

# Are you living a healthy life?

## Healthy Life Self-Assessment



Healthy mind, body, spirit and social relationships are all essential for well-being. These areas cover several basic parts of a person's life. Being healthy in these areas will help you to get ahead rather than just get by. In order to reach your goals it is important to remember to focus on not only your physical health, but also your spiritual and mental needs. This self-assessment was created to help you identify challenges and strengths so that you can set goals and tackle them one by one for a more balanced lifestyle.

## Resources

### Body & Mind

Physical and mental challenges can typically be helped by medical professionals. There are a few resources listed below, but we encourage you to visit the Human Services Directory website for more possibilities.

**Alcoholics/Narcotics Anonymous**

814-452-2675

**Community Health Net**

1202 State Street, Erie  
814-454-4530 Ext. 269

**Erie County Care Management**

1601 Sassafras St., Erie  
814-528-0600

**Mental Health Association**

1101 Peach Street, Erie  
814-452-4462

**Safe Harbor**

1330 West 26th Street, Erie  
814-456-2014

**SafeNet**

Hotline: 814-454-8161

**Stairways**

2910 State Street, Erie  
814-454-5686

**St. Paul's Free Clinic**

1608 Walnut Street, Erie  
814-454-8755

**Wayne Primary Care**

650 East Avenue, Erie  
814-455-5505

**Medline Plus**

<http://www.nlm.nih.gov/>

### Social & Spiritual

Social and spiritual resources are just as important as physical and mental health. However, resources can be more difficult to identify and there is no one right answer for everyone. Below are a few options, but we encourage you to ask other friends and family for recommendations.

**Newspaper/local websites**

*See what is happening in your neighborhood.*

Erie Times News/ Goerie.com

Erie Reader

West County News Journal

North East News Journal

**Human Services Directory**

*Listing for recreational organizations.*

[hsd.gannon.edu](http://hsd.gannon.edu)

**Get Connected**

*Look for volunteer experiences that you will enjoy and take advantage of the opportunity to meet others with like interests.*

[www.getconnectederie.org](http://www.getconnectederie.org)

**Faith Groups**

*Seek out others who share your beliefs and don't be afraid to try multiple times to find a good fit for you.*

Churches, mosques, synagogues, temples, etc.

**Faith Community Nurses of Northwest PA**

[bl.shalom2u@gmail.com](mailto:bl.shalom2u@gmail.com)

**Life Coaching**

*Many organizations provide counseling that can help you work through challenges.*

This may include: Spiritual counselors, Spiritual Coaching, Spiritual Guidance, Christian Counseling

For more resources visit: [hsd.gannon.edu](http://hsd.gannon.edu)

## Goals for a healthier me

Use the space below to write down goals based on your highest scoring areas from the self-assessment on the other side. Write 2-4 goals then number them in the order you want to achieve them. After you prioritize, think about the steps necessary to reach your goal and who can help you along the way. Celebrate achievements – no matter how small – as you work toward your goals.

Erie Together provides a mentoring program to help individuals set and achieve self-sufficiency goals. If you are interested in the Family Action Team process, contact Kathy Stearns at 814-459-4581 x652 or visit [erietogether.org](http://erietogether.org).

| Goal | Priority | Action Steps<br>(What do you need to do to get there?) | Who can help? | Start Date | I did it ☺<br><input checked="" type="checkbox"/> |
|------|----------|--|---------------|------------|---|
|      |          | 1.<br>2.<br>3.   |               |            | <input type="checkbox"/>                          |
|      |          | 1.<br>2.<br>3.   |               |            | <input type="checkbox"/>                          |
|      |          | 1.<br>2.<br>3.   |               |            | <input type="checkbox"/>                          |

# Healthy Life Self-Assessment

Tips for success:

- Be honest with yourself
- Set reachable goals
- Don't be afraid to ask for help  
- *You don't have to do it alone!*

For each of the following sections, circle the number that best represents you in regards to the statement. When you are finished, review the highest scoring statements, decide which of those are most important to you, and set goals based on your priorities (writing them down makes it more real so use the back page).

