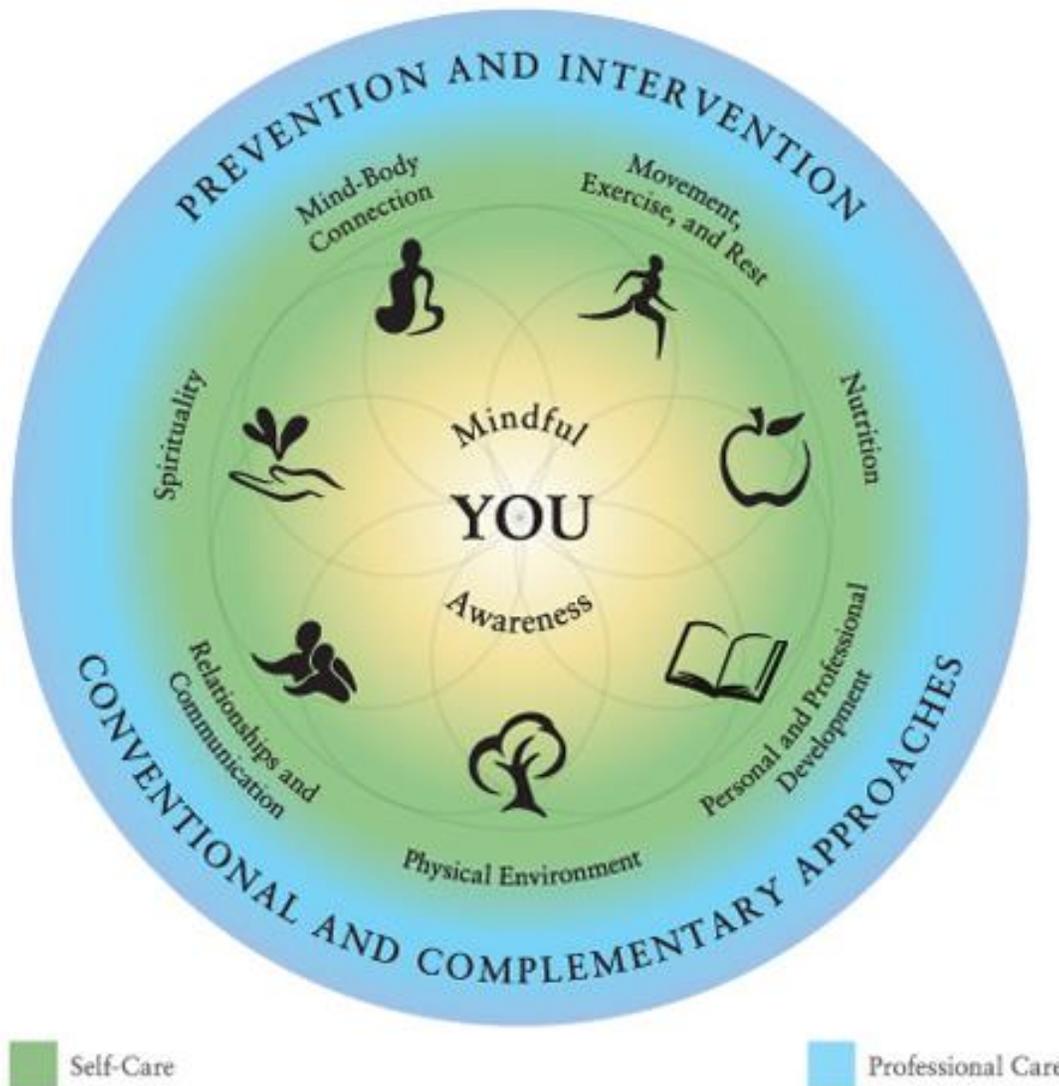


Whole Health Self-Assessment

WHEEL OF HEALTH



Duke Integrative Medicine. (2017). Wheel of Health. Reproduced from <https://www.dukeintegrativemedicine.org/patient-care/wheel-of-health/>

Whole Health Self-Assessment

What do you need or want your health for?

In other words, what is most important to you about your health? What makes it important to you? How would you like to feel and look? What activities would you like to be able to do? What would good health be like for you? Use the 'Wheel of Health' on the cover page to assist you in thinking about areas of your life or activities that are important to you that you need your health for.

Examples: I would like to have the energy and stamina to play with my grandchildren; I need my health to provide for my loved ones; I would like to lose weight to fit into a certain article of clothing.

What is most important for us to accomplish together?

Whole Health Self-Assessment

Your Current & Desired States: The Seven Areas of Self-Care

The Wheel of Health has seven areas that are important for achieving the best health and highest level of well-being. All the areas are important, and some are strongly connected to other areas. For each area consider where you are now and where you would like to be. Try to fill out as many areas as you can.

