

Exercise

Your

Mind, Body, and Soul

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# Objectives

After completing this module you will be able to . . .

- Describe how the concept of balancing reduces job burnout.
- Explain six dimensions of “balancing.”
- Prepare an action plan for improvement in the way you balance your life.

“The concept of total wellness recognizes that our every thought, word, and behavior affects our greater health and well-being. And we, in turn, are affected not only emotionally but also physically and spiritually.”

To me, the concept of balancing my life is like \_\_\_\_\_  
because \_\_\_\_\_.

## Social

Includes pursuing harmony with family and emphasizes interdependence with others and nature.

Examples

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### Social Wellness Assessment

**Almost always = 2 points**

**Sometimes/occasionally = 1 point**

**Very seldom = 0 points**

- \_\_\_\_\_ 1. I contribute time and/or money to social and community projects.
- \_\_\_\_\_ 2. I am committed to a lifetime of volunteerism.
- \_\_\_\_\_ 3. I exhibit fairness and justice in dealing with people.
- \_\_\_\_\_ 4. I have a network of close friends and/or family.
- \_\_\_\_\_ 5. I am interested in others, including those from different backgrounds than my own.
- \_\_\_\_\_ 6. I am able to balance my own needs with the needs of others.
- \_\_\_\_\_ 7. I am able to communicate with and get along with a wide variety of people.
- \_\_\_\_\_ 8. I obey the laws and rules of our society.
- \_\_\_\_\_ 9. I am a compassionate person and try to help others when I can.
- \_\_\_\_\_ 10. I support and help with family, neighborhood, and work social gatherings.

\_\_\_\_\_ **Total for Social Wellness Dimension**

Score: **15 to 20 Points** - Excellent strength in this dimension.

Score: **9 to 14 Points** - There is room for improvement. Look again at the items in which you scored 1 or 0. What changes can you make to improve your score?

Score: **0 to 8 Points** - This dimension needs a lot of work. Look again at this dimension and challenge yourself to begin making small steps toward growth here.

## Intellectual

Encourages creative, stimulating mental activities - learning how to use the resources available to expand knowledge, improve skills, solve problems, increase potential for sharing with others.

Examples

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### Intellectual Wellness Assessment

**Almost always = 2 points**

**Sometimes/occasionally = 1 point**

**Very seldom = 0 points**

- \_\_\_\_\_ 1. I am interested in learning new things.
- \_\_\_\_\_ 2. I try to keep abreast of current affairs - locally, nationally, and internationally.
- \_\_\_\_\_ 3. I enjoy attending lectures, plays, musical performances, museums, galleries, and/or libraries.
- \_\_\_\_\_ 4. I carefully select movies and television programs.
- \_\_\_\_\_ 5. I enjoy creative and stimulating mental activities/games.
- \_\_\_\_\_ 6. I am happy with the amount and variety that I read.
- \_\_\_\_\_ 7. I make an effort to improve my verbal and written skills.
- \_\_\_\_\_ 8. A continuing education program is/will be important to me in my career.
- \_\_\_\_\_ 9. I am able to analyze, synthesize, and see more than one side of an issue.
- \_\_\_\_\_ 10. I enjoy engaging in intellectual discussions.

\_\_\_\_\_ **Total for Intellectual Wellness Dimension**

Score: **15 to 20 Points** - Excellent strength in this dimension.

Score: **9 to 14 Points** - There is room for improvement. Look again at the items in which you scored 1 or 0. What changes can you make to improve your score?

Score: **0 to 8 Points** - This dimension needs a lot of work. Look again at this dimension and challenge yourself to begin making small steps toward growth here.

## Spiritual

Involves developing a strong sense of personal values and ethics and seeking meaning and purpose in human existence.

Examples

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### Spiritual Wellness Assessment

**Almost always = 2 points**

**Sometimes/occasionally = 1 point**

**Very seldom = 0 points**

- \_\_\_\_\_ 1. I feel comfortable and at ease with my spiritual life.
- \_\_\_\_\_ 2. There is a direct relationship between my personal values and daily actions.
- \_\_\_\_\_ 3. When I get depressed or frustrated, my spiritual beliefs and values give me direction.
- \_\_\_\_\_ 4. Prayer, meditation, and/or quiet personal reflection is/are important in my life.
- \_\_\_\_\_ 5. Life is meaningful for me, and I feel a purpose in life.
- \_\_\_\_\_ 6. I am able to speak comfortably about my personal values and beliefs.
- \_\_\_\_\_ 7. I am consistently striving to grow spiritually and I see it as a lifelong process.
- \_\_\_\_\_ 8. I am tolerant of and try to learn about others' beliefs and values.
- \_\_\_\_\_ 9. I have a strong sense of life optimism and use my thoughts and attitudes in life-affirming ways.
- \_\_\_\_\_ 10. I appreciate the natural forces that exist in the universe.

\_\_\_\_\_ **Total for Spiritual Wellness Dimension**

Score: **15 to 20 Points** - Excellent strength in this dimension.

Score: **9 to 14 Points** - There is room for improvement. Look again at the items in which you scored 1 or 0. What changes can you make to improve your score?

Score: **0 to 8 Points** - This dimension needs a lot of work. Look again at this dimension and challenge yourself to begin making small steps toward growth here.

## Occupational

Refers to the ability to make choices at work, which will enhance your personal and professional satisfaction and promote lifelong learning. It includes making choices about fostering positive attitudes toward work and our coworkers.