|  | Does Not apply | Strongly agree | Somewhat agree | Plan on Doing | Somewhat Disagree | Strongly Disagree | Add up the number you circled.<br>If you score a:   |
|--|----------------|----------------|----------------|---------------|-------------------|-------------------|---|
| <b>BODY: Physical Health</b>   |                |                |                |               |                   |                   |   |
| I regularly see a doctor and go to follow up appointments.   |                | 1              | 2              | 3             | 4                 | 5                 | <p><b>7-12 You are thriving:</b> You're doing great! Your healthy habits are reducing the risk of preventable disease. Continue to see a doctor regularly to discuss other physical health areas that may need to be addressed. Encourage family and friends to have healthy habits.</p> <p><b>13-26 You are stable:</b> You are in a good place, improving your health, and reducing your risk of chronic/dangerous conditions. Continue taking good care of your health. Focus on specific areas that you scored low in.</p> <p><b>27-41 You are vulnerable:</b> Health is important to overall well-being. Develop healthy habits that will improve your life-long health and talk to a counselor or healthcare worker about healthy habits. Make sure you are doing your best to follow through with "doctor's orders".</p> <p><b>42-55 You are in crisis:</b> Seek out a primary care doctor who can help you prevent future health problems and better care for yourself.</p> |
| I take the medicine given to me by my doctor.  | N/A            | 1              | 2              | 3             | 4                 | 5                 |   |
| I only go to the ER when I have a medical emergency like a heart attack, breathing emergency, major bleeding or broken bones.                  |                | 1              | 2              | 3             | 4                 | 5                 |   |
| I go to the dentist at least once a year for a check-up.   |                | 1              | 2              | 3             | 4                 | 5                 |   |
| I pay attention to my eating habits and try to eat as healthy as possible.   |                | 1              | 2              | 3             | 4                 | 5                 |   |
| I regularly exercise for 30 or more minutes at least three times a week.   |                | 1              | 2              | 3             | 4                 | 5                 |   |
| I bathe regularly, brush my teeth twice a day, and wash my hands often.  |                | 1              | 2              | 3             | 4                 | 5                 |   |
| If I am sexually active, I use contraceptives to reduce the risk of pregnancy and condoms to reduce the risk of sexually transmitted diseases. | N/A            | 1              | 2              | 3             | 4                 | 5                 |   |
| I limit the amount of alcohol I drink. (2 drinks a day for men; 1 drink per day for women).  | N/A            | 1              | 2              | 3             | 4                 | 5                 |   |
| I have an addiction and am overcoming it with support.   | N/A            | 1              | 2              | 3             | 4                 | 5                 |   |
| I am reducing my use of tobacco.   | N/A            | 1              | 2              | 3             | 4                 | 5                 |   |
| <b>PHYSICAL HEALTH TOTAL</b>   |                |                |                |               |                   |                   |   |
| <b>SOCIAL: Relationship Health</b>   |                |                |                |               |                   |                   |   |
| I have a healthy positive relationship with at least 1 family member.  | N/A            | 1              | 2              | 3             | 4                 | 5                 | <p><b>3-7 You are thriving:</b> You have healthy relationships in place for support. Continue to explore new possibilities and meet new people.</p> <p><b>8-16 You are stable:</b> You understand that relationships are important. Continue to work toward your goals and ask for help.</p> <p><b>17-24 You are vulnerable:</b> Focus on keeping only healthy positive relationships. Set goals for yourself and find others who will offer support to help.</p> <p><b>25-30 You are in crisis:</b> Strive to surround yourself with healthy positive people. Set goals and find time each week for fun activities.</p>  |
| I have healthy and positive relationships with others outside of my family.  | N/A            | 1              | 2              | 3             | 4                 | 5                 |   |
| I am happy with my education.  |                | 1              | 2              | 3             | 4                 | 5                 |   |
| I have a goal I want to complete.  |                | 1              | 2              | 3             | 4                 | 5                 |   |
| I am an example of good health to the people I am responsible for.   | N/A            | 1              | 2              | 3             | 4                 | 5                 |   |
| Each week I interact with others by taking part in a hobby or spending time on other interests.  |                | 1              | 2              | 3             | 4                 | 5                 |   |
| <b>SOCIAL HEALTH TOTAL</b>   |                |                |                |               |                   |                   |   |
| <b>SPIRIT: Spiritual Health</b>  |                |                |                |               |                   |                   |   |
| I feel a sense of hope most of the time.   |                | 1              | 2              | 3             | 4                 | 5                 | <p><b>6-8 You are thriving:</b> You are doing great! Try to volunteer-it helps the community and can make you feel good.</p> <p><b>9-16 You are stable:</b> Your spiritual health is good. Seek to achieve even greater levels of spiritual health by pursuing activities that you enjoy.</p> <p><b>17-24 You are vulnerable:</b> Improve low-scoring areas of spiritual health and pursue activities that you enjoy.</p> <p><b>25-30 You are in crisis:</b> Seek others who have similar beliefs and can offer support.</p>  |
| I feel that my life has a purpose.   |                | 1              | 2              | 3             | 4                 | 5                 |   |
| I participate in my community in a meaningful way.   |                | 1              | 2              | 3             | 4                 | 5                 |   |
| I regularly participate in religious/spiritual activities.   |                | 1              | 2              | 3             | 4                 | 5                 |   |
| My beliefs guide my actions and my choices.  |                | 1              | 2              | 3             | 4                 | 5                 |   |
| I am accepting of people of other beliefs and faiths.  |                | 1              | 2              | 3             | 4                 | 5                 |   |
| <b>SPIRITUAL HEALTH TOTAL</b>  |                |                |                |               |                   |                   |   |
| <b>MIND: Mental Health</b>   |                |                |                |               |                   |                   |   |
| I feel in control of my life.  |                | 1              | 2              | 3             | 4                 | 5                 | <p><b>4-7 You are thriving:</b> Help a friend who may be struggling with the same things you did.</p> <p><b>8-16 You are stable:</b> Your mental health is pretty good but can still improve, Focus on low-scoring areas.</p> <p><b>17-24 You are vulnerable:</b> Your mental health should be improved. If you are seeking help, keep going you will feel better.</p> <p><b>25-30 You are in crisis:</b> Seek help from additional resources and follow through with plans.</p>  |
| I have a positive view of myself.  |                | 1              | 2              | 3             | 4                 | 5                 |   |
| If I have a mental health issue (such as depression, anxiety, bipolar disorder ,etc.), I am managing it.                                       | N/A            | 1              | 2              | 3             | 4                 | 5                 |   |
| If referred to a mental health agency I go to all my appointments.   | N/A            | 1              | 2              | 3             | 4                 | 5                 |   |
| My hobbies and other activities make me feel happy, content or hopeful.  |                | 1              | 2              | 3             | 4                 | 5                 |   |
| I can make and keep a daily schedule.  |                | 1              | 2              | 3             | 4                 | 5                 |   |
| <b>MENTAL HEALTH TOTAL</b>   |                |                |                |               |                   |                   |   |