



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 others

