Healthy you assessment worksheet

This self assessment provides an overview of effective strategies to maintain a healthy you. The lists are not definitive, merely suggestions. After completing the assessment, choose one item from each area that you will actively work to improve.

Using the scale below, rate the following areas in terms of frequency:

5 = Frequently
4 = Occasionally
3 = Rarely
2 = Never
1 = It never occurred to me

My Body
___ Eat regularly (for example, breakfast, lunch and dinner)
___ Eat healthily
___ Exercise
___ Get regular medical care for prevention
___ Get medical care when needed
___ Take time off when needed
___ Access alternative therapies (for example, massages, Reiki, reflexology, acupuncture)
___ Dance, swim, walk, run, play sports or do some other physical activity that is fun
___ Take time to be affectionate/intimate
___ Get enough sleep
___ Wear clothes you like
___ Take annual leave, go away or have a ‘staycation’
___ Take day trips or mini-holidays
___ Make time away from telephones, computers, television, social media
___ Other:
My Mind

___ Make time for self-reflection
___ Take time for personal development
___ Write a journal
___ Read literature that is unrelated to work
___ Do something that you are not an expert or in charge of
___ Reduce stress in your life
___ Let others see different sides of you
___ Notice your inner experience—listen to your thoughts, judgements, beliefs, attitudes, feelings
___ Engage in new activities, for example, go to a museum, exhibition, sports event, and theatre performance, something which will stimulate you outside your usual activities
___ Practise receiving from others
___ Be curious
___ Say “no” to extra responsibilities when necessary
___ Other:

My Heart

___ Spend time with others whose company you enjoy
___ Stay in contact with important people in your life
___ Give yourself affirmations, praise yourself
___ Love yourself, show self-compassion
___ Re-read favourite books, re-watch favourite movies
___ Identify comforting activities, objects, people, relationships and places, and seek them out
___ Allow yourself to cry if you feel tearful
___ Find things that make you laugh
___ When needed, express your outrage in social action, letters, donations, marches and protests
___ Take time to play games or play with others such as social groups, friends, children, pets
___ Other:
### My Spirit
- Make time for contemplation
- Connect with your self, others, nature or a higher power
- Be open to inspiration
- Cherish your optimism and hope
- Be aware of the non-material aspects of life
- Be open to not knowing
- Identify what is meaningful to you and notice its place in your life
- Have experiences of awe
- Contribute to causes in which you believe
- Read inspirational literature
- Other:

### My Work and Career
- Take breaks during the work day or studies
- Take time to chat with peers or co-workers
- Make quiet time to complete tasks
- Identify projects or tasks that are exciting and rewarding
- Set boundaries with others (patients and colleagues)
- Balance your workload or academic work so that no one day or part of a day is “too much”
- Arrange your workspace so it is comfortable and comforting
- Get regular one to ones, supervision or professional advice
- Negotiate to ensure your professional and continuing professional development needs are met
- Engage in peer support
- Other:

### My Balance
- Strive for balance within your work life and work day
- Strive for balance between work, family, relationships, play and rest