

WELLNESS ASSESSMENT FOR SOCIAL SERVICE REPRESENTATIVES AT PARKRIDGE VALLEY

The following assessment is based off of The Six Dimensions of Wellness from the National Wellness Institute.

Indicate how much you agree with the following statements.	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
I continue to take opportunities to develop practical skills in my work.					
The work that I do is consistent with my values, interests, and beliefs.					
My diet consists of foods and drinks that improve my health.					
I get the exercise that my body needs.					
I meaningfully contribute to those around me.					
I live in harmony with the people in my life.					
My mind is challenged with intellectual and/or creative goals.					
I am proactive in anticipating and appropriately addressing problems.					
I give thought to what gives my life meaning, while remaining openminded to others.					
I live in a way that is true to who I am.					
I am mindful about my emotions.					
I feel optimistic about life.					

National Wellness Institute. (n.d.). The six dimensions of wellness.

<https://nationalwellness.org/resources/six-dimensions-of-wellness/>