 | 3 | 4 |
| I do stretching and/or balance exercises such as yoga, pilates, or tai chi to increase my body awareness and control and increase my overall physical health. | 1 | 2 | 3 | 4 |
| I feel good about the condition of my body and would be able to respond to most demands placed upon it. | 1 | 2 | 3 | 4 |
| I get at least 8-10 hours of sleep each night. | 1 | 2 | 3 | 4 |
| I eat a variety of foods including fruits and veggies. | 1 | 2 | 3 | 4 |
| I have lots of energy and can get through the day without being overly tired. | 1 | 2 | 3 | 4 |
| I listen to my body; when there is something wrong, I try to make adjustments to heal it or seek professional advice. | 1 | 2 | 3 | 4 |
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| **SOCIAL HEALTH** | | | | |
| When I meet people, I feel good about the impression I make on them. | 1 | 2 | 3 | 4 |
| I am open, honest, and get along well with other people. | 1 | 2 | 3 | 4 |
| I participate in a wide variety of social activities and enjoy being with people who are different than I. | 1 | 2 | 3 | 4 |
| I try to be a “better person” and work on behaviors that have caused problems in my interactions with others. | 1 | 2 | 3 | 4 |
| I get along well with the members of my family. | 1 | 2 | 3 | 4 |
| I am a good listener. | 1 | 2 | 3 | 4 |
| I am or plan on getting actively involved in clubs and activities at Burger MS. | 1 | 2 | 3 | 4 |
| I have someone I can talk to about my private feelings. | 1 | 2 | 3 | 4 |
| I consider the feelings of others and do not act in hurtful or selfish ways. | 1 | 2 | 3 | 4 |
| I try to see the good in my friends and do whatever I can to support them and help them feel good about themselves. | 1 | 2 | 3 | 4 |

     **TOTAL:**    

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| **EMOTIONAL HEALTH** | | | | |
| I find it easy to laugh, cry, and show emotions like love, fear, and anger and try to express these in positive, constructive ways. | 1 | 2 | 3 | 4 |
| I avoid using alcohol or other drugs as a means of helping me forget my problems. | 1 | 2 | 3 | 4 |
| When viewing a particularly challenging situation, I tend to view the glass as “half full” rather than “half empty” and perceive problems as opportunities for growth. | 1 | 2 | 3 | 4 |
| When I am angry, I try to let others know in non-confrontational and non-hurtful ways, trying to resolve issues rather than stewing about them. | 1 | 2 | 3 | 4 |
| I try not to worry unnecessarily and try to talk about my feelings, fears, and concerns rather than letting them become chronic issues. | 1 | 2 | 3 | 4 |
| I recognize when I am stressed and take steps to relax through exercise, quiet time, or other calming activities. | 1 | 2 | 3 | 4 |
| I feel good about myself and believe others like me for who I am. | 1 | 2 | 3 | 4 |
| I try not to be too critical and/or judgmental of others and to understand differences or quirks that I may note in others. | 1 | 2 | 3 | 4 |
| I present myself in a positive way when using the Internet and social media. | 1 | 2 | 3 | 4 |
| My friends regard me as a stable, emotionally well-adjusted person whom they trust and rely on for support. | 1 | 2 | 3 | 4 |

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| **ENVIRONMENTAL HEALTH** | | | | |
| I am concerned about environmental pollution and actively try to preserve and protect natural resources. | 1 | 2 | 3 | 4 |
| I buy recycled paper and purchase biodegradable detergents and cleaning agents whenever possible. | 1 | 2 | 3 | 4 |
| I help recycle our garbage, purchase refillable containers when possible, and try to minimize the amount of paper and plastics that I use. | 1 | 2 | 3 | 4 |
| I try to wear my clothes for longer periods between washing to reduce water consumption and the amount of detergents in our water sources. | 1 | 2 | 3 | 4 |
| I would vote for pro-environment candidates in elections. | 1 | 2 | 3 | 4 |
| I try and leave rooms or buildings where there is second hand smoke. | 1 | 2 | 3 | 4 |
| I turn down the heat and wear warmer clothes at home in winter and use the air conditioner only when necessary or at higher temperatures in summer. | 1 | 2 | 3 | 4 |
| I am aware of environmental health hazards. | 1 | 2 | 3 | 4 |
| I try not to be wasteful with paper, napkins, etc. | 1 | 2 | 3 | 4 |
| I try not to leave the faucet running too long when I brush my teeth, shave, or shower. | 1 | 2 | 3 | 4 |

