

# UBwell



## Personal Emotional Wellness Assessment

	Rarely, if ever	Sometimes	Most of the time	Always
1 I am able to ask for assistance when I need it, from either friends and family, or professionals.	1	2	3	4
2 I am able to recognize the stressors in my life and have ways to reduce those stressors.	1	2	3	4
3 I accept responsibility for my own actions.	1	2	3	4
4 I am able to set priorities.	1	2	3	4
5 I try to avoid chronic worry and I am not usually suspicious of others.	1	2	3	4
6 I feel good about myself and believe others like me for who I am.	1	2	3	4
7 I am flexible and adapt or adjust to life's challenges in a positive way.	1	2	3	4
8 I can express all ranges of feelings and manage related behaviors in a healthy way.	1	2	3	4
9 I maintain balance of work, family, friends and other obligations.	1	2	3	4
10 I do not let my emotions affect my behaviors and I think before I act.	1	2	3	4
Total				
Maximum Score: 40				

After completing this assessment I was surprised to learn:

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I was disappointed that:

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Things I am currently doing to help improve my physical wellness are:

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Things that I will do differently or change to make my physical wellness a priority are:

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