

Summer Wellness Series

Select the response from the drop down that best applies to you for each statement.

Emotional	Select Response
I find healthy ways to cope with stress (exercise, meditation, self care activities).	
I am able to ask for assistance when I need it, from friends, family, or professionals.	
I accept responsibility for my own actions.	
I am able to set priorities.	
I feel good about myself and believe others like me for who I am.	
I am flexible and able to adapt to life's challenges in a positive way.	
I can express all ranges of feelings (hurt, sadness, fear, anger, joy etc.) and manage emotion-related behaviors in a healthy way.	
I maintain a balance of work, friends, family, school/work obligations	
I do not let my emotions get the better of me. I think before I act.	
I have a healthy relationship with social media.	
Points Possible:	Your Total

Your Percentage:

Your total is your score out of a possible of 40 points. Your percentage is calculated for you. The closer you are to 100% indicates the strength of your wellness in this domain. Lower percentages suggest you may wish to put some extra attention on this domain.

*This assessment has been adapted from the work of Peggy Swarbrick and Jay Yudof