Examples

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### Occupational Wellness Assessment

**Almost always = 2 points**

**Sometimes/occasionally = 1 point**

**Very seldom = 0 points**

- \_\_\_\_\_ 1. I am happy with my career choice.
- \_\_\_\_\_ 2. I look forward to work.
- \_\_\_\_\_ 3. My job responsibilities/duties are consistent with my values.
- \_\_\_\_\_ 4. The payoffs/advantages in my career field choice are consistent with my values.
- \_\_\_\_\_ 5. I am happy with the balance between my work time and leisure time.
- \_\_\_\_\_ 6. I am happy with the amount of control I have in my work.
- \_\_\_\_\_ 7. My work gives me personal satisfaction and stimulation.
- \_\_\_\_\_ 8. I am happy with the professional/personal growth provided by my job.
- \_\_\_\_\_ 9. I feel my job allows me to make a difference in the world.
- \_\_\_\_\_ 10. My job contributes positively to my overall well-being.

\_\_\_\_\_ **Total for Occupational Wellness Dimension**

Score: **15 to 20 Points** - Excellent strength in this dimension.

Score: **9 to 14 Points** - There is room for improvement. Look again at the items in which you scored 1 or 0. What changes can you make to improve your score?

Score: **0 to 8 Points** - This dimension needs a lot of work. Look again at this dimension and challenge yourself to begin making small steps toward growth here.

## Physical

Encourages regular physical activity for cardiovascular, flexibility, and strength.

Encourages knowledge about food, nutrition, and medical care.

Discourages the use of tobacco, drugs and immoderate or illegal use of alcohol.

Examples

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### Physical Wellness Assessment

**Almost always = 2 points**

**Sometimes/occasionally = 1 point**

**Very seldom = 0 points**

- \_\_\_\_\_ 1. I exercise aerobically (vigorous, continuous) for 20 to 30 minutes at least three times per week.
- \_\_\_\_\_ 2. I eat fruits, vegetables, and whole grains every day.
- \_\_\_\_\_ 3. I avoid tobacco products.
- \_\_\_\_\_ 4. I wear a seat belt while riding in and driving a car.
- \_\_\_\_\_ 5. I deliberately minimize my intake of cholesterol, dietary fats, and oils.
- \_\_\_\_\_ 6. I avoid drinking alcoholic beverages or I consume no more than one drink per day.
- \_\_\_\_\_ 7. I get an adequate amount of sleep.
- \_\_\_\_\_ 8. I have adequate coping mechanisms for dealing with stress.
- \_\_\_\_\_ 9. I maintain a regular schedule of immunizations, physicals, dental checkups and self-exams.
- \_\_\_\_\_ 10. I maintain a reasonable weight, avoiding extremes of overweight and underweight.

\_\_\_\_\_ **Total for Physical Wellness Dimension**

Score: **15 to 20 Points** - Excellent strength in this dimension.

Score: **9 to 14 Points** - There is room for improvement. Look again at the items in which you scored 1 or 0. What changes can you make to improve your score?

Score: **0 to 8 Points** - This dimension needs a lot of work. Look again at this dimension and challenge yourself to begin making small steps toward growth here.

## Emotional

The awareness and acceptance of our own feelings and the feelings of others. It's the ability to acknowledge and share feelings of anger, stress, sadness or fear as well as joy, happiness, hope, and love.

Examples

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### Emotional Wellness Assessment

**Almost always = 2 points**

**Sometimes/occasionally = 1 point**

**Very seldom = 0 points**

- \_\_\_\_\_ 1. I am able to develop and maintain close relationships.
- \_\_\_\_\_ 2. I accept the responsibility for my actions.
- \_\_\_\_\_ 3. I see challenges and change as opportunities for growth.
- \_\_\_\_\_ 4. I feel I have considerable control over my life.
- \_\_\_\_\_ 5. I am able to laugh at life and myself.
- \_\_\_\_\_ 6. I feel good about myself.
- \_\_\_\_\_ 7. I am able to appropriately cope with stress and tension and make time for leisure pursuits.
- \_\_\_\_\_ 8. I am able to recognize my personal shortcomings and learn from my mistakes.
- \_\_\_\_\_ 9. I am able to recognize and express my feelings.
- \_\_\_\_\_ 10. I enjoy life.

\_\_\_\_\_ **Total for Emotional Wellness Dimension**

Score: **15 to 20 Points** - Excellent strength in this dimension.

Score: **9 to 14 Points** - There is room for improvement. Look again at the items in which you scored 1 or 0. What changes can you make to improve your score?

Score: **0 to 8 Points** - This dimension needs a lot of work. Look again at this dimension and challenge yourself to begin making small steps toward growth here.

## My Action Plan

1. Describe three things you learned about the balance in your own life.

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2. What are some things you need to do differently to bring more balance to your life?

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3. Pick one of the items in #2 and create a specific plan:

Write the steps you will take, and a completion date for each:

What I need to do differently \_\_\_\_\_

Step 1 \_\_\_\_\_ by (date) \_\_\_\_\_

Step 2 \_\_\_\_\_ by (date) \_\_\_\_\_

Step 3 \_\_\_\_\_ by (date) \_\_\_\_\_

4. How do you expect your life to be different after you have accomplished this goal?

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“Live with intention. Walk to the edge. Listen hard. Practice wellness. Play with abandon. Laugh. Choose with no regret. Appreciate your friends. Continue to learn. Do what you love. Live as if this is all there is.”