

## 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 life 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 you 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.*