## Mini Wellness Assessment

### How to Complete the Assessment

Take a few moments to find a quiet space to assess each area of wellness using the following criteria:

- 3 - I do this frequently
- 2 - I do this occasionally
- 1 - I do this rarely
- 0 - I never do this
- ? - I never thought about this area of self-care

### Why do we need to assess our wellness?

The first step of creating sustainable wellness practices is taking a moment to have a quick check-in with ourselves.

The following mini-assessment will help us to identify areas where our current wellness practices are working well and identify areas that may no longer be serving us.

### Body

- Wear clothes that make me feel good about myself
- Eat regularly (eg. breakfast, lunch, and dinner)
- Get a full night sleep
- Access preventative medical care
- Engage in physical activities that spark joy

### Mind

- Engage in activities that comfort me
- Recognize my own strengths and achievements
- Actively minimizing stress in my life
- Engage my intelligence in a new area (eg. a new hobby)
- Engage in cognitive activities that cultivating joy, such as reading

### Soul

- Taking time for self-reflection
- Identify and prioritize things that give meaning in my life
- Spend Time in nature or spaces that bring calmness
- Take time for activities that spark inspiration
- Practice self-compassion

### Social

- Take time to talk with a trusted support network
- Spend time with friends and families
- Ask for help from loved ones when I need It
- Stay in contact with people most important in my life
- Only engage in social activities as they serve me

### Professional

- Take daily scheduled wellness breaks
- Arrange my workspace so it is comforting & comfortable
- Honor work/life boundaries (eg. check email only during work hours)
- Take meaningful time off from work to Replenish
- Utilize wellness and self-care plans