How Healthy Are You?

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Introduction
“Healing” and “whole” are words that share the same root words. As someone who is engaged in healing, it is vital that you regularly take an in-depth look at your own health. Those who model healthy behaviors are more likely to bring about positive changes in the habits of others who seek their support.

The purpose of this survey is to give you an opportunity to consider your health status from a number of different perspectives. Different people will have different definitions of what “healthy” means to them; this survey is merely offered to encourage you explore your definition in greater depth. It is by no means intended to be comprehensive as far as all that health entails.

Please place a number from 0 to 5 in all the responses below. Score as follows:

0 = Never
1 = Seldom (a few times per year)
2 = Sometimes (a few times per month)
3 = Often (a few times per week)
4 = Frequently (most days of the week)
5 = Regularly (it is a routine part of life, it is something you could teach others about)

If it is difficult to base an answer on the timing of an activity, just score with 5 being “very healthy” down to 0 being “unhealthy.”
Physical and Environmental Health Assessment

_____ 1. Overall, I have a healthy diet
_____ 2. I drink adequate amounts of fluids (1/2 ounce per pound body weight)
_____ 3. I eat 7 or more servings of fruits/vegetables a day
_____ 4. I avoid potentially harmful foods (additives, pesticides, trans-fats, etc.)
_____ 5. I am free of physical pain
_____ 6. I avoid acute health problems (colds, injuries, etc.)
_____ 7. I am free of chronic illness
_____ 8. I am at the ideal body weight for someone my height
_____ 9. I exercise for 30 minutes, and 20 minutes of that is with my heart rate at 80% maximum (that is, 80% of 220 minus your age)
_____ 10. I do stretching exercises (Pilates, hatha yoga, Feldenkrais included)
_____ 11. I feel sexually fulfilled/regularly receive healthy touch from another person/people
_____ 12. I take deep, abdominal breaths
_____ 13. I feel good about my physical appearance
_____ 14. I regularly get a good night’s (7-8 hours) sleep
_____ 15. I am active in ways that require physical endurance (involve over an hour of physical activity)
_____ 16. I feel physically safe (in my home, my relationships, my workplace)
_____ 17. I consume potentially addictive substances in moderation (illicit drugs, alcohol, caffeine)
_____ 18. I avoid smoking/chewing
_____ 19. I am attentive to personal hygiene/grooming
_____ 20. I take time to enjoy sensual pleasures (good food, flowers, art, nature, massages, music)
_____ 21. I spend time outdoors/in nature
_____ 22. I feel ‘at home’ in my body
_____ 23. I have a healthy digestive system (normal bowel movements, minimal reflux, etc.)
_____ 24. I have clean water, outdoor air, indoor air, and physical surroundings (including my living quarters)
_____ 25. I feel physically healthy

__________TOTAL SCORE
Mental and Emotional Health Assessment

_____ 1. I have high self-esteem/feel happy with myself
_____ 2. I have fun
_____ 3. I laugh and make others laugh
_____ 4. I am comfortable with ‘negative’ emotions (sadness, guilt, anger, envy)
_____ 5. I engage in meditation, contemplation, counseling, journaling, or other activities that help me to explore my thoughts and feelings
_____ 6. I feel excited to be alive when I wake up in the morning
_____ 7. I concentrate well
_____ 8. I set goals and follow through with them
_____ 9. I have a good level of motivation
_____ 10. I find enjoyment and fulfillment in my work
_____ 11. My sleep is free of bad/disturbing dreams
_____ 12. I avoid being manipulative or controlling of others
_____ 13. I am filled with inner peace/tranquility/peace of mind
_____ 14. I feel compassion
_____ 15. I use relaxation techniques
_____ 16. I am free of stress
_____ 17. I engage in hobbies/artistic pursuits
_____ 18. I embrace change; I try new activities/experiences
_____ 19. I am comfortable with physical expressions of emotion (hugs, a hand on someone’s shoulder, etc.)
_____ 20. I keep my mind active and stimulated
_____ 21. I use my talents/skills
_____ 22. I have a good memory
_____ 23. I am able to handle fear and anxiety
_____ 24. I am mentally healthy
_____ 25. I am emotionally healthy