<p><i>Movement, Exercise, and Rest:</i> <i>Movement and exercise are some of the single most important activities you can do to improve your mental, emotional, and physical health. People that exercise regularly sleep better, have more energy, are happier, and live longer. Rest and relaxation through sleep and leisure activities restores your body and improves your mood, and is an essential part of a healthy lifestyle.</i></p>	
<p><i>1 = I have trouble sleeping/relaxing and I do not exercise</i></p> <p><i>10 = I sleep and exercise regularly</i></p> <p><i>Where you are now: Please rate yourself</i></p> <p><i>1 2 3 4 5 6 7 8 9 10</i></p>	<p><i>1 = I have trouble sleeping/relaxing and I do not exercise</i></p> <p><i>10 = I sleep and exercise regularly</i></p> <p><i>Realistically, what level do you see yourself improving to?</i></p> <p><i>1 2 3 4 5 6 7 8 9 10</i></p>
<p><i>How did you decide on this number?</i></p>	<p><i>What would you be willing to do to get to a higher level? What changes could you make to help you get there?</i></p>

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<p>Nutrition: You can improve your health through the food you eat by providing your body with healthy, balanced meals with plenty of fruits and vegetables each and every day. Also, drinking enough water and limiting sodas, sweetened drinks, and alcohol can help with weight loss and improve energy levels.</p>	
<p>1 =My diet is very poor.</p> <p style="text-align: right;">10 = I eat healthy meals</p> <p>Where you are now: Please rate yourself</p> <p style="text-align: center;">1 2 3 4 5 6 7 8 9 10</p>	<p>1 =My diet is very poor.</p> <p style="text-align: right;">10 = I have a healthy diet</p> <p>Realistically, what level do you see yourself improving to?</p> <p style="text-align: center;">1 2 3 4 5 6 7 8 9 10</p>
<p>How did you decide on this number?</p>	<p>What would you be willing to do to get to a higher level? What changes could you make to help you get there?</p>

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<p>Physical Environment: <i>Your surroundings at work and at home can nurture your physical, emotional, and spiritual health. Having comfortable, safe, and healthy spaces where you work and live is important. Improving the quality of air, water, and color while decreasing unpleasant clutter, noises, and smell can make you happier and healthier.</i></p>	
<p><i>1 = My surroundings are unsafe, cluttered, and/or stressful.</i></p> <p><i>10 = I have a safe, clean, and comfortable home and workplace</i></p> <p><i>Where you are now: Please rate yourself</i></p> <p>1 2 3 4 5 6 7 8 9 10</p>	<p><i>1 = My surroundings are unsafe, cluttered, and/or stressful.</i></p> <p><i>10 = I have a safe, clean, and comfortable home and workplace</i></p> <p><i>Realistically, what level do you see yourself improving to?</i></p> <p>1 2 3 4 5 6 7 8 9 10</p>
<p><i>How did you decide on this number?</i></p>	<p><i>What would you be willing to do to get to a higher level? What changes could you make to help you get there?</i></p>

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Personal and Professional Development: Finding a way to balance responsibilities and goals where you live, work, and volunteer is important to your health. Learning and growing, developing abilities, and pursuing your life goals (personal and professional) all support your ongoing health and wellness.

1 = I am unhappy with the direction of my life

10 = I like what I do and am happy with the direction of my life

Where you are now: Please rate yourself

1 2 3 4 5 6 7 8 9 10

1 = I am unhappy with the direction of my life

10 = I like what I do and am happy with the direction of my life

Realistically, what level do you see yourself improving to?

1 2 3 4 5 6 7 8 9 10

How did you decide on this number?

What would you be willing to do to get to a higher level? What changes could you make to help you get there?

Whole Health Self-Assessment

<p>Relationships and Communication: Research demonstrates that supportive relationships with your family, friends, and co-workers based on open, respectful communication can have a dramatic beneficial effect on your health</p>	
<p>1 = I do not have open, supportive, relationships with the people in my life</p> <p>10 = I have open, supportive, relationships with the people in my life</p> <p>Where you are now: Please rate yourself</p> <p>1 2 3 4 5 6 7 8 9 10</p>	<p>1 = I do not have open, supportive, relationships with the people in my life</p> <p>10 = I have open, supportive, relationships with the people in my life</p> <p>Realistically, what level do you see yourself improving to?</p> <p>1 2 3 4 5 6 7 8 9 10</p>
<p>How did you decide on this number?</p>	<p>What would you be willing to do to get to a higher level? What changes could you make to help you get there?</p>

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<i>Spirituality: When you have a deep understanding of the purpose and meaning in your life, all aspects of your physical and emotional health benefit.</i>	
<p><i>1 = I lack purpose & meaning in my life</i></p> <p><i>10 = I have a clear sense of purpose</i></p> <p><i>Where you are now: Please rate yourself</i></p> <p><i>1 2 3 4 5 6 7 8 9 10</i></p>	<p><i>1 = I lack purpose & meaning in my life</i></p> <p><i>10 = I have a clear sense of purpose</i></p> <p><i>Realistically, what level do you see yourself improving to?</i></p> <p><i>1 2 3 4 5 6 7 8 9 10</i></p>
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<i>Mind-Body Connection: You can strengthen and utilize the strong connection between the mind and body to optimize your health and life.</i>	
<p><i>1 = I am frequently stressed, anxious or depressed</i></p> <p><i>10 = I manage my stress well</i></p> <p><i>Where you are now: Please rate yourself</i></p> <p><i>1 2 3 4 5 6 7 8 9 10</i></p>	<p><i>1 = I am frequently stressed, anxious or depressed</i></p> <p><i>10 = I manage my stress well</i></p> <p><i>Realistically, what level do you see yourself improving to?</i></p> <p><i>1 2 3 4 5 6 7 8 9 10</i></p>
<p><i>How did you decide on this number?</i></p>	<p><i>What would you be willing to do to get to a higher level? What changes could you make to help you get there?</i></p>