

# Personal Wellness Survey

© 2011 [www.SerenityPresentations.com](http://www.SerenityPresentations.com)

**Note:** Place 2 checks in the line if you consider the event to be major or severe.

## 1. Life Events: Check each one that currently applies to you.

- Have a disability
- Have chronic pain
- Have significant financial debt
- Currently unemployed
- Recently moved
- Recently retired
- Recently divorced
- Recently lost a spouse or significant other
- Recently lost a family member or close friend
- Recently broke up with a significant relationship
- Recently diagnosed with a serious health problem
- Family member or close friend with serious health problem
- You are taking care of your parent(s)
- You have a problem sleeping
- Do not get along with your boss/supervisor at work
- Do not get along with a co-worker
- Raising a grandchild or grandchildren
- Your adult child is living with you
- You are financially supporting your adult child

**Total number of checks for Item #1** \_\_\_\_\_

## 2. Personality and attitude: Check each one that currently applies to you.

- I have trouble letting go of things
- I get upset easily
- I get angry easily
- I cry often
- I never, ever cry
- I am very sensitive
- I often worry about things
- I prefer serious movies and books to comedies
- I rarely watched television sit-coms
- I hate to waste time
- I don't like to do something unless I can do it well
- I get angry with other drivers on the road
- I stop speaking to a friend/significant other when I am upset with them.

**Total number of checks for Item #2** \_\_\_\_\_

## 3. History: During the past week check the box if you . . .

- Went to a movie theater
- Went out for dinner with someone
- Traveled to see a close friend or family
- Took a day off when you were not sick
- Bought yourself something (other than necessities)
- Went for a walk
- Went for a drink or coffee with a friend
- Laughed out loud
- Read a good novel
- Took a vacation (in the past 6 months)

**Total number of checks for Item #3** \_\_\_\_\_

#### 4. Activities

Check all that apply:

- Exercise on a regular basis
- Meditate
- Practice Yoga
- Breathing exercises
- Read for enjoyment
- Creative outlet: (Play a musical instrument, paint, draw, ceramics, write, etc.)
- Have someone supportive that you can talk to
- Have a hobby that you are involved in on a regular basis
- Donate your time to help others
- Get 6 or more hours of sleep on a regular basis
- Listen to music often

**Total number of checks for Item #4** \_\_\_\_\_

#### 5. Love & Belonging

Check all that apply. Do you . . . . .

- Live with someone (spouse, significant other, friend, family, etc.)
- Have a good relationship with a spouse or significant other
- Have a strong, supportive family
- Have a strong, supportive group of close friends
- Involved with a professional organization (officer, board member, committee chair or member)
- Belong to a social organization
- Belong to a book club, garden club, etc.
- Belong to a service organization
- Belong to a church, synagogue, mosque, etc.
- Attend religious services on a regular basis
- Belong to a political organization

**Total number of checks for Item #5** \_\_\_\_\_

#### Review your results:

A. Total number of checks for Items 1 & 2 \_\_\_\_\_ (Stressors)

B. Total number of checks for Items 3, 4 & 5 \_\_\_\_\_ (Anti-stress)

Make a fraction with check number for A on the top, and the check number for B on the bottom

Example:  $\frac{A}{B} = \frac{4}{7}$  This is your wellness ratio.

The smaller the fraction the better your chances are for remaining balanced. If stressors in your life increase, you need to increase the anti-stress activities in order to maintain your wellness ratio.