__________TOTAL SCORE
Spiritual and Social Health Assessment

_____ 1. I actively use my intuition to help guide my decisions
_____ 2. I take time to think about/communicate with a higher power or to consider my beliefs about whether or not a higher power exists
_____ 3. I am compassionate toward others (people, animals, the natural world)
_____ 4. I spend time exploring my spirituality (spirituality being whatever brings hope, meaning, comfort, inner peace, and joy into your life)
_____ 5. I take time to be creative
_____ 6. I learn and grow from my negative experiences
_____ 7. I feel a sense of belonging to a group or community (neighborhood, interest group, church congregation, etc.)
_____ 8. I have ‘deep’ conversations with others
_____ 9. I have healthy family relationships/spend time with my family
_____ 10. I have healthy relationships with friends and spend time enjoying them
_____ 11. I am able to be in/am in a committed relationship
_____ 12. I feel a sense of meaning and purpose
_____ 13. I have a sense of my life’s work/a life’s calling
_____ 14. I experience unconditional love/platonic love
_____ 15. I am comfortable with death and dying
_____ 16. I am able to forgive others
_____ 17. I do volunteer/charity work
_____ 18. I feel inspired by events/people/experiences
_____ 19. I avoid unproductive/negative encounters with other people
_____ 20. I am able to apologize/acknowledge my mistakes
_____ 21. I am able to forgive myself
_____ 22. I live in a way that is attuned to ecological/environmental health
_____ 23. I take time to focus on what really matters to me
_____ 24. I am spiritually healthy
_____ 25. I am healthy in terms of my relationships with others

TOTAL SCORE
Scoring

**370-375** – You are superhuman. In fact, you can use your superpowers to fly right on out of here and do something else with your time!

**325-370** – Optimal health. There is always room for growth, though you seem to be doing well. Keep going deeper. Be sure to explore your motivations for staying healthy. Are those motivations healthy too?

**275-324** – Excellent health. You are likely a great role model for others, and are likely equipped to handle the challenges of taking care of others. How can you fine-tune things?

**225-274** – Good health. Pinpoint areas where you can keep moving forward, and keep up the good work.

**175-224** – Fair health. There is room for improvement, and there is nothing wrong with that. Search for particular problems, patterns, or attitudes that may be limiting your living healthily.

**125-174** – Below average health. Were there any overall trends you can address? Don’t hesitate to enlist help from others along the way. What are the barriers that limit your ability to reach your health goals?

**75-124** – Surviving. Remember, it is good to ask for help and support. Is there something fundamental about how you are living your live that needs to be changed so that your health can improve?

**Under 74** – Get help NOW.

Of course, the scoring on these is somewhat arbitrary. Test yourself over time and see what trends your scores follow.
Points to Ponder

One focus of this site is mindfulness. Mindfulness involves noticing what arises during various activities. Consider the following:

- How did you feel while taking this survey? Why? Where in your body were those feelings located?
- Was there a particular area where you scored relatively high? Relatively low? Why might that be?
- Did taking this survey seem overwhelming (as it does for many people)? Can you take just one of the questions and give it your full attention for a day or a week? Do these have to be part of a ‘to do’ list, or might you look at the items in the survey in another way? Do you feel like you have to do everything completely right to feel like you are healthy?
- Do you agree these items are truly of importance? If they don’t seem important, that is fine, but spend some time thinking about how they relate to you and your life. How well do your balance your time among the different aspects of your health? Does how you live reflect what matters most to you?
- What is limiting you as you work to enhance your health? How might those limitations be circumvented. If they can’t be, what steps can you take, despite them?

This health assessment was inspired, in part, by a survey offered by the American Holistic Medical Association.