

Dimension of Health – What does your personal profile look like?

In Month 3 (November), we will talk about the “nuts and bolts” of care of your physical body. Take some time with these questions and consider *your WHOLE wellness*. The answers only need to be shared if you want to. They are meant only for personal awareness and to help guide you on a more multidimensional approach to wellness, to building resilience and hardiness and to enhance your ability to THRIVE within life’s challenges.

Green Woman Diane



Physical (you can cross reference these to Physical Health Maintenance document found on resource page)

1. When was your last complete physical (not by an OB/GYN)?
2. When were your last blood tests, including for HCV, HBV, HIV or STDs?
3. When was your last dental visit?
4. When was your last immunization?
5. If you don't take immunizations, what do you do to build your immunity?
6. What is your current fat to muscle ratio?
<https://www.healthline.com/health/muscle-mass-percentage>
7. Have you screened yourself for depression or substance use/overuse?
8. When was your last mammogram? Do you do a monthly Self Breast Exam?
9. What is your Blood Pressure?
10. What is your Fasting Blood Sugar?
11. When was your last eye exam?
12. When was your last PAP test? HPV test? Pelvic Exam?
13. Do you need lung cancer screening?
14. Do you need a DEXA scan for osteoporosis screening?
15. Can you get up from a seated position from the floor?
16. How do work your core daily?
17. Do you practice posture correcting and balancing exercises?
18. Have you done a complete skin cancer screening? Are you at high risk?
19. How much sleep do you get on average? Is the sleep uninterrupted?

20. How many times a week do you eat something that is pre-packaged (including those things labeled as organic or healthy, protein supplement bars, bottled drinks of any kind, etc)?
22. How many times a week do you cook?
23. What is in your tap water? How do you find this out?
24. How many days a week do you engage in 30 min of exercise? How much is enough for you and how much is too much?

25. What is the one health decision you can make today that will make a difference in your feeling of wellbeing?

Occupational

1. Are you able to contribute your unique gifts, talents, and skills in your work?
2. Does your work mesh with your personal values and goals?
3. Is your work both meaningful and rewarding?
4. Do you have symptoms of burnout?

Social

1. What is the interdependence between you and your community? Your natural environment?
2. How do you contribute to the common welfare of your community?
3. Who is your support person? Your support team? Is there a toxic person in your tribe?

Intellectual

1. What do you do for fun?
2. How do you use your creative self?
3. What stimulating mental activities do you engage in?

Spiritual

1. Do you have a regular spiritual practice?
2. How do you deal with feelings of doubt, despair, fear, disappointment?
3. How much do you celebrate joy, happiness, and discovery?
4. Do you have a personal value statement?

Emotional

1. Do you take time to recharge after big events?
2. How do you manage your feelings, both positive and negative?
3. What are your coping strategies?
4. Are your relationships based on commitment, trust and respect?
5. Are you able to express your feelings openly and effectively?