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| **“Other” HEALTH** | | | | |
| I believe life is a precious gift and that my life matters. | 1 | 2 | 3 | 4 |
| I take time to enjoy nature and the beauty around me. | 1 | 2 | 3 | 4 |
| I take time alone to think about what’s important in life—who I am, what I value, where I fit in, and where I’m going. | 1 | 2 | 3 | 4 |
| I have a sense of where by beliefs are on major issues. | 1 | 2 | 3 | 4 |
| I engage in acts of caring and goodwill without expecting something in return. | 1 | 2 | 3 | 4 |
| I feel sorrow for those who are suffering and try to help them through difficult times. | 1 | 2 | 3 | 4 |
| I look forward to each day as an opportunity for further growth and challenge. | 1 | 2 | 3 | 4 |
| I work for peace and want to help others | 1 | 2 | 3 | 4 |
| I have a great love and respect for all living things, and regard animals, etc., as important links in a vital living chain. | 1 | 2 | 3 | 4 |
| I push through and persevere during difficult times. | 1 | 2 | 3 | 4 |

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| **INTELLECTUAL HEALTH** | | | | |
| I carefully consider my options and possible consequences as I make choices in life. | 1 | 2 | 3 | 4 |
| I learn from my mistakes and try to act differently the next time. | 1 | 2 | 3 | 4 |
| I follow directions or recommended guidelines, avoid risks, and act in ways likely to keep myself and others safe. | 1 | 2 | 3 | 4 |
| I consider myself to be a wise health consumer and check reliable information sources before making decisions. | 1 | 2 | 3 | 4 |
| I am not persuaded by advertisements. | 1 | 2 | 3 | 4 |
| I have at least one hobby, learning activity, or personal growth activity that I make time for each week; something that improves me as a person. | 1 | 2 | 3 | 4 |
| I actively learn all I can about products and services before making decisions. | 1 | 2 | 3 | 4 |
| I manage my time well rather than let time manage me. | 1 | 2 | 3 | 4 |
| My friends and family trust my judgment. | 1 | 2 | 3 | 4 |
| I think about my self-talk (the things I tell myself) and then examine the evidence to see if my perceptions and feelings are sound. | 1 | 2 | 3 | 4 |

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| **SCORING** |
| *PERSONAL CHECKLIST Here are your scores in each of the health dimensions. Compare them to what would be considered optimal scores. Which areas do you need to work on? How does your score compare with how you rated yourself in the first part of the questionnaire?*  Top of Form   |  |  |  | | --- | --- | --- | |  | **Ideal Score** | **Your Score** | | Physical health | 40 |  | | Social health | 40 |  | | Intellectual health | 40 |  | | Emotional health | 40 |  | | Environmental health | 40 |  | | “Other” health | 40 |  | |  | 40 |  |   Bottom of Form  ***What Your Scores in Each Category Mean******Scores of 35–40:****Outstanding! Your answers show that you are aware of the importance of these behaviors in your overall health. More important, you are putting your knowledge to work for you by practicing good health habits that should reduce your overall risks. Although you received a very high score on this part of the test, you may want to consider areas where your scores could be improved.* ***Scores of 30–34:****Your health practices in these areas are very good, but there is room for improvement. Look again at the items you answered that scored one or two points. What changes could you make to improve your score? Even a small change in behavior can help you achieve better health.* ***Scores of 20–29:****Your health risks are showing! Find information about the risks you are facing and why it is important to change these behaviors. Perhaps you need help in deciding how to make the changes you desire. Assistance is available from this book, your professor, and student health services at your school. Consider making a change by filling out the Behavior Change Contract at the end of this book.* ***Scores below 20:****You may be taking unnecessary risks with your health. Perhaps you are not aware of the risks and what to do about them. Identify each risk area and make a mental note as you read the associated chapter in the book. Whenever possible, seek additional resources, either on your campus or through your local community health resources, and make a serious commitment to behavior change. If any area is causing you to be less than functional in your class work or personal life, seek professional help. In this book you will find the information you need to help you improve your scores and your health. Remember that these scores are only indicators, not diagnostic tools